



### Directing Change 2023 LA County Films and Art

#### Mental Health



##### **Life in Time Lapse**

Claremont High School, 12<sup>th</sup> Grade

This film focuses on a high school student struggling with mental illness and shows “how an inspirational social media video can assist teens in bettering [their] mental health.”

[\(view/download\)](#)

##### **Overthinking**

Lloyde High School, 11<sup>th</sup> Grade

This animated film is about the power of thoughts, both to interfere with someone’s life and to provide a source of hope.

[\(view/download\)](#)



##### **Sometimes Your Feelings**

Maywood Center for Enriched Studies, 12<sup>th</sup> Grade

“We must understand where we are at, accept our limitations, be open to being helped, and grow through understanding.”

[\(view/download\)](#)

##### **A Wish**

Mt. SAC Early College Academy, 11<sup>th</sup> Grade

“Many students face abundant stress daily when it comes to their school, social, and personal lives, as a result, it is important to take time to reflect.”

[\(view/download\)](#)





### Suicide Prevention



#### **The Act**

International Studies Learning Center, 11<sup>th</sup> Grade  
“I always remind the people I love that they are not alone, and so I want to spread the same message to others struggling with depression and suicidal thoughts.”

[\(view/download\)](#)

#### **Dear Cole**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet High School, 12<sup>th</sup> Grade

“Dear Cole” is “about a depressed boy in his room who gets a letter from his friend telling him that he’s not alone and that he will always be there [for him] no matter what.”

[\(view/download\)](#)



#### **Help Me**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet High School, 12<sup>th</sup> Grade

This film is about a boy who is afraid of asking others for help and worries that they might feel guilty if he were open with them. By the end, he overcomes this fear.

[\(view/download\)](#)

#### **I Am Not Alone**

Inglewood High School, City Honors Academy, 12<sup>th</sup> Grade

“[M]any kids our age may feel that they are alone; we want to remind them that is not the case, that they have many people around them that care for them and are ready and willing to help them.”

[\(view/download\)](#)





#### **It's Me . . .**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet High School, 12<sup>th</sup> Grade

This film centers on a character struggling with depression and looking to find happiness.

[\(view/download\)](#)

#### **One Blink**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet High School, 12<sup>th</sup> Grade

"One Blink" is about how quickly someone's mental health can change for the worse, as well as the power of reaching out to those you think might need help.

[\(view/download\)](#)



#### **The Right Thing**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet High School, 12<sup>th</sup> Grade

This film depicts one boy helping another by sharing opening about regarding his mental health struggles and the importance of asking for help.

[\(view/download\)](#)

#### **We Are All in This Together**

Valley Oaks Center for Enriched Studies Media Magnet, 12<sup>th</sup> Grade

This film emphasizes that mental health challenges can strike at any time and aren't always visible.

[\(view/download\)](#)







### **We've Never Been Closer**

Claremont High School, 11<sup>th</sup> Grade

"Our entry explores the relationship of two young men as one of them grapples [with] and comes to the understanding of the others mental health struggles."

[\(view/download\)](#)

### **Your Friend, Avery**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet High School, 12<sup>th</sup> Grade

The filmmakers shared that this entry "demonstrates the importance of having companionship in hard times."

[\(view/download\)](#)



## **Animated Short**



### **Not Alone**

Grover Cleveland Charter High School, 11<sup>th</sup> Grade

The filmmaker shared that "Not Alone" emphasizes "the complexity of suicidal issues and the difficulties it takes to reach out for help. [...] An effective solution that I promote is reaching out and being there for others so that they know that they are not alone. I firmly believe that taking the time to reach out to others even just to say 'hi' is powerful."

[\(view/download\)](#)

### **Seams**

Claremont High School, 11<sup>th</sup> Grade

"Seams" uses a blanket and the threads that hold it together to tell a story about helping those who may be hiding their mental health problems and providing a shoulder to cry on when needed.

[\(view/download\)](#)





### Walk in Our Shoes



#### **Haunted**

Words Matter

Castaic Middle School, 8<sup>th</sup> Grade

A student reveals the hidden impact of the words we use to describe others and shares the National Suicide Prevention resource.

[\(view/download\)](#)

#### **There's Always Hope**

The Superhero in Each of Us/ Suicide Prevention  
Young Oak Kim Academy, 6<sup>th</sup> Grade

A youth describes some of the symptoms of suicidal thoughts and reaches out for help. A trusted adult and friend both provide support.

