



Directing Change

Program and Film Contest

 **EachMind
MATTERS**

California's Mental Health Movement

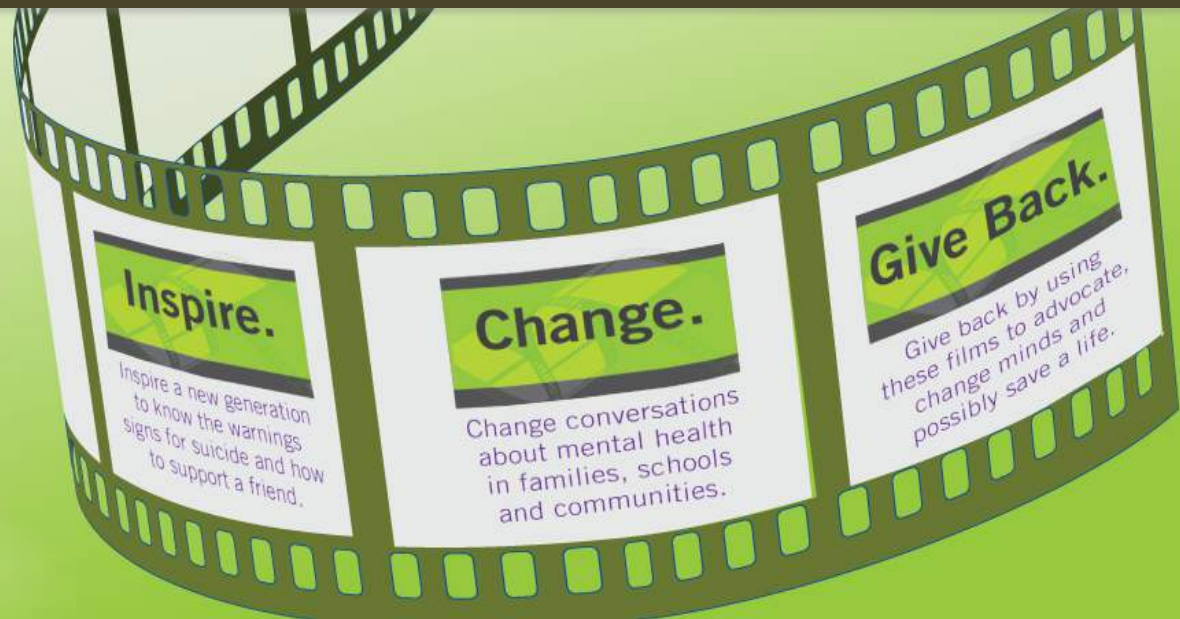
Funded by counties through the Mental Health Services Act (Prop 63)



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

Directing Change Program & Film Contest

Youth and young adults submit short films about suicide prevention and mental health promotion & explore these topics through the lens of diverse cultures.



❖ **Submission Deadline: March 1, 2020**

- ✓ Open to students in grades 6-12, and youth ages 14 to 25

✓ Red Carpet Award Ceremony

✓ Cash prizes

✓ Trophies

Directing Change Overview

Submit 60 or 30-second films in one of the following categories:

- Suicide Prevention (SP) – 60 seconds
- Mental Health Matters (MHM) – 60 seconds
- Through the Lens of Culture (SP or MHM) – 60 seconds
- SanaMente – 30 seconds
- Animated Short – 30 seconds
- Walk in Our Shoes – 60 seconds (middle school only)

The contest is open to students in grades 6-12, as well as youth and young adults ages 14 to 25 who are associated with an organization.

- All film teams need to identify an adult advisor to review the film.
- There is no limit on the number of submissions by participants, schools, or organizations.
- There is no limit on the number of people who can work on a film.

Submission Deadline: March 1, 2020



284 Los Angeles County professionals in education, representing **69** different school districts and organizations were trained in creating suicide prevention policies for their districts through AB2246 and postvention trainings.

1,059 youth participants from Los Angeles County.

41 schools and organizations implemented program.

More than **7,500** youth, parents, and community members reached through awareness activities created by youth and educators through mini-grant funding to 21 schools.

