



0

**Youth Creating Change**

The Directing Change Film Contest and Hope & Justice Initiative are part of a non-profit organization that holds film and art contests for young people to learn about the topics of suicide prevention, mental health, social justice and more. By creating short films, written works, and art projects, youth can communicate positive messages to peers and adults in their community to inspire them to take action. They can also win cash prizes and gift cards!

**Learning Objectives:**

- ✓ Learn the warning signs for suicide
- ✓ Don't keep it a secret if a friend is thinking about suicide
  - ✓ Talk to a trusted adult
- ✓ Ask a friend directly if they are thinking about suicide
  - ✓ Understand mental health
- ✓ Be aware of resources to help a friend or yourself
- ✓ Explore critical health and social justice topics
  - ✓ Identify healthy coping techniques

**Resources include:**

- Short educational films about mental health, suicide prevention, and how to help a friend
  - Fact sheets on mental health and suicide prevention
- A variety of lesson plans on suicide prevention, mental health and other topics
  - Parent workshops and brochure
  - Educator newsletter

**Annual Film Contest**

**Monthly Art Contests**

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

1

## Directing Change Film Contest

Youth and young adults submit short films about suicide prevention and mental health promotion & explore these topics through the lens of diverse cultures.



- ❖ **Submission Deadline: March 1**
- ✓ Open to students in grades 6-12, and youth ages 12 to 25

- ✓ Red Carpet Award Ceremony
- ✓ Cash prizes
- ✓ Trophies

2

## Hope & Justice vs. the Annual Contest

### 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 project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

60-Second Film  
Suicide Prevention

60-Second Film  
Mental Health Matters

60-Second Film  
Through the Lens of Culture


30-Second Film  
Animated Short

60-Second Film  
Walk in Our Shoes


VS

- 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


**Deadline**

**Formats**

**Prizes**



- March 1 each year
- 30-second and 60-second films
- Prizes ranging from \$250 to \$1,000

3

**Monthly Art Contest**

*Find Your Anchor*

Hey!  
What's up?  
R U Ok?

**Music and Mental Health**

**What I Wish My Parents Knew**

*Imagination: Mental Health Superpower*

*I Have Grown Up Enough*  
To be glad that my grandfather who I love the way foam kisses the ocean shore is dead  
I am sad every day he is gone yet riddled with the thought of WWII we learned sat at the beach grow and as

**Ages 12-25**

All art forms accepted:  
Visual, Film, Narrative, Music and More

Win up to \$300  
in Amazon Gift Cards

the **Hope & Justice**  
Category

www.DirectingChangeCA.org

4

**HOPE & JUSTICE PROMPT**

**December 2023 & January 2024: What I Wish My Parent(s) and Other Adults Knew**  
Create a film, podcast, or art piece about what you wish your parents (or other adults) knew about the warning signs of suicide, what life is like as a young person today, or the importance of supporting youth mental health.

Selected entries may be featured as part of California's Youth Suicide Prevention media campaign funded by the California Department of Public Health!

**TikTok Challenge:** Every TikTok submitted in response to the prompt receives a \$20 gift card and a chance to win a \$100 grand prize.

Entries due January 31<sup>st</sup>. Learn more:  
[HopeandJustice.DirectingChange.org](https://www.HopeandJustice.DirectingChange.org)

**WHAT I WISH MY PARENTS KNEW** (and other adults)

www.DirectingChangeCA.org

5

**DIRECTING CHANGE SUBMISSION EXAMPLES**

**Hope & Justice Category**  
**"My Hope for 2023: Belonging"**



**"Depression is Different"**



**Mental Health Category**  
**"Talk It Out"**



**Through the Lens of Culture Category**  
**"POC Mental Health Deep Dive"**




**Animated Short Category**  
**"GIFT"**



View more films: [DirectingChangeCA.org/films](http://DirectingChangeCA.org/films) [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)


6

**SOLANO COUNTY ART**




**"Blossoming Identity"**  
 Rodriguez High School  
 Artist: Keith Hall  
 "As a young closeted queer person I often felt alone, however, once I finally got to high school I saw all of these wonderful openly LGBTQ+ people who were happy to reach out their hand to me. They supported me as I came to my own identity and helped me gain the confidence to be out myself."