[\(view/download\)](#)



#### **Words**

Words Matter

Palms Middle School, 8<sup>th</sup> Grade

This film encourages youth to be their authentic selves, think positively about themselves and others, and reach out for help if needed.

[\(view/download\)](#)

#### **You Are Not Alone**

The Superhero in Each of Us/ Suicide Prevention  
Young Oak Kim Academy, 7<sup>th</sup> Grade

In this film, "a student is depressed and seeks help."

[\(view/download\)](#)





### Through the Lens of Culture

#### **Macho**

Highland Park High School, 12<sup>th</sup> Grade

This bilingual film (English and Spanish) challenges and points out the harmful effects of toxic masculinity and shares the importance of reaching out for help.

[\(view/download\)](#)



### Hope & Justice

*September 2022*



#### **Why We Fight**

Claremont High School, 12<sup>th</sup> Grade

First Place Hope & Justice, Art & Music

"My entry is about the recent overturning of Roe V. Wade. [...] Even if Roe V. Wade being reversed doesn't affect you, it can harm the people around you and take away women's rights."

[\(view/download\)](#)

#### **The Harvard Computers – Henrietta Swan Leavitt**

Claremont High School, 12<sup>th</sup> Grade

Third Place Hope & Justice, Art & Music

"My entry depicts a group of women known as the 'Harvard Computers' [...] Henrietta and the many other talented 'computers' performed incredibly important work; however, they received little to no recognition for their contributions."

[\(view/download\)](#)







### Cracks of Boundary

Claremont High School, 10<sup>th</sup> Grade

Honorable Mention Hope & Justice, Art & Music

"I hope that those who do not struggle with such issues feel a call to action – to emotionally support those struggling and help reform gender and gender norms within our society."

[\(view/download\)](#)

### Never Too Late

Claremont High School, 12<sup>th</sup> Grade

Honorable Mention Hope & Justice, Art & Music

This watercolor piece is "about the mental health of soldiers and veterans."

[\(view/download\)](#)



### Stop Asian Hate

Claremont High School, 12<sup>th</sup> Grade

Honorable Mention Hope & Justice, Art & Music

"My artwork shows a group of Asians protesting to get justice [...] Since the outbreak of the COVID-19 pandemic, anti-Asian racism has become more frequent."

[\(view/download\)](#)

### Runner

Claremont High School, 10<sup>th</sup> Grade

First Place Monthly Prompt, 10<sup>th</sup> Grade

"My goal is to show a runner escaping a cluster of chaotic things. Running has been my 'anchor' over the past few months."

[\(view/download\)](#)





### Recovering

Claremont High School, 11<sup>th</sup> Grade

Honorable Mention Monthly Prompt, High School Art

"After coming back to school and getting involved with several school activities, I had some problems with mental health [...] I chose studying as my anchor and started using my schoolwork to help me refocus and give myself a sense of accomplishment."

[\(view/download\)](#)

### Feeling My Happiest

Twin Lakes Middle School, 8<sup>th</sup> Grade

First Place Monthly Prompt, Middle School Art

"When I hang out with my friends, I truly do feel my happiest."

[\(view/download\)](#)



### My Supporters and Activities that Anchor Me

Twin Lakes Middle School, 8<sup>th</sup> Grade

Second Place Monthly Prompt, Middle School Art

"I wanted to draw the people who love and support me. I also drew the activities I turn to when I want to calm down, like drawing and music."

[\(view/download\)](#)

### Summer the German Shepherd

Twin Lakes Middle School, 8<sup>th</sup> Grade

Third Place (Tie) Monthly Prompt, Middle School Art

"My German shepherd is someone who anchors me when I am stressed out or have anxiety."

[\(view/download\)](#)







### Music Scribble

Twin Lakes Middle School, 8<sup>th</sup> Grade  
Third Place (Tie) Monthly Prompt, Middle School Art

This drawing is about using music to calm down and block out stressful noise.

[\(view/download\)](#)

### Find Your Anchor – Family is Key

Willow Magnet Academy, 7<sup>th</sup> Grade  
Honorable Mention Monthly Prompt, Middle School Art  
The artist behind this piece “wanted to bring awareness to suicide prevention.”

[\(view/download\)](#)



### Love is Music

Twin Lakes Middle School, 8<sup>th</sup> Grade  
Honorable Mention Monthly Prompt, Middle School Art  
“I drew this to represent music protecting me from the darkness (which is problems and stress).”