60 lessons taught by Directing Change in Los Angeles County to **1,146** youth at **10** schools and local organizations on mental health, suicide prevention, safe messaging, and filmmaking tips.

323 films created by youth for youth.

61 people were trained in suicide prevention and mental health messaging and applied training to judge films.

More than **1,100** youth from 24 local middle school, high school, and college campuses attended and were inspired at annual red carpet award ceremony.

More than **30,000** LAUSD teachers and personnel will view at least two of these films in their district-wide suicide prevention online training they complete each summer.





Life in Black and White
First Place Regional 2019
Suicide Prevention

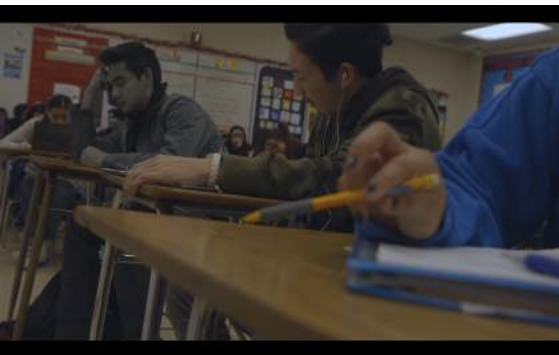
<https://vimeo.com/320876018>

Hidden Hurt
Second Place Regional 2019
Suicide Prevention

<https://vimeo.com/334959753>

Paper and Ink
Third Place Regional 2019 (Tied)
and Team Pick
Suicide Prevention

<https://vimeo.com/320903335>



Dear Brandon
Third Place Regional 2019 (Tied)
and Team Pick
Suicide Prevention

<https://vimeo.com/319686576>

Live
Honorable Mention Regional 2019
Suicide Prevention

<https://vimeo.com/322308546>



TOP LOS ANGELES COUNTY FILMS 2019

MENTAL HEALTH MATTERS



Speak Up

2nd Place Statewide 2019
Mental Health Matters

<https://vimeo.com/333581238>



Change the Perception

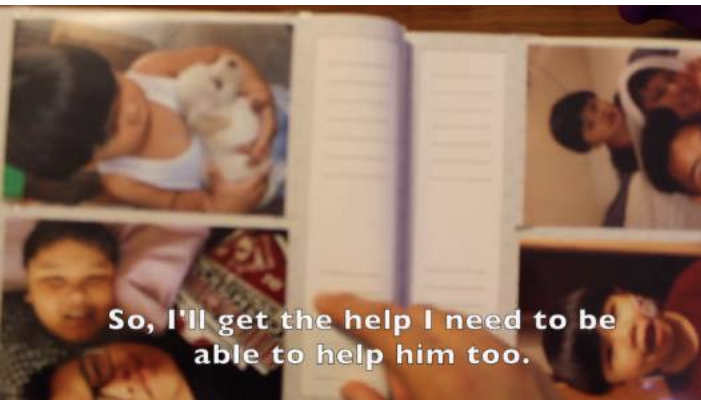
1st Place Regional 2019
Mental Health Matters

<https://vimeo.com/334959190>

I AM

2nd Place Regional 2019
Mental Health Matters

<https://vimeo.com/322373560>



I Need a Hug

5th Place Statewide 2019
Through the Lens of Culture
Mental Health Matters

<https://vimeo.com/322376528>

Our Story Continues

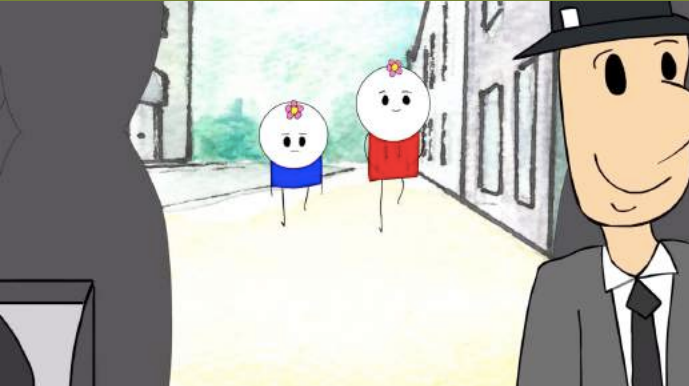
3rd Place Regional 2019 (Tied)
Mental Health Matters

