



Children's Mental Health Awareness Week 2018 Art Contest Information Packet

Theme: Messengers of Hope
May 6-12, 2018



What We Do



Our mission at the **Federation of Families of SC** is to provide leadership in the area of children's mental health through education, awareness, support, and advocacy for families of children and youth with emotional, behavioral, mental and/or substance use disorders.

Youth M.O.V.E. South Carolina (YMSC) is a program that provides youth with the opportunity to unite their voices to raise awareness around youth issues. We advocate for youth rights and voice in mental health and other systems in order to make them equal partners in the process of change.

About the Art Contest



For the past 15 years, the SC Children's Mental Health Awareness Week Poster has been a positive, creative outlet to raise awareness and help eliminate the stigma that keeps children and youth from being identified and treated for their behavioral and or mental health needs.

The poster is designed using the winning art from this contest!

A panel of judges will vote on a 1st, 2nd, and 3rd place for artwork that best represents the slogan.

The prizes are: \$100 for 1st, \$50 for 2nd, and \$25 for 3rd place.

We encourage classrooms and other groups of children and youth to share why they think children's mental health matters and the need to focus on and talk about it more openly. The creation of the artwork is an opportunity to reflect on the importance of everyone's emotional well-being and health as many students face issues such as bullying, isolation, and stigma.



We would also like to send a huge **THANK YOU** to our friends at the **Palmetto Coordinated System of Care (PCSC)** for helping to fund our poster contest this year. Thank you for helping make this year's contest a success!



**Are you ready to be a Messenger of Hope?
Let's get started!**



Children's Mental Health Awareness Week



Art Contest

May 6-12, 2018

Rules and Requirements

Requirements:

- a. The contest theme does not have to be included in artwork; however, artwork must reflect the theme.
- b. The art may be created by a group/class project or individual work; however, each group/class must select ONE piece of artwork to enter. Only one piece of art per group. The purpose is to have a group discussion to normalize talking about mental health and wellness. A discussion guide is provided in this toolkit to help get children and youth thinking about mental health.
- c. Use bright colors that will reproduce well on the poster. Artwork cannot be three dimensional or have parts that extend beyond the outside borders.
- d. Posters must be no smaller than "12X16" and no larger than "24X28". It may be portrait orientation (vertical) or landscape (horizontal).
- e. Artwork must include the following information on the reverse side of the poster: Name, School/Organization, Address, and Contact Info.
Please include the signed release form and a brief description of thought used to create the poster.

Deadline for entries: April 2, 2018

Please submit all artwork to:
Federation of Families of SC
810 Dutch Square Blvd. Suite 486
Columbia, SC 29210

For more information, please contact us at toll-free:866-779-0402
Visit www.fedfamsc.org for examples of past CMHAW posters and information for discussions!



Children's Mental Health Awareness Week Art Contest



Teacher/Adult Group Leader Name: _____

Describe the Group (Class, Organization, Etc.): _____

Organization/School: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Home/Cell: _____

Description of Entry: _____

Permission for Public Use of Artwork

We give permission for our submission to the Children's Mental Health Awareness Week (CMHAW) Art Contest to be used publicly. We understand that all entries will be displayed publicly. We understand that the winning entry will be used in the poster design for CMHAW to be distributed statewide and may be used to develop other educational/promotional materials.

We understand that our artwork will not be returned to us and it will become the property of the Federation of Families of SC to be used to promote and support CMHAW. This event is held in collaboration with other organizations and state agencies will also have use of artwork and shall be held harmless.

Adult Leader Signature and Date



Mail or deliver poster to:

Jenah Cason
810 Dutch Square Blvd, Suite 486
Columbia, SC 29210
If delivering, please call
toll-free: 866-779-0402



Children's Mental Health Awareness Week

Discussing Mental Health with Children and Youth



Many youth and parents do not seek the help and support that is needed due to a fear of being labeled or bullied as well as misconceptions about mental health. Therefore, it is imperative to their emotional well-being that adults create awareness around mental health. Engaging children and youth in discussions will normalize the expression of emotions and debunk the myths surrounding mental health thereby decreasing stigma. Below are some tips and ideas to consider when preparing for a discussion.