[\(view/download\)](#)

### Friends

Twin Lakes Middle School, 8<sup>th</sup> Grade  
First Place Monthly Prompt, TikTok Challenge  
“My entry is about my friends and how I enjoy hanging out with them.”

[\(view/download\)](#)

Something that anchors me is hanging out with my friends. My friends anchor me because they make me happy when I am feeling down and always make me feel comfortable.



### **Future of Boxing**

Honorable Mention Monthly Prompt, TikTok Challenge

Twin Lakes Middle School, 8<sup>th</sup> Grade

"[Boxing] anchors me in so many ways. I talked about why I love the sport."

[\(view/download\)](#)

### **Two Sides of Every Story**

Saugus High School, 11<sup>th</sup> Grade

Third Place Monthly Prompt, Film and Music

"We thought that we could help encourage others to find someone who can help them."

[\(view/download\)](#)



### **Finish Strong**

Saugus High School, 11<sup>th</sup> Grade

Honorable Mention Monthly Prompt,  
Film and Music

This film is about a character who "is struggling with grades and mental health [but then] gets an offer to run for the track team and enjoys, ultimately finding his anchor."

[\(view/download\)](#)

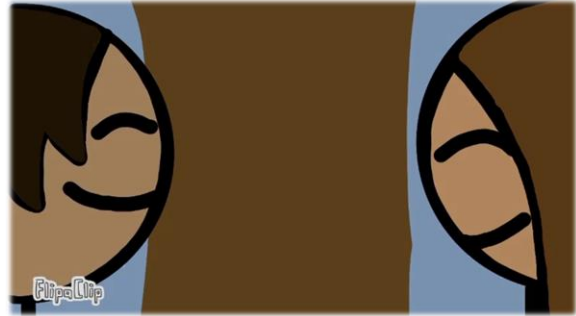


### Friends

Twin Lakes Middle School, 8<sup>th</sup> Grade  
Honorable Mention Monthly Prompt,  
Film and Music

"Whenever I feel down or lonely, I find comfort I  
my friends."

[\(view/download\)](#)



### What Music Can Do

I grew up different without much guidance  
I didn't know what to do  
Living in my own silence

Finding ways to live another day  
Cause I felt like a bother  
Used to pray for a miracle,  
Life kept getting harder

My mind was drowning under all the stress  
My head kept pounding, I felt like a mess

I searched and searched for ways to feel good  
Ways to feel amazing, ways to help my mood  
Cause I no longer wanted to feel blue  
I wanted to feel like I could go to the moon

Music was my getaway,  
A way for me to escape  
It filled the void,  
And it took away the pain

It makes me feel free  
As peaceful as can be  
Without music I wouldn't know who I'd be

### What Music Can Do

Twin Lakes Middle School, 8<sup>th</sup> Grade

Honorable Mention Monthly Prompt, Written Works

"My entry is a poem that explains my mental state before and  
after music and the positive impact music can have on  
someone's life."

[\(view/download\)](#)

## October 2022

### Peace of Mind

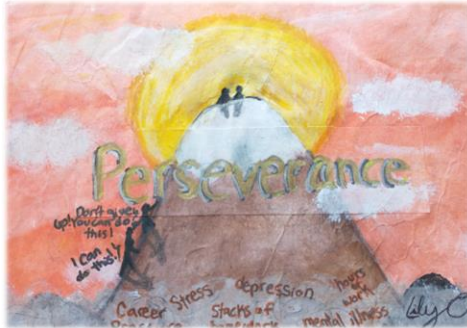
Twin Lakes School, 8<sup>th</sup> Grade  
Second Place Monthly Prompt

"My project symbolizes having peace of mind."

[\(view/download\)](#)







### Persevere on Top of Your Problems

Twin Lakes School, 8<sup>th</sup> Grade

Honorable Mention Monthly Prompt

"My painting shows that most problems are like a mountain. But if you keep going, you can manage to get the top of your problems, and it'll be worth it."

[\(view/download\)](#)

### Attention

Twin Lakes School, 8<sup>th</sup> Grade

Honorable Mention Monthly Prompt, Film and Written Works

"People struggle daily, and this has to be noticed. To fix this situation, many have to recognize what is happening first."