<https://vimeo.com/320641463>



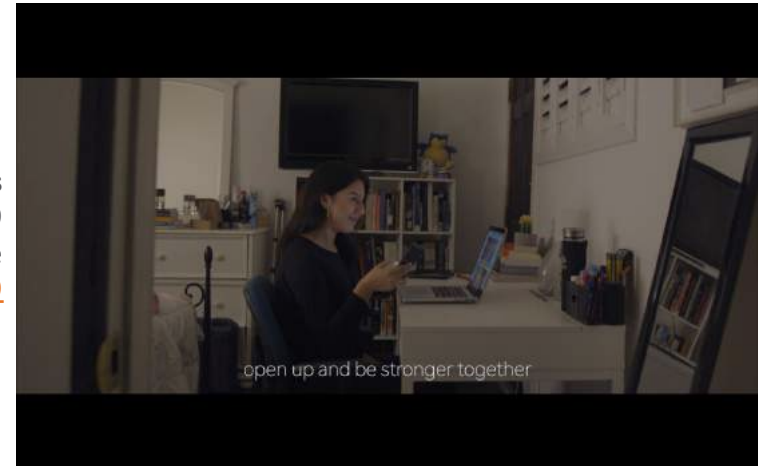
TOP LOS ANGELES COUNTY FILMS 2019

SPECIALTY CATEGORIES: ANIMATED SHORT AND SANAMENTE



Petals
1st Place Statewide 2019
Animated
<https://vimeo.com/333581045>

Unidos Juntos
1st Place Statewide 2019
SanaMente
<https://vimeo.com/323290289>



open up and be stronger together



You Have a Future
5th Place Statewide 2019
Animated
<https://vimeo.com/322001705>

Mi Vida
3rd Place Statewide 2019
SanaMente
<https://vimeo.com/334958755>



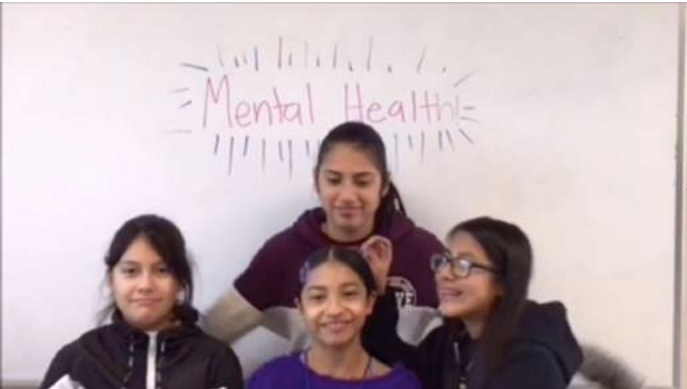
But I know I am not alone.

TOP LOS ANGELES COUNTY FILMS 2019

WALK IN OUR SHOES



Mia in Time
Honorable Mention Statewide 2019
Walk in Our Shoes
The Superhero in Each of Us
<https://vimeo.com/323211724>



Beyond Anorexia
2nd Place Statewide 2019
Walk in Our Shoes
Mental Health
<https://vimeo.com/320553877>



Healing
Honorable Mention Statewide 2019
Walk in Our Shoes
Mental Health
<https://vimeo.com/330155201>



The Anchor to Our Boats
5th Place Statewide 2019
Walk in Our Shoes
The Superhero in Each of Us
<https://vimeo.com/321386572>