**"Hey! What's up? Are you ok?"**  
 Rodriguez High School  
 Artist: Janay McCollum  
 "As a person who has tried to attempt suicide and had no one to come try to talk to me when I was having a bad day, I wish that there would be more people to talk to thought who are having a bad day even going up to them saying just 'Hi' would probably make their day a bit better because it would be the same for me!"



**"My Hope and Justice"**  
 Angelo Rodriguez High school  
 Artist: Glenny Rose Snyder  
 "This drawing of my significant other, who has supported me through challenging moments in my life. I chose to sketch him because he is the reason I am who I am now; he assisted me in discovering who I am, discovering beauty in myself that I never thought I would find beauty in, and embracing not only who I am right now, but also who I was when I was a child who was continuously being neglected for how I look and what I do."



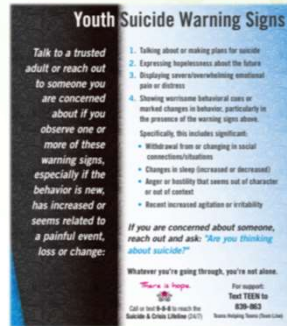
[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

7

## LESSON PLANS AND EDUCATIONAL RESOURCES

Find lesson plans for middle and high school students on mental health, suicide prevention, and other health and social justice issues at [directingchange.org/schools](http://directingchange.org/schools).

Other resources include staff training and prevention resources, printable materials, educational videos, parent engagement, and more.



[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

8

## MENTAL HEALTH THRIVAL KIT

Download this journal for youth to promote positive coping skills and enhance social emotional wellness. Share the journal electronically or print and share with students! To be added to the waitlist for printed journals please submit a [request form](#).

Available in English, Spanish, for Korean-American youth, and for Filipino-American youth.

Download here: [gallery.directingchange.org/resources](http://gallery.directingchange.org/resources)



[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

9

## DIRECTING CHANGE MINI GRANT AND NEWSLETTER

Schools and organizations can receive \$1,500 or more to participate in the program.

After receiving a lesson on suicide prevention or mental health, students will create a 60-second film for the category of their choice that will be shared with their community at an awareness event.

The mini grant application is released each fall.

Stay up to date by signing up for the **Directing Change** newsletter, "Teaching Resilient Students and Raising Healthy Teens." The newsletter provides mental health, substance use and suicide prevention resources for educators and parents. Subscribe [here](#).

**Mini Grant Opportunity!**

Receive funding for your school or organization to participate in the Directing Change Program - a film and art contest about mental health and suicide prevention.

**Teaching Resilient Students and Raising Healthy Teens**  
Mental Health, Substance Use and Suicide Prevention Resources for Educators and Parents

**NEW SKILLS**

**Apply for the Directing Change Youth Council**  
After School Activity - Grades 7-12  
Youth Council Application

We're excited to open our Youth Council application for the 2023-24 school year! Students who are passionate about mental health and suicide prevention are encouraged to apply. They'll gain professional skills, network with other youth, share their voice, and serve as ambassadors for the program.

Apply here by September 15th!

**Write it Out!**  
In classroom - Bilingual - Grades K-12  
In Gallery - [directingchange.org/resources](#)

Use the Mental Health Thrival Kit to journal thoughts about the upcoming year, practice coping techniques, and learn about crisis resources. Also available in Spanish!

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

10

## How to get involved

- Roll-out the annual** suicide prevention and mental health film contest during the school year
  - ❖ Evaluated, free, youth win up to \$1,000, lesson plans available!
  - ❖ Mini grants for \$1,500 available (more for rural communities)
- Promote** monthly art prompts with schools, teachers, and youth
  - ❖ Youth-produced art is featured in annual Art Showcase
- Use existing films** to begin conversations with youth
- Sign up** for our Educator Newsletter:  
[directingchange.org/educator-newsletter](http://directingchange.org/educator-newsletter)
- Share** downloadable Mental Health Thrival Kits
- Visit the Art Gallery:** [gallery.directingchange.org](http://gallery.directingchange.org)

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

11

HOW CAN I PARTICIPATE OR LEARN MORE?

Visit: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

Follow @DirectingChange on Instagram  
@DirectingChangeCA on Facebook



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