[\(view/download\)](#)

Attention is what we need  
What we hope  
How else will we grow  
I'm tired of feeling this way  
Tired of lying awake  
Can someone just observe this  
I'm feeling so hopeless  
Attention, attention  
That's all we ask  
How long do we have to wait  
Till someone takes a stand  
We need a voice  
Somebody to make the right choice  
Our society needs to change  
Humanity is being driven the wrong way  
Children cannot live like this  
We need to raise awareness  
Many put on a brave face  
Making it seem as if they are okay  
We want attention  
Will anyone ever listen  
Things are getting harder by minute  
My brain is going hazy  
It's been like this lately  
What is wrong with me  
When will I finally fly free  
Pay attention to us please

Justice, Justice is all I hear  
Streets crowded with fear  
People crying out for peace  
While being beaten by the police  
This is what I see on the T.V

Progress toward unity  
Broken into pieces

A bystander's beckoning  
To which none would heed

An endless cycle of hate and broken souls  
Searching for their loving or twisted goals

Sanctimony and lies  
they thought they could hide  
All caught on tape  
Yet they still deny

Now let's flip the script  
To a reality of ashes and desolation

A movement that started with a good cause  
With an unspoken promise to change laws  
Now the city's aflame  
Burning with chaos

Bottles, bullets, bats,  
A swing and a miss,  
Swirling smoke and ashes,  
That's that.

A protest or riot  
Hard to tell  
Ambivalence  
Join the fight for peace  
Or break the peace to fight

Broken glass, broken dreams  
Shattered hopes, stolen things

This is what became  
From hope for a better tomorrow  
To sorrowful shame

### Ambivalent

Twin Lakes School, 8<sup>th</sup> Grade

Honorable Mention Hope & Justice

"My entry is a poem about protests that start with a meaning but slowly lose definition."

[\(view/download\)](#)



**November 2022**

### **Your Own Stories**

Claremont High School, 12<sup>th</sup> Grade  
Honorable Mention Monthly Prompt

"I have a friend who comforts me and uses her positive energy to help me feel so much better. She is a mental health hero who will always be there to encourage and listen to everyone."

[\(view/download\)](#)



### **Her Light**

East Valley HS, 10<sup>th</sup> Grade  
Honorable Mention Monthly Prompt, Film and  
Written Works

"This prompt reminded me of my auntie Melea and I wanted to take it as a chance to honor her."

[\(view/download\)](#)

### **Resilience**

Claremont High School, 11<sup>th</sup> Grade  
Third Place Hope and Justice

"I read an article on CNN about the events in Ukraine, and after reading, I was inspired by their resilience. Ukraine has historically been deemed the breadbasket of Europe, so the wheat symbolizes hope's ability to grow."

[\(view/download\)](#)





January 2023

### Lost and Found

I pleaded guilty cuz I knew I was in the wrong  
But I didn't think it would come to this  
Somewhere along the way I lost my mind  
It seems like I left it behind  
Or it ran away  
It knew what I was up to  
And decided it wanted no part  
My last 2 charges I wonder what I was thinking  
Not that I don't remember  
But I wanna know why  
I always question myself  
Like what was the reason and why did I do it  
Now I can look back  
And see there was no reason or excuse  
I still don't know why I did it  
But maybe there's no answer

Maybe I did it just to do it  
I've learned to mind my own business  
And to keep my impulses in check  
A couple months ago  
I found my mind  
Now we know what not to do  
And what we have to do  
My hopes for the new year is to stay in school  
Continue taking my meds  
And start fresh  
I've also come to notice  
That not only I lost my mind  
But I lost myself  
I did all the wrong things  
And it left me like a shadow in the dark  
I'm still on the path to find myself  
Maybe I'll go check in the lost and found

### Lost and Found

Dorothy Kirby/ LACOE, 11<sup>th</sup> Grade  
Second Place Monthly Prompt, Film and  
written Works

"In my journey, I am overcoming my  
obstacles and trying to become a  
stronger person with purpose."

[\(view/download\)](#)

### New Year, New Me

Claremont High School, 12<sup>th</sup> Grade  
Third Place (Tie) Monthly Prompt

"For the new year, I wanted to be a newer, better  
version of myself. [...] . The cutting of the hair represents  
them taking a step towards the change they want—the  
step I want to take to reaffirm my identity."

[\(view/download\)](#)



### Character Over Stereotypes

Claremont High School, 10<sup>th</sup> Grade  
Honorable Mention Monthly Prompt

"For 2023, I wish that stereotypes would stop defining  
who we are as people. People shouldn't be defined by  
stereotypes but by themselves."

[\(view/download\)](#)





### The Hopeful Year

Claremont High School, 12<sup>th</sup> Grade  
Honorable Mention Monthly Prompt

"Growing up and graduating high school can carry a lot of fear and anxiety for me, so I decided that I should reverse these feelings and be excited and hopeful toward the bright future."