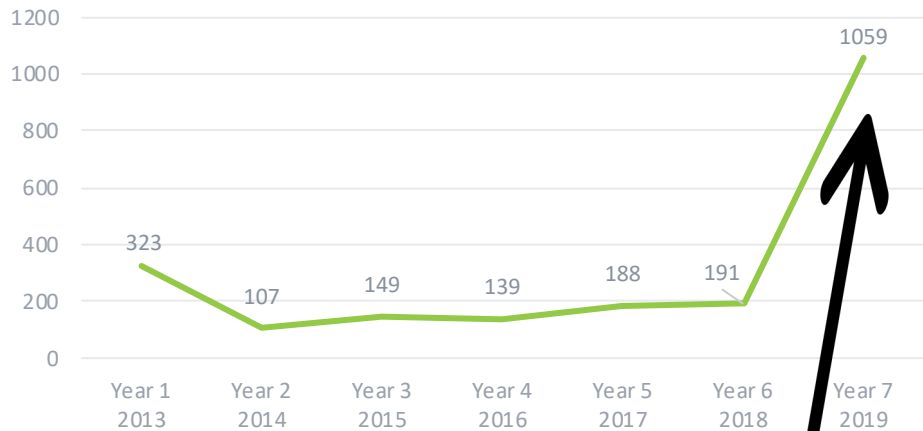


Scars
Honorable Mention Statewide 2019
Walk in Our Shoes
Mental Health
<https://vimeo.com/320851331>

GROWTH OVER THE YEARS



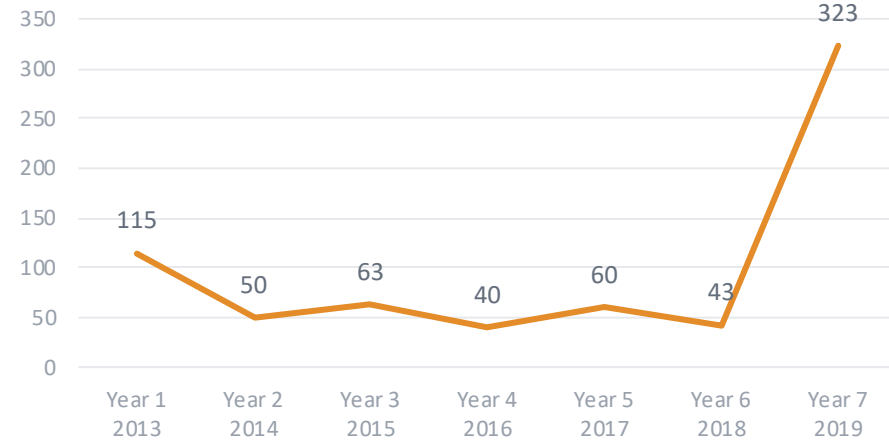
Student Participants in Los Angeles County, by year



454% increase in youth participants from Los Angeles County in 2019, from the previous program year (2017-2018), and a **228%** increase from the beginning of the program in the 2012-2013 program year.

651% increase in film submissions from Los Angeles County teams in 2019, from the previous program year (2017-2018), and a **181%** increase from the beginning of the program in 2012-2013.

Films submitted by Los Angeles youth, by year



LOS ANGELES COUNTY SERVICE AREAS
DIRECTING CHANGE PARTICIPATING SCHOOLS
(SCHOOLS IN RED NEW IN 2018-19)

- Learn4Life
- William J. Pete Knight High School
- Highland High School**

- Canoga Park High School
- Clark Magnet High School
- Cleveland Charter High School
- Daniel Pearl Magnet High School
- Downtown Magnet High School
- Edward Roybal Learning Center
- Firebaugh High School
- Foothill High School
- Hale Charter Academy**
- Ivy Academia Charter School**
- James Monroe High School**
- John F. Kennedy High School
- John R. Wooden High School**
- Reseda High School
- Roy Romer Middle School
- Saugus High School
- Sunland Christian School

1

2



- 1 Antelope Valley
- 2 San Fernando Valley
- 3 San Gabriel Valley
- 4 Metro
- 5 West
- 6 South
- 7 East
- 8 South Bay
Includes Catalina Island

- Arcadia High School
- Citrus College**
- Claremont High School
- Diamond Bar High School
- Gabrielino High School**
- John Marshall Middle School
- Kranz Intermediate School**
- Learning Works Charter School
- Los Altos High School
- Madrid Middle School**
- Maranatha High School
- Monrovia High School**
- Monte Vista Elementary School**
- Mountain View Elementary School**
- Mountain View High School**
- Northview High School
- Pasadena City College
- San Gabriel Mission High School**
- San Marino High School
- School of Arts & Enterprise
- Sierra Vista High School
- South Hills High School
- South Pasadena Middle School**
- St. Lucy's Priory High School
- Tri - City Mental Health Services
- University of Laverne
- Village Academy High School

