

#HTxMentalHealth
CHILDREN'S

ART
CONTEST



Contest Begins January 4, 2017 - Contest Ends April 1, 2017

Art sparks the brains of children and young people. In fact, it improves their mental health. Studies show, kids who participate in art gain skills that help them make decisions, solve problems, think creatively, and work with a team. It also motivates them to learn and helps improve their academic performance. Art helps children visually express their perceptions and feelings; and, improves their mood, calms them down and helps give them focus.

Mental Health America of Greater Houston and Nick Finnegan Counseling Center are excited to announce the 3rd Annual #HTXMentalHealth Children's Art Contest—a celebration and awareness campaign about the importance of children's mental health. It is also an opportunity for children to learn about mental health, to share their understanding of mental health, and to express positive messages of hope through art.

The contest is open and we are accepting submissions from young artists 5-14 years old now through April 1, 2017, on the theme, "How I Feel About Myself." Artists should live in the Greater Houston, Texas Gulf Coast region which encompasses Harris, Fort Bend, Montgomery, Brazoria, Galveston, Liberty, Waller, Chambers, and Austin Counties.

Winning artists will receive recognition during National Children's Mental Health Day (May 4) and National Children's Mental Health Week (May 7-13). They will be awarded more than \$300 in gift cards and prizes, honored at an awards reception and have their art featured in both an online and on location (TBD) children's art gallery.

The contest is also an educational opportunity for families, schools, groups, programs and businesses. It's rarely known that half of all lifetime cases of mental illness emerge before a child's 14th birthday and 1 in 5 children and youth have a diagnosable mental health concern, and many don't always get help. This is often due to lack of knowledge and understanding, access to care, or stigma.

We want everyone to know—especially children and families—that it is healthy and important to talk about mental health and mental illness. And, if there is a concern, it's okay to seek help.

The #HTXMentalHealth Children's Art Contest offers a website that includes mental health information, short films, ebooks, and resources to educate and empower adults and children.

For your child or children to enter the contest, see the attached **Rules and Eligibility**, complete and send the **Entry Form** along with the child's art.

For questions about #HTXMentalHealth Children's Art Contest, please contact:

Traci Patterson, Director of Communications at tpatterson@mhahouston.org or 713-520-3476. Mental Health America of Greater Houston (www.mhahouston.org)

Paige Roane, Community Relations Specialist at PROane@finnegancounseling.org
Nick Finnegan Counseling Center (www.FinneganCounseling.org)

For more information on the #HTXMentalHealth Children's Art Contest, visit the official website www.htxmentalhealth.weebly.com.

Schools, Groups and Programs and Businesses

Celebrate Children's Mental Health. Host a "mini" art contest for kids 5-14 years old. **There is no cost to enter.**

- Talk about mental health with your children.
- Have them draw artwork based on the theme.
- Display the art and informational posters about Children's Mental Health in a hall way or another visible place of honor.
- Select two winning entries from each category.
- Enter the winning artwork into the regional #HTXMentalHealth Children's Art Contest.
- Join us at the Children's Mental Health Day Award's Reception, Ceremony and Gallery Display.

FOR PRINTED COPIES

of posters to use in your display, reproducible brochures and a customizable certificate template for participants, please visit the contest website at www.htxmentalhealth.weebly.com or email Traci Patterson at tpatterson@mhahouston.org.



HOUSTON
ENDOWMENT



#HTxMentalHealth

CHILDREN'S ART CONTEST

MHA
Mental Health America
of Greater Houston



2017 Rules and Eligibility

Contest Begins January 4, 2017 - Contest Ends April 1, 2017

WHO IS ELIGIBLE: Children who are in the age level categories below and live in the Greater Houston, Texas Gulf Coast region are eligible to participate. The Greater Houston, Texas Gulf Coast region includes Harris, Fort Bend, Montgomery, Brazoria, Galveston, Liberty, Waller, Chambers, and Austin Counties.

Level 1: Ages 5-7

Level 2: Ages 8-10

Level 3: Ages 11-14

THEME: How I Feel About Myself.

RULES

- Artwork must be original art of the student's own creation.
- Artwork should have an original title based upon the contest theme
- Artwork should combine drawings, pictures and/or words to express the grade-level theme.
- Any of the following materials can be used to create the poster: pencil, ink, charcoal, crayon, markers, pastel, paint (tempera, water colors, acrylics, spray, etc.), mixed materials, collage, etc.
- The size of the poster must be no smaller than 8"x10" and no larger than 9" x 12".
Note: Smaller or larger sizes will not be considered.
- Only artwork reflecting positive images and words about mental health will be accepted. Artwork must be free of violence, weapons and offensive language.
- Only one submission for each child will be accepted.

SUBMISSION

- Artwork must be postmarked by Saturday, April 1, 2017.
- Artwork must be **MAILED FLAT** not folded to:
Mental Health America of Greater Houston
Attn. #HTxMentalHealth Art Contest
2211 Norfolk, Suite 810
Houston, TX 77098
- Each entry must include the following information either written on the back of the artwork or using the form provided in this packet: student's name, age, grade level, school name, and school district, parent/guardian's name, full address, phone number, and e-mail address (if available).

WINNING ARTWORK

Artwork postmarked by **Saturday, April 1, 2017**. All submissions will become property of Mental Health America of Greater Houston and Nick Finnegan Counseling Center. It will be separated into Levels 1, 2 or 3 and will be judged on originality, positivity, and impact of message. Two (2) winners will be chosen from each age level group (see above). **Winners will be contacted the week of April 24 and announced publicly on May 4, 2017.** All 6 winners will receive awards and prizes that are art and family focused. We request all contest winners please make every effort to be available for media interviews and to attend the awards ceremony. Winning artwork will be displayed at a location (to be determined) and in a digital mental health art gallery on the contest site www.htxmentalhealth.weebly.com, as well as partner sites www.mhahouston.org and www.FinneganCounseling.org from May 4th (National Children's Mental Health Awareness Day) throughout Mental Health Month.

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Information Release Form

Greater Houston, Texas Region Participants

Attach this form to the artwork using a paperclip. Do **NOT FOLD ART**.
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Give Your Artwork An Original Title	
What Made You Choose That Title? Use Another Paper If Needed.	
Child's Name	
Child's Age	
Child's Grade Level	
Name of Child's School or Group	
School District (if Applicable)	
Name of County	
Parent/Guardian's Name	
Parent/Guardian's Phone Number	
Parent/Guardian's Email Address	
Parent/Guardian's Mailing Address	

I, _____, give permission for my child, _____, to participate in the 2017 #HTxMentalHealth Children's Art Contest. I also understand that my child's artwork will become the property of Mental Health America of Greater Houston and Nick Finnegan Counseling Center when it is submitted to the contest. I consent that it can be reproduced and used in publications and other marketing that may include my child's name, age, school, and school district.

I hereby understand this contest is open to children in the greater Houston area only, and I grant permission to Mental Health America of Greater Houston and Nick Finnegan Counseling Center to interview me and/or to use my or my child's photograph in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use. I acknowledge Mental Health America of Greater Houston and Nick Finnegan Counseling Center have the right to crop or treat the photograph at its discretion. I also acknowledge Mental Health America of Greater Houston and Nick Finnegan Counseling Center may choose not to use my photo at this time but may do so at its own discretion at a later date.

REQUIRED:

- I have read the attached flyer on Children's Mental Health.
- I have spoken with my child about mental health.

Guardian's Name (Printed)

Guardian's Signature

Date