



National Alliance on Mental Illness

NAMI | **Hunterdon**

To: Hunterdon County High School Faculty and Staff

Re: Call for Entries

NAMI Hunterdon Expressive Arts Challenge 2022

Bringing Mental Health Into The Open!

\$2000 Award

NAMI Hunterdon is a local volunteer organization affiliated with the National Alliance on Mental Illness. We are dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy. Our goals include educating the public about mental illness and working to eliminate the stigma of mental illness. To further our mission and fulfill our goals we are proposing to raise awareness about mental health issues in the school community in the form of a Student Challenge. We wish to present a \$2,000 award to a winning high school student who submits an expressive arts entry (any medium) that responds to the topic of mental health.

The US Surgeon General's Advisory - Protecting Youth Mental Health - cites alarming increases in the prevalence of certain mental health problems. In 2019, one in three high school students and half of female students reported persistent feelings of sadness or hopelessness. This is an urgent call for action. We hope that our Challenge will add positively to the on-going work within our schools in educating students about mental health issues, supporting them to seek help for their own problems, and promoting efforts to end stigma.

Attached is a flyer we would like with your help to distribute to the Hunterdon County High Schools.



nami

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Mental Health and Mental Illness:

Mental health is the foundation for emotions, thinking, communication, learning, resilience and self-esteem. Mental Illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Many people who have a mental illness do not want to talk about it. But mental illness is nothing to be ashamed of! Just as diabetes is a disorder of the pancreas, mental illnesses are conditions that often result in a diminished capacity for coping with the ordinary demands of life. Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. The good news about mental illness is that it is treatable and recovery is possible.

NAMI Hunterdon is a county-based nonprofit organization and a partner within the state and national NAMI network dedicated to improving the lives of all individuals affected by mental illness.

NAMI Hunterdon Expressive Arts Challenge 2022 Bringing Mental Health Into The Open! \$2000 Award

Students are invited to submit their own creative work in a medium of their choosing. The entry should address a mental health issue focusing on the concerns of high school students. As an example participants may: reflect on the stresses and anxieties experienced by youth today; consider ways to eliminate and/or reduce mental health stigma; explore resilience and healthy ways to cope with mental health issues; or respond to some other mental health concern that they feel passionately about.

Participating students are encouraged to use a diversity of voices, approaches and responses to their topic - essay, poetry, and the visual arts.

Eligibility:

Any student who currently attends a public High School in Hunterdon County including students graduating in 2022.

Submission Requirements:

All Challenge entries (one per participant) must be received by July 31, 2022. Electronic work may be emailed to: celeste.amann@cbmoves.com

Physical work may be mailed to NAMI Hunterdon Expressive Arts Challenge c/o Celeste Amann 107 Hixson Road Flemington, NJ 08822.

To make other arrangements and for further information contact: Celeste Amann 908-229-4897 or celeste.amann@cbmoves.com

Submissions must include the "Entrant and Parent/Legal Guardian Consent Form".

Awardee Selection:

A committee of NAMI Hunterdon members will review all submissions August 1 thru September 5, 2022. The challenge winner will be notified on or soon after September 6. (Participants must arrange for the return of their work).



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**NAMI Hunterdon Expressive Arts Challenge 2022
Bringing Mental Health Into The Open!**

ENTRANT AND PARENT/LEGAL GUARDIAN CONSENT FORM

All entrants must complete this form

All students must sign and date this form. For students under the age of 18 to be eligible to compete in the NAMI Hunterdon Expressive Arts Challenge 2022 - Bringing Mental Health Into the Open, a parent/guardian of the minor who participates in the project submitted must also sign this consent form. Please complete all sections of the below entry form.

All creative work and forms must be completed and submitted by July 31, 2022.
One submission per entrant.

Electronic work may be emailed to: celeste.amann@cbmoves.com

Physical work may be mailed to NAMI Hunterdon Expressive Arts Challenge c/o Celeste Amann 107 Hixson Road Flemington, NJ 08822.

To make other arrangements and for further information contact: Celeste Amann 908-229-4897 or celeste.amann@cbmoves.com

By signing and returning this form, I represent and warrant that:

- I have verified that I or the Minor Entrant on whose behalf I am submitting this consent form meets all eligibility criteria listed therein.
- I agree to the collection of my/the Minor Entrant's personal information (such as name, age, town of residence, etc.). This information may be used for publicity **only if I give agree and give signed consent.**
- I authorize the Minor Entrant to make such Submission and to be bound to the guidelines stated herein.

I therefore discharge and hold harmless NAMI Hunterdon. This includes but is not limited to negligence and damages of any kind to persons and property, as well as invasion of privacy (under public disclosure of private facts, false light in the public eye or other legal theory), defamation, slander, libel, violation of right of publicity, infringement of trademark, copyright or other intellectual property rights, property damage, or personal injury arising out of or relating to the Minor Entrant's creation of an entry or submission of an entry.

I further agree to indemnify, defend and hold harmless the Released Parties from and against any and all claims, expenses, and liabilities (including reasonable attorneys' fees) arising out of or relating to my/the Minor Entrant's participation in the Challenge and/or Entrant's acceptance, use or misuse of prize.

Contact Information

If the Entrant is under 18 years at the time of signing, please provide parent/guardian information below.

Entrant Name: _____

Parent or Legal Guardian Name (if applicable):

First Name and Last Name Entrant: _____

Age of Entrant (at time of signing): _____

Mailing Address:

City: _____

State and ZIP: _____

Phone number: _____

E-Mail Address: _____

Name of High School Entrant currently attends (or graduated from in 2022): _____

By signing below, the I/the Minor Entrant certifies that the information herein is accurate, complete, and honest.

Please check the appropriate boxes for the following statements and sign below:

- I am under the age of 18 (at the time of signing) and both I and my parent/guardian have signed below to authorize my participation in this challenge.
- I am 18 years or older (at the time of signing) and I have signed below to participate in this challenge.
- Both I and my parent/guardian (if applicable) have signed below to grant permission to NAMI Hunterdon to use my name and the creative work I have submitted for the NAMI Hunterdon Expressive Arts Challenge 2022 - Bringing Mental Health Into the Open for publicity purposes. If this box is not checked then my name and creative work may not be used for publicity or any other purpose other than judging.

Print Name of Participant _____

Participant Signature _____

Date (dd/mm/yyyy) ____/____/____

Print Name of Parent/Guardian _____

Parent/Legal Guardian Signature _____

Date (dd/mm/yyyy) ____/____/____