LOS ANGELES COUNTY SERVICE AREAS
DIRECTING CHANGE PARTICIPATING SCHOOLS
(SCHOOLS IN RED NEW IN 2018-19)

Benjamin Franklin High School

East Valley High School

Francisco Bravo Medical Magnet HS

Helen Bernstein High School

Los Angeles High School

Los Angeles Trade Technical College

Pueblo de Los Angeles High School

Sonia Sotomayor Center for Arts & Sciences

Woodrow Wilson High School

Emerson Community Charter

Palms Middle School

Santa Monica College

UCLA Bhagat Puran Singh Health Initiative (BPSHI)

UCLA Counseling and Psychological Services (CAPS)

University High School

University of California, Los Angeles



1 Antelope Valley

4 Metro

7 East

2 San Fernando Valley

5 West

8 South Bay
Includes Catalina Island

3 San Gabriel Valley

6 South

Foshay Learning Center

Los Angeles Academy Middle School

Opportunities Unlimited Charter High School 6

Santee Education Complex

View Park Continuation High School

Biola University

Cerritos College

El Rancho High School 7

Legacy High School

Norwalk High School

Southeast DREAMS Magnet

California State University Long Beach

Carson High School

Centinela Valley Union High School District

Central Michigan University 8

CSULB Active Minds

Environmental Charter High School

Leuzinger High School

San Pedro High School

PARTNERSHIP WITH TEAL



“The Technology Enhanced Arts Learning (TEAL) project uses blended learning (online and in-person) to build capacity in arts education throughout Los Angeles County schools with no-cost professional development. Both K-6 pre-service and in-service educators are served by this project.

TEAL seeks to redress the minimal attention that arts education has received in the public school curriculum for many years, by delivering engaging and practical professional development, building the confidence and skills that teachers need to develop and use effective arts integration with their students. TEAL offers experiential learning, tools, and resources that combine in-person interaction with virtual instruction and an online community, thus facilitating peer interaction in tandem with the flexibility and accessibility of no-cost, online learning and networking. This model is designed to reach the teachers and students in the 80 school districts and a number of charter school networks throughout Los Angeles County.”

<http://www.tealarts.org/about/teal.html>

For the 2018-2019 school year, TEAL and Directing Change created a partnership that included presentations for all new TEAL cohort teachers that year to learn about the Directing Change Program and receive special consideration in mini grant funding.

This partnership also resulted in specialized, ongoing workshops for one of the TEAL participants: all 7th and 8th grade AVID students in the Mountain View Unified School District in El Monte, CA received multiple lessons on mental health, suicide prevention, and messaging from a member of the Directing Change team, as well as technical support and lessons on filming, audio recording, and editing from a LACOE CDOL (Los Angeles County Office of Education - Center for Distance and Online Learning) team member. **Eight AVID classes across three campuses received ongoing support over the course of six weeks, facilitating the submission of 72 films**, including ten films that moved on to regional judging; one placed 2nd statewide and the other nine received honorable mentions.



“Our team thoroughly enjoyed creating a film that brought attention to issues that everyone has or will deal with at some point in their lives. We were excited to collaborate with each other and share our experiences with our topic. It brought us together as a team. Our whole class was very supportive as well. We suffered a loss recently at our school that made me think about how many need to see or hear something to help them realize that they have someone to support and help them get through difficult times.”

LA County, student at Claremont High School

PRESENTATIONS AND LESSON PLANS

Lesson plans on mental health and suicide prevention are available on the Directing Change website: <http://www.directingchange.org/schools/>, under Lesson Plans. PowerPoint presentations, handouts, educational videos, and recommended Directing Change films from years past are also available on this page.

Two new lessons were developed by the Directing Change team for the Walk in Our Shoes category, designed specifically for younger students, with the help of a middle school teacher.

Lessons were administered both by a member of the Directing Change team as well as independently by teachers at schools across the county. Los Angeles County schools that received direct instruction by Directing Change include: James Monroe High School, Mountain View Elementary School, Foshay Learning Center, Woodrow Wilson High School, Kranz Intermediate, Monte Vista Elementary School (K-8), Madrid Middle School, Palms Middle School, and Highland High School. Some of these schools received multiple lessons.