[\(view/download\)](#)



### Puma-22

Claremont High School, 10<sup>th</sup> Grade  
Second Place Hope and Justice

"P-22's time in Griffith Park has helped to raise awareness of California's environmental problems and bring justice to animals across Southern California."

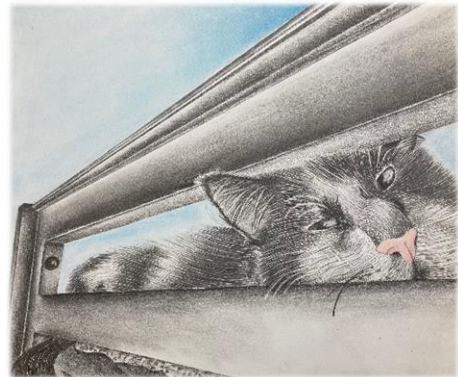
[\(view/download\)](#)

### Adopting Hope

Claremont High School, 12<sup>th</sup> Grade  
Third Place (Tie) Hope and Justice

"My hope for 2023 is that more people will support no-kill shelters and help them to raise money and take care of animals in need."

[\(view/download\)](#)





### It's Just Me

Angelo Rodriguez High School, 12<sup>th</sup> Grade

Honorable Mention Hope and Justice

"While making this painting, I wanted to play around with color and how each color can represent different parts of me."

[\(view/download\)](#)

## February 2023

### Inner Meeks

Dorothy Kirby/ LACOE, 12<sup>th</sup> Grade

3<sup>rd</sup> Place Monthly Prompt, High School Art

"I want to be a force of positivity to all people around me."

[\(view/download\)](#)



### Definition of Me

Dorothy Kirby/ LACOE, 9<sup>th</sup> Grade

Honorable Mention Monthly Prompt, High School Art

"When I am stressed out, I think about a forest like my illustration to help calm down and refocus. This empowers me and makes me feel strong and in control of my life."

[\(view/download\)](#)



### Mariposas

Dorothy Kirby/LACOE, 10<sup>th</sup> Grade

Honorable Mention Monthly Prompt, High School Art

"I am trying to find my myself, getting myself together, maturing, and ready to have a beautiful existence."

[\(view/download\)](#)



### My Culture

Dorothy Kirby/LACOE, 12<sup>th</sup> Grade

Honorable Mention Monthly Prompt, High School Art

"I chose to enter my painting because I want to represent my culture. I am a proud Mexican-American woman and want to prove I can do anything I choose."

[\(view/download\)](#)

### Fortunate Queer

Dorothy Kirby/ LACOE, 9<sup>th</sup> Grade

Third Place (Tie) Monthly Prompt, Film and Written Works

"This art piece is basically talking about dreams and reality. I want fortune. As a genderqueer individual, I demand it."

[\(view/download\)](#)







### No Title

Dorothy Kirby/ LACOE, 11<sup>th</sup> Grade

Third Place (Tie) Monthly Prompt, Film and Written Works

"I want people to know that even though people can label them, they don't have to be that label. I believe everyone can change, like myself."

[\(view/download\)](#)

### No Title

Before I got locked up

I picked up labels that went from aggressive to unpredictable to dangerous

While these things were true

It hurt me cuz I never thought it would be like this

Never thought I'd see me like this

I used to think

Who am I?

Who is this angry person inside of me

You see this anger came from all the pain

From the abuse

Whether it was verbal or physical

From the trauma

Whether it was getting taken away by DCFS

Or falling into line with the drugs

I know I'm guilty

Yes I admit it

But come on now

Just sit and listen



### A Sea of Garments

Claremont High School, 11<sup>th</sup> Grade

Honorable Mention Hope & Justice

"The concept behind my artwork is fast fashion and the many cases of abuse to which it is connected."

[\(view/download\)](#)

**April 2023**

### Corroding Coral

Claremont High School, 11<sup>th</sup> Grade

Second Place Monthly Prompt (Tie)

"This piece was designed to draw attention to the fact that garbage does not belong in the oceans, and even if you don't see it at first, it is there."

[\(view/download\)](#)





### Reusable Bags

Claremont High School, 12<sup>th</sup> Grade  
Honorable Mention Monthly Prompt

"I feel that instead of getting plastic bags from your grocery store every single time you go, we should all use reusable bags to help reduce plastic waste. This change is a small leap that will create a big change for the environment."

