**Finding Help, Finding Hope**

Essay Contest

**Sponsored by:**

**Northwest Behavioral Health Services**

**Black Social Workers and Psychologists Association**

**The Partnership for Child Health – Jacksonville System of Care Initiative**



The **Finding Help, Finding Hope Essay Contest** is an opportunity for youth to celebrate mental health; social and emotional well-being. The essay contest will provide a glimpse into youth perspectives about mental health and solutions in addressing mental health stigma and disparities. Some of the questions that youth may consider in addressing the theme are:

**Finding Help, Finding Hope**

* *Describe strategies that youth could lead and support in reducing negative stigma and shame associated with mental illnesses, such as depression, ADHD, bipolar etc. with their peers and in the community.*
* *Describe practical ways that youth may be supported in coping with life stressors such as academic stress, bullying, family problems, trauma etc. and maintaining whole and healthy minds.*

**Essay Contest Criterion**

The essay contest is open to middle and high school students in public, charter and private schools in Duval County.

**Word Limit**

Middle School Students: 250 words

High School Students: 500 words

**Essay Rubric**

The essay will be judged on the following categories: Creativity (40%), Structure (20%), Adherence to Topic (10%), Grammar (10%), Length (10%) and the WOW factor (10%)

**Prizes:**

**Prizes will be awarded separately for middle and high school levels. Prizes will be awarded at the**

**Black Family and Mental Health Conference Points of Excellence Awards, May 12, 2016, 6 pm at The Bethel Church.**

**Middle School: 1st Place Prize = $100, 2nd Place Prize = $75 and 3rd Place Prize = $50**

**High School: 1st Place Prize = $100, 2nd Place Prize = $75 and 3rd Place Prize = $50**

Please email entry form and essay submissions to Jackie Nash, MSW at [jaxnash@att.net](mailto:jaxnash@att.net) by

**April 30, 2016**. For more information call 904.923.4319.

**Student Essay Entry Form**

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade Level:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For more information, please contact Jackie Nash at [jaxnash@att.net](mailto:jaxnash@att.net) or Selena Webster-Bass at [selenawb@coj.net](mailto:selenawb@coj.net)