TALKING POINTS

1) Person first language respectfully puts the person before the illness and reinforces the idea that those who experience mental health challenges are not defined by their condition. Using person-first language helps steer clear of stigmatizing language that may lead to discriminatory ideals.


Person first language respectfully puts the person before the illness and reinforces the idea that those who experience mental health challenges are not defined by their condition. Using person-first language helps steer clear of stigmatizing language that may lead to discriminatory ideals.

Old	Do NOT use
I was diagnosed with bipolar disorder.	I am bipolar.
She is experiencing a mental health challenge.	She is mentally ill.
People living with mental health challenges...	The mentally ill.
He has Schizophrenia.	He is schizophrenic.
She experiences symptoms of Depression.	She suffers from depression.


2) Avoid using derogatory terms like "crazy" and "psycho" and other negative labels. These words can be stigmatizing and can reinforce stereotypes and labels that could keep people from seeking help. Here are some examples of labels to avoid:

Mentally ill	Cuckoo
Emotionally disturbed	Maniac
Insane	Lunatic
Crazy	Looney
Odd	Wacko
Abnormal	



Directing Change  Program & Film Contest

- Find a cartoon of a famous superhero that talks about mental health and share it with the class. Here is an example that you can discuss as a class as well, if you don't have research capabilities:



LOS ANGELES COUNTY MINI GRANTS

The Directing Change Program & Film Contest offered a mini grant opportunity for classes and school-based clubs working with youth in Los Angeles County. Groups had to submit an Intent to Direct form and answer a series of questions about their organization, their plan for their film, and their ideas for a mental health or suicide prevention activity to be held in their community. Approved groups had to submit at least 5 films, teach at least one lesson on mental health or suicide prevention, and were encouraged to plan an activity that involved screening of Directing Change films. All groups received a toolkit from Each Mind Matters to support implementation of a mental health event. Groups that successfully completed all requirements received between \$500 and \$2,500 to support mental health or suicide prevention activities in their communities:

Highlights:

- A total of 30 mini grants were offered awards after an application and interview process
- 21 compliant schools who participated and received their grants
- 168 films submitted from participating mini grant schools
- 931 students actively involved in the creation of these films
- More than 7,500 people reached by film screenings and mental health events

Participating Schools:

- Mountain View Elementary
- John R. Wooden High School
- Sonia Sotomayor Center for Arts and Sciences
- San Pedro High School
- Foshay Learning Center
- John F. Kennedy High School
- Woodrow Wilson High School
- Emerson Community Charter Middle School
- Hale Charter Academy
- Los Angeles Academy Middle School
- Palms Middle School
- Performing Arts Community School (Diego Rivera Learning Complex)
- Highland High School
- Southeast DREAMS Magnet
- Canoga Park High School
- Monrovia High School
- San Gabriel Mission High School
- Legacy High School - Visual and Performing Arts
- Los Angeles High School
- Leuzinger High School
- Pueblo de Los Angeles High School





MOUNTAIN VIEW ELEMENTARY SCHOOL

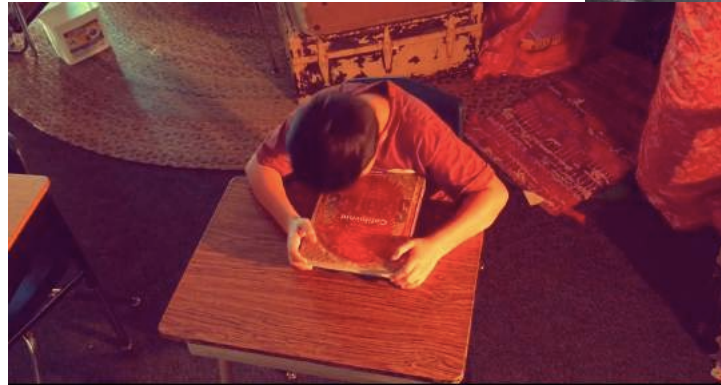
SPA 3, \$2,500

Total reached: 180

Film Links: <https://vimeo.com/317547111>

<https://vimeo.com/317563635>

The sixth grade class (102 students) at Mountain View Elementary submitted a total of 12 films, including four that received honorable mentions in the inaugural Walk in Our Shoes category for middle school students.



