



**Marion County**  
OREGON  
Health & Human Services



# 2023 Mental Health Promotion Video Contest – Information & Registration Form

Open to high school aged youth of Marion & Polk County!

Mental health affects everyone. Positive personal, social, and communal experiences connect us and increase our resilience to distress. However, adverse experiences, trauma, and undiagnosed mental health conditions can negatively affect mental health. We want to promote positive experiences and prevent negative experiences so everyone lives healthy, purposeful lives and people in need of help are comfortable seeking it.

Marion County's Health Promotion & Prevention Services, Polk County Family & Youth Community Outreach, and Salem Health Injury Prevention are hosting a video contest! High school aged teenagers (14-18 years old) are invited to create a short film (1-4 minute) that spreads a positive message, warns against negative coping mechanisms of mental health, and/or reduces the stigma of mental health.

## PRIZE BREAKDOWN:

- **Submission:** \$50 for each officially submitted video. The first 20 videos submitted and that meet the guidelines outlined in this document will receive a \$50 value in prizes for their sponsoring organization.
- **1<sup>st</sup> place:** \$1,000 total. \$500 value in prizes to teen group participants, \$500 to the eligible sponsoring organization (see page 2 for details).
- **2<sup>nd</sup> & 3<sup>rd</sup> place:** \$500 total. \$250 value in prizes to teen group participants, \$250 to the eligible sponsoring organization.
- **Multicultural Inclusivity Award:** A special honor and extra credit points will be given to videos submitted in a language other than English, American Sign Language, or representing persons with a disability.

## The process is simple!

- Get a group of 2-4 high school aged teenagers (14-18 years old) together. An adult advisor with an eligible sponsoring organization is required (see page 2).
- Select a VIDEO MESSAGING TOPIC that your video will focus on (see page 2).
- Videos in languages other than English will be accepted! If submitting a video in another language, please have English subtitles accompany your film.
- **Register your video project** (see page 3 & 4). If this is a part of a class or community group project, teachers/adult advisors may submit all videos at once. **Email completed registration form(s) to Scott Vu at [svu@co.marion.or.us](mailto:svu@co.marion.or.us) on or before April 24, 2023.**
- Create your video project and submit it for judging to Scott Vu by April 24, 2023.

## IMPORTANT DATES:

- |                           |  |
|---------------------------|--|
| March 6 – April 24, 2023: | Register your video project. If a part of a class project, you can provide your registration form to your teacher who can forward all groups participating to <a href="mailto:svu@co.marion.or.us">svu@co.marion.or.us</a> .                             |
| April 24, 2023:           | Final Submissions DUE by 5:00pm (Email <a href="mailto:svu@co.marion.or.us">svu@co.marion.or.us</a> to receive a link to upload your video).   |
| May 1, 2023:              | Top Submissions (judged by committee) will be posted on MCHHS, Polk County, and Salem Health Facebook pages and Marion County Health Promotion Instagram for voting (Tell friends and family to find your video to LIKE it. Each LIKE counts as a vote). |
| May 12, 2023:             | Social media voting Ends. ALL VOTES MUST BE IN <b>BY 4:00 P.M.</b>   |
| May 15, 2023:             | Official winners announced!  |

## VIDEO MESSAGING TOPICS:

Relate how one or more of the below topics affect the mental health of high school teenagers from your perspective. Be sure to provide a positive message throughout or by the end of the video:

1. **Substance use:** Alcohol, tobacco, and/or drug use
2. **Behaviors:** Video gaming and/or problem gambling
3. **Environment:** Environmental threats or emergencies (such as wildfires, heat, smoke exposure, etc.)
4. **Day in the Life:** The positive and negative things that affect a teachers or students mental health in a normal day

## MESSAGING CONSIDERATIONS:

- The focus should be educational, but don't let that limit your creativity! Videos will be judged by educational content, creativity, and video production.
- Do not imitate gambling, alcohol, or drug use.
- Do not show depictions of violence or use inappropriate language.
- Have a positive message throughout or by the end of the video – there is free help and hope!
- Use person centered language (example: person with a gambling problem or person with a drinking disorder, NOT problem gambler or alcoholic).