Talking Point Tips:

- **It is important to acknowledge the maturity level of children and youth:**
 - Young children will need concrete examples and explanations. There are many books available on our website:
<http://fedfamsc.org>
 - Late childhood/early adolescent youth will be able to engage in deeper conversations related to the topic.
- **Keep in mind the fact that mental health is a sensitive topic:**
 - Encourage members to contribute to the discussion, but do not push them to engage if they seem uncomfortable.
- **Sometimes it is helpful to compare mental health issues with physical health issues:**
 - Example: "At some point, everyone gets sick with a cold, but not everyone gets really sick with something serious like pneumonia. People who have a cold are usually able to do their normal daily activities. But if they get pneumonia, they have to take medication and may have to go to the hospital. Mental health is similar to physical health. Feelings of sadness, anxiety, worry, irritability, or sleep problems are common for most people (just like getting a cold). However, these feelings can get very intense, last for a long period of time, and begin to interfere with school, work, and relationships for some people, meaning they may be experiencing a mental illness (just like getting pneumonia).
- **"Fact or Fiction" exercises: Compile some questions related to mental health and associated stereotypes to have an opportunity to educate the children and youth as well as debunk common myths.**
 - Example:
 - Mental illness is contagious.**
False. Mental illness is not contagious. Heredity can, and often does play a factor in the development of the disease.
 - Mental illness can be cured with willpower.**
False. Mental illness is associated with chemical imbalances in the brain and requires a comprehensive treatment plan.
- **Famous Figures with mental health issues:** This is an excellent way to open conversation. You can ask what the list of figures have in common. It works best when the figures you select are quite different and have very little in common. Below is a link to different lists:
http://www.mentalhealthministries.net/resources/flyers/famous_people/famouspeople.pdf



Federation of Families
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A Voice for Children's Mental Health in SC

For additional resources, please
email blair.boozer@fedfamsc.org





Children's Mental Health Awareness Week

Discussing Substance Use with Children and Youth



Similar to the obstacles of discussing mental health, many youth and parents do not seek the help and support that is needed due to a fear of being stigmatized as well as misconceptions about substance use.

Therefore, it is imperative to their health that adults create awareness around drug and alcohol use.

Engaging children and youth in discussions will normalize the curiosity of substance use and debunk the myths surrounding various drugs and their effects. Below are some tips and ideas to consider when preparing for a discussion.

Talking Point Tips:

- It should come as no surprise why children and youth are curious about drugs and alcohol. They are bombarded with messages about drugs in songs and movies. A 2008 study from the National Institute on Drug Abuse (NIDA) reports the following statistics in popular music:

1 in 3
songs said something
about drug, alcohol, or
tobacco use.

3 in 4
rap songs said
something
about drug, alcohol, or
tobacco use.

- Of the top 100 movies over a 9-year period, more than:

7 in 10
movies showed
characters smoking.

1 in 3
movies showed
people getting drunk.

Please email blair.boozer@fedfamsc.org for more resources to help facilitate discussions on substance use you can share with your children and youth.



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Federation of Families of SC

Join us Saturday, April 28th for our annual Columbia Wave Fest at Martin Luther King Jr. Park near Five Points!

What activities are planned?

You'll be able to decorate signs to raise awareness for children's mental health, visit various vendors, enjoy live music and bouncy houses!

Are there activities I can plan to help raise awareness before the festival?

Absolutely! Email blair.boozer@fedfamsc.org for ideas and resources on how you can host your own event and be featured on our FB page!

Great! Can't wait to celebrate #CMHAW2018

In the meantime, stay connected with us!
www.fedfamsc.org
Toll-Free: 866-779-0402
www.facebook.com/FederationSC
www.facebook.com/YouthMoveSC



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#CMHAW2018



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