The entire sixth grade class of Mountain View Elementary also attended the Awards Ceremony at the Theatre at the Ace Hotel.

All three groups of students received two lessons from a Directing Change team member, covering the basics on the Directing Change Program, mental health, stigma, and safe messaging tips for talking about these topics. Students worked in the classroom with their teacher to learn about mental health and helping a friend, and with an international filmmaker in conjunction with LACMA to learn about the basics of filmmaking and storytelling.

Films were shared at an end-of-the-year performance for members of the community (reaching about 75 community members), alongside poems, songs, and other written pieces reflecting on mental health, diversity, and kindness. Community members were given resource cards at the end of the event with the suicide prevention lifeline on it, as well as directed towards a table of other resources and advocacy materials.





SPA 4, \$500
Total reached: 300

Los Angeles High School (LAHS) participated in the Directing Change Program this year, and 38 students worked together to create 5 films. Three of the five received awards: second place and two honorable mentions, all in the Mental Health Matters regional competition. The project started with five New Media class students, which grew to include students outside of the class, eventually including LAHS’s Leadership Class. Films were shared with the following classes and people in the community: Los Angeles High School (LAHS)’s Leadership Class, LAHS’s Mental Health Assembly, LAHS Administration, LAHS Library Screening, Koreatown Youth + Community Center Leaders, The Board of the Harrison Trust Fund (LAHS’s Alumni Endowment Board), Student Deserve Leadership (an outside Social Justice Group), Memorial Library Representative (LA City Library), and LAUSD’s Library and Textbook Services Leaders (they have forwarded it to LAUSD’s communication division for information dissemination). Approximately 300 people have already been exposed to the films, mainly through their school’s May Mental Health Awareness initiative.



“Because of Directing Change, Los Angeles High School had its first “May is Mental Health Awareness Month” activities.”

Film Links:

- “I AM” - <https://vimeo.com/322373560>
- “Together” - <https://vimeo.com/322377387>
- “The Game” - <https://vimeo.com/322375851>

LAUSD's Mental Health and Human Services will also incorporate their video in the mandated training for all staff this Fall, reaching 26,556 teachers plus additional administrators and district personnel. The Leadership Class organized various activities that included distributing green ribbons, setting up a lunchtime awareness table, and making several morning announcements. On May 31st the Leadership Class sponsored an assembly at the school theatre as their culminating event that featured one of their films. Additionally, they invited mental health professionals from The Koreatown and Community Center and other mental health organizations to speak. The event ended with a performance by a community dance group called Outkast. Over 150 people attended the assembly.



The advisor shared: “In the beginning, we profess not knowing much about mental health. So as a class, we sought the advice of our school’s Psychiatric Social Worker (PSW).” Their PSW mentored the group and guided their understanding for the duration of the project. As they began to film, students from across the campus started to visit, wanting to participate. After the completion and watching their film, the Leadership Class took it upon themselves to organize the school’s first “May is Mental Health Awareness Month”. They had morning announcements, a lunchtime table for resources and handing out green ribbons, and sponsored an assembly that featured their film, guest speakers, and a local dance group.

The Koreatown Youth + Community Center approached the school to have artist RFX1 with LAHS students paint a mental health mural on one of their walls. It became part of their mental health awareness program. The writeup of this effort can be viewed here: <https://www.kyccla.org/press-release/community-mural-project-with-la-high-rfx1/>

“I wanted to personally thank your organization for everything. It has been a journey we will all remember. Going into the contest, we had no idea what a profound and far reaching experience it would be. The project ended touching others in so many unforeseen ways.”



“It was a journey for all of us. It showed that we have the power to touch lives in unimaginable ways, sharing that we all matter. We look forward [to] participating next year.”



The news of their award was highlighted in the District Office of Instruction newsletter. Other District Division school leaders have sent their congratulations, including Library and Textbook Services and the Career and Technical Education.





