

www.DirectingChangeCA.org



Directing Change

Program and Film Contest



WELLNESS • RECOVERY • RESILIENCE

FAQs



1. What is Directing Change?
2. How does it work?
3. Who are our partners?
4. How does Directing Change support education outcomes?
5. Why the new Hope & Justice category?
6. What makes this category different?
7. What should I know about the Hope & Justice category?
8. What happens after you participate?
9. How do I learn more?

1. What is Directing Change?

The Directing Change Program & Film Contest is an evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

Youth are exposed to knowledge about the topics of **mental health, suicide prevention, and social justice** through educational resources, instructional tools to educators, and additional resources to further learning about the basic components of these topics. From here, youth must apply their knowledge to create their own unique message about suicide prevention, mental health and social justice for their peers. The creative process of filmmaking and creating art requires youth to synthesize their knowledge resulting in a deeper level of understanding.

2. How does it work?

- Open to youth ages 12-25, during the academic school year
- Invites youth to create 30 and 60-second films and other art about suicide prevention, mental health, or social justice during the school year
- Offers evaluated curriculums and resources to guide schools, educators, and youth participants
- Encourages youth to share personal stories around mental health, hope, self care, advocacy, and social justice
- Youth can win cash prizes and are recognized at an award ceremony

How does it work?

Select Content

- Hope, Justice, or monthly prompt

Select Format

- TikTok, 15-second animation, 30-second or 60-second films (mp4 or mov film files)
- Radio PSA, original music or spoken word (mp3 audio file)
- Visual Art: painting, comic, sketch (png or jpeg)
- Blog, poem or other narrative (doc or pdf)



Fill out Entry Form and upload your art

Sign release forms
(parent and guardian signatures required if under 18)

3. Who are our partners?

Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CaMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities.



4. How does Directing Change support education outcomes?

Directing Change integrates sound pedagogical principles into the film and art making process so that participants are engaged via all methods of the “learning spectrum”: to **see, experience, discuss, and apply**.

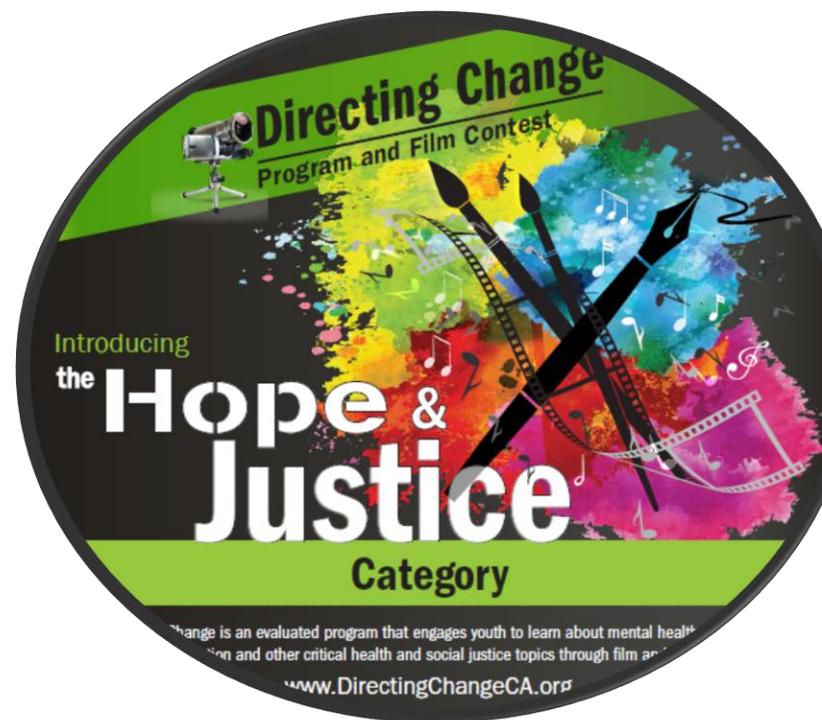
By integrating the evidence based Directing Change program and its evaluated curriculum into classrooms, teachers can enhance **academic, social, and emotional learning**.

Check out this [testimonial video from NYU](#) researchers about the impact of participation

5. Why the *Hope & Justice* category?

This category gives youth a space to share their thoughts and feelings about what is going on in the world around them, how they are coping, and explore what drives them to stay hopeful for the future.

The *Hope & Justice* category is an opportunity for youth to express their feelings and to inspire others through art.



6. What makes this category different?

The *Hope & Justice* category embraces the “promoting social justice” portion of the Directing Change mission statement, going a step beyond our traditional submission categories (suicide prevention and mental health), to make the connection between social justice and health.

7. What should I know about the *Hope & Justice* category?

- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, ANYTHING
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards

HOPE

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times.

- What helps you get through tough times? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

- Create a story about a personal story or perspective in a way that gives others a glimpse of what it is like to walk in someone else's shoes and live in their skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS

8. What happens after I participate?

Youth film or art submissions may be shared via social media to raise awareness and change conversations on these topics.

9. How do I learn more?

Visit: www.DirectingChangeCA.org

Follow @DirectingChange on Instagram

Follow @DirectingChangeCA on Facebook

Follow @DirectingChange on TikTok



Contact Us:

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Other Ways to Get Involved

- [Sign up for the Directing Change Newsletter](#), a monthly newsletter about teaching resilient students and raising healthy teens.
- Check out the [Suicide Prevention Activity Guide](#), for help working with youth across California with planning and implementing mental health and suicide prevention activities.
- Download the [Mental Health Thrival Kit](#), a journal that youth can use to enhance social emotional wellness and promotes positive coping skills.
- Sign up to attend and share information about the [Suicide Prevention 101 Webinar for Parents](#).

Need support or want to learn more?

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