[\(view/download\)](#)

### Breakout

Claremont High School, 11<sup>th</sup> Grade  
First Place Hope & Justice

"The chrysalis represents the proverbial and literal closets that so many LGBTQ people are forced to hide in. Butterflies represent hope, so this project represents my hope that LGBTQ people will be able to come out of the closet and be accepted in the future."

[\(view/download\)](#)



### Marigold

Claremont High School, 12<sup>th</sup> Grade  
Third Place Hope & Justice

"This is my version of Michelle Yeoh winning an Oscar at this year's award ceremony. Her message of hope was inspiring. During her acceptance speech, Michelle Yeoh was vocal and proud of being Asian."

[\(view/download\)](#)



### Help Yourself

Claremont High School, 12<sup>th</sup> Grade

Honorable Mention Hope & Justice

"I made this piece because I want those who are suffering to keep looking for help and for more mental health services to be readily available."

[\(view/download\)](#)



**May 2023**



### Reach Out

Whittier Christian High School, 11<sup>th</sup> Grade

First Place Monthly Prompt (Tie)

"My animation is about a person reaching out to another person who is in a dark place due to stresses and anxieties."

[\(view/download\)](#)

### Illuminate

Whittier Public Library, 8<sup>th</sup> Grade

Second Place Monthly Prompt

"I know what it's like to have depression, anxiety, and ADHD – it can feel overwhelming, as if there's no hope. [...] I tried to portray these feelings in the drowning girl, who is desperately grasping for help. Above the water, is another girl wearing a lime green ribbon in her hair and lime green dress; this girl represents hope. [...] Around the two girls are green butterflies that stand for freedom, hope, and peace."

[\(view/download\)](#)







### Not Alone

Claremont High School, 11<sup>th</sup> Grade

Third Place Monthly Prompt

"The piece is meant to show how offering help— or knowing where to get help and noticing when someone needs it— is really important and can shed light on a dark situation. I hope that this artwork will remind people to look closer and notice when someone they love needs help."

[\(view/download\)](#)

### Floating into Better Health

Whittier Public Library, 11<sup>th</sup> Grade

Honorable Mention Monthly Prompt

"My piece shows the willingness & passion of loved ones helping those in need. In this way, it calls for a community wide-effort to help those who are struggling the most. I found it important to relay the message that help is available and that there should be zero stigma around talking openly about our mental health."

[\(view/download\)](#)



### Mental Health Matters

Claremont High School, 12<sup>th</sup> Grade

Honorable Mention Monthly Prompt

"A world where mental health is taken seriously is what is portrayed in my painting – simply a young person being heard by an adult/therapist/person that cares. Communicating and expressing care towards youth mental health creates a great impact and a sense of belonging and feeling heard."

[\(view/download\)](#)



### Supporting Mental Health Through Nature

Claremont High School, 10<sup>th</sup> Grade

Monthly Prompt Art

"Sometimes the simple act of planting a seed, flower, or plant can give someone purpose and something to look forward to. [...] I wanted to share what helps me – maybe it might help someone else."

[\(view/download\)](#)

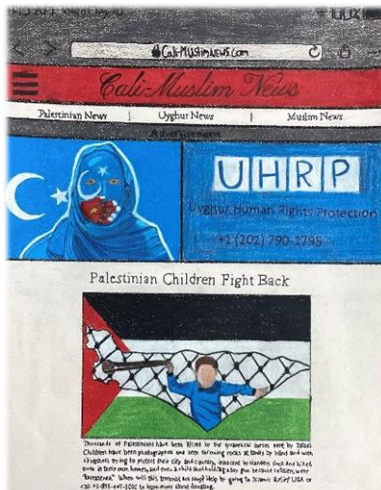
### Reaching Beyond

Canoga Park High School, 10<sup>th</sup> Grade

Honorable Mention Monthly Prompt

"Our video shows the importance of reaching out and follows the story of a boy who on the outside seems happy. [...] Along the way, we learned things like cooperation and teamwork."

[\(view/download\)](#)



### Unacknowledged Genocides

Claremont High School, 10<sup>th</sup> Grade

First Place Hope & Justice

"I drew a digital news article which discusses the bad treatment Palestinians are facing. [...] I feel a connection with the people of Palestine and the Uyghur people, because we share a common thing, the religion of Islam. I feel like the people of Islam should stick together and help our fellow brothers and sisters in need."

[\(view/download\)](#)