## ELIGIBILITY:

The contest is open to high school age teenagers (14-18 years old) living in Marion County or Polk County, Oregon, and/or affiliated to an eligible sponsoring organization based in either county. Eligible sponsoring organizations include Marion and Polk County based school districts and affiliated classes, clubs, sports teams, and groups; or a not-for-profit community-based organization that serves youth. Exceptions may apply, contact us for more information. *Individual entries submitted will automatically be ineligible.*

## NUTS AND BOLTS:

- Top entries will be posted on the following social media pages for voting: Salem Health (Facebook: [facebook.com/salemhealth](https://www.facebook.com/salemhealth)), Marion County Health Promotion & Prevention (Facebook & Instagram: [facebook.com/MarionCountyHealth](https://www.facebook.com/MarionCountyHealth) & [instagram.com/marionhealthpromotion](https://www.instagram.com/marionhealthpromotion)), and Polk County Family & Community Outreach (Facebook: [facebook.com/PCYAT](https://www.facebook.com/PCYAT)). 25% of winning scores will be determined by the number of "likes" and 75% by judges based on educational content, creativity, and video production.
- Copyright: Same [copyright rules as YouTube](http://www.youtube.com/yt/copyright/faq.html) (<http://www.youtube.com/yt/copyright/faq.html>). Participants must secure written consent to use any music or images that are not original or in the public domain (entries may be disqualified without proper consent).
- The video must be submitted by an adult advisor with an eligible sponsoring organization; this person must ensure that the attached photo release form (see page 4) is signed for each person appearing in the video. (This includes shots of the general public, lunch rooms, etc.). Videos submitted without photo releases will not be eligible.
- We reserve the right to use submitted videos for promotional or educational purposes. The videos become property of both Marion County and Polk County once submitted. Titles and minor editing are subject to modification.
- *Be creative and have fun! The more creative the idea, the better.*

## TO ENTER:

1. Register individual projects using the attached form before the due date. Eligible sponsoring organizations with multiple entries to submit may batch all their registrations to submit at once.
2. Create a short video (between 1-4 minutes) documenting your project. (*Make sure to obtain written permission from anyone in the video using the attached photo release form*)
3. Final Submissions DUE April 24<sup>th</sup> by 5:00pm (Email [svu@co.marion.or.us](mailto:svu@co.marion.or.us) to receive a link to upload your video). *Questions? Email us at [svu@co.marion.or.us](mailto:svu@co.marion.or.us).*

# 2023 Marion & Polk County Mental Health Promotion Video Contest Registration Form

Eligibility: The contest is open to high school age teenagers (14-18 years old) living in Marion County and Polk County, Oregon, and/or affiliated to an eligible sponsoring organization based in Marion or Polk County. Eligible sponsoring organizations include Marion County and Polk County based school districts and affiliated classes, clubs, sports teams, and groups; or a not-for-profit community-based organization that serves youth. *Individual entries submitted will automatically be ineligible.*

Contest registration and videos must be received by **April 24, 2023 at 5pm**. Email completed form and any questions to [svu@co.marion.or.us](mailto:svu@co.marion.or.us).

## CONTACT INFORMATION

Name of youth participants:	
Video project name:	
Messaging Topic chosen:	
Will your video include any of the following: in a language other than English, American Sign Language, or represent persons with a disability/varying abilities? Yes or No: _____	
Name of sponsoring organization:	
Adult advisors name:	
Contact phone number:	
Contact email address:	
Brief description of project:	

Adult Advisors' signature:

(Electronic signature is okay)

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Date/Time Submitted:

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# 2023 Marion & Polk County Mental Health Promotion Video Contest Photo Release

Return this form when you submit the video of your project. Everyone appearing on-screen or vocally recorded will need to sign, or have their parents sign if they are under the age of 18. Multiple photo release forms may be submitted with one video project.

*I, the undersigned, affirm that I wish to participate in the 2023 Marion and Polk County Mental Health Promotion Video Contest. I am aware that as part of this contest my voice and image may be used in a video intended to increase awareness. I give my permission to Marion County and Polk County to use my own or my child under 18's image, audio, and video for educational or awareness raising purposes.*

Name of sponsoring organization:	
Video Project Name:	

	Name: (anyone recorded, audio/visual)	Date:	Signature: (parent/guardian if under 18)
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