

# System of Care



## MULTI-MEDIA CONTEST “I AM NOT MY LABEL”

### OBJECTIVES

- 1 Give voice to youth with behavioral health challenges
- 2 Reduce stigma around behavioral health challenges and the young people who experience them
- 3 Spread positivity and hope to other young people who experience these issues
- 4 Create awareness about Nebraska's System of Care
- 5 Educate other youth and stakeholders (including policymakers) about what it's like to live with a behavioral health challenge
- 6 Demonstrate that a behavioral health challenge is only one facet of a person - it shouldn't define them.
- 7 Dispel the myth that young people who experience behavioral health challenges are more likely to violent

Are you creative? Do you have a way with words, or visuals, or even video? We are looking for young people (age 24 and under) that are currently or have been dealing with a mental health challenge explain how they are more than a label or more than their diagnosis.

### FORMATS

Young people (age 24 and under) who wish to submit an entry into this contest, may do so in one of the following formats (all artwork must be original work of the entrant):

- video (not less than 60 seconds and no more than 3 minutes)
- audio recording (not less than 30 seconds and no more than 3 minutes)
- drawing (ink preferred for ease of reproduction)
- poster (can be created with design programs - .pdf or .jpg files)
- painting (no larger than 11 x 17)
- essay (no longer than 800 words)
- poem
- photography

### WINNING ENTRY

All entries will be recognized in a printed booklet and via online platforms so digital entries may be included. The winning entry will be recognized in various social and print media. Judges will include members of the System of Care Youth Advisory Committee with final determination by Nebraska DHHS.

### USE OF ENTRIES

Please be aware that entries in the contest will be used in a printed piece, but words, images, and ideas from the entries may also be used for educational/promotional purposes by the System of Care Social Marketing Committee. A name must be submitted with each entry, but entrants may ask their work to be used anonymously in public situations.

### SUBMISSIONS

Entries and releases may be emailed to:

bweyers@nebraskachildren.org

Subject line: System of Care contest entry

or physically mailed to:

Brenda Weyers

Nebraska Children and Families Foundation

215 Centennial Mall South, Suite 200

Lincoln, NE 68508

**Entries must be received by Tuesday, November 20, 2018**

### Nebraska Behavioral Health System of Care

[http://dhhs.ne.gov/behavioral\\_health/Pages/beh\\_systemofcare.aspx](http://dhhs.ne.gov/behavioral_health/Pages/beh_systemofcare.aspx)

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