JOHN R. WOODEN HIGH SCHOOL

SPA 3, \$1,500

Total reached: 120

Film Link:

"I'm Here"- <https://vimeo.com/322907147>

Six films were submitted by 18 students in the film program at this continuation high school, and the films were shared with the entire student population (about 120 at-risk youth) during Mental Health Awareness Month.



The films were supervised and taught by Diego Rivera, a filmmaker who originally came to John R. Wooden via CalArts. Other activities around mental health were implemented during May, including a screening of a TedTalk by Kevin Breel for all students at the school alongside discussion around the talk within the classroom, and a writing exercise where students read a letter titled "Me, Myself, and I" written by a person with depression and then wrote their own version of the letter where they shared their own experiences with mental health challenges and/or wrote themselves positive affirmations for continuing to improve their mental health. Most students asked to take home the original letter or even additional copies of the letter, which told the staff at the school that the topics discussed during this writing exercise resonated with their class. Participating in the Directing Change program supported the technical aspect of students learning a valuable skill which addresses many of their instructional standards in English Language Arts, Technology and Visual Arts. Most importantly, it gave the school an extra reason to address mental health as an issue for the whole school across the curriculum, and not just in isolated situations in a health class. As a result, their staff is discussing additional, similar activities to incorporate into the school year 2019-2020.



SPA 4, \$1,500
Total reached: 325

Film Link: "I Need a Hug" - <https://vimeo.com/322376528>

- Six films were submitted by 24 students in the journalism program at Sotomayor, including one film that received a 5th place award in the statewide Through the Lens of Culture - Mental Health Matters category. Another film also received an honorable mention in the regional Mental Health Matters category.
- Directing Change films were screened at an event where 300 community members (students, parents, and teachers) attended. Funding from the grant supported community programs that the students felt strongly about, including cooking and serving dinner for 45 homeless guests at a neighborhood shelter. This class of filmmakers also attended the Awards Ceremony and the fifth-place winning team attended the Youth Networking Night held at the WE RISE pop-up festival.



Your school is invited to...
Local District Central's Academic Festival on April 6, 2019 at Los Angeles City College. The festival will showcase the rich variety of academic programs in our local district.

"ELA"ration Showcase - speeches, poems, narratives, monologues, and dramatic interpretations aligned to ELA-ELD

Student STEAM exhibits based on "Clean Air"
Music, dance and drama ensembles

Parent workshops

Math Field Day presentation of top placing teams

Robotics - VEX IQ demonstrations

Dual Language -- Spanish, Korean, Mandarin presentations

Science Workshops



Academic Festival
April 6, 2019
Los Angeles City College
855 N Vermont Ave., Los Angeles



Festival hours: 8:00AM - 12:30PM
Buses are provided.

For specific information contact:

Parent Education workshops: Pat Castro
pk0188@lausd.net

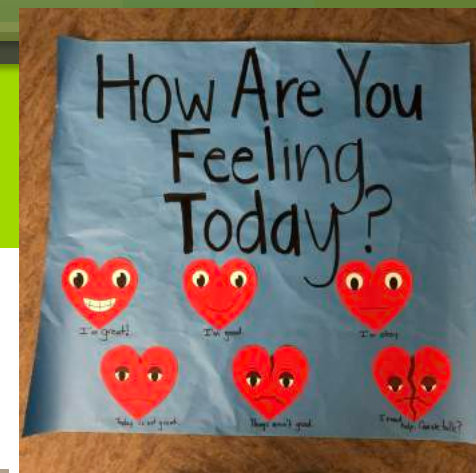
"ELA"ration Showcase: Annie Greseman
gladys.gresemann@lausd.net

Science/STEAM exhibits: Tim Ahn
hha0489@lausd.net

Performing Arts ensembles: Paul Strand
ps9065@lausd.net

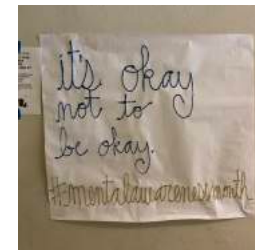
Dual Language presentations: Cristina Rodriguez
cristina.rodriguez3@lausd.net

Math Field Day: Janie Kim, janny.kim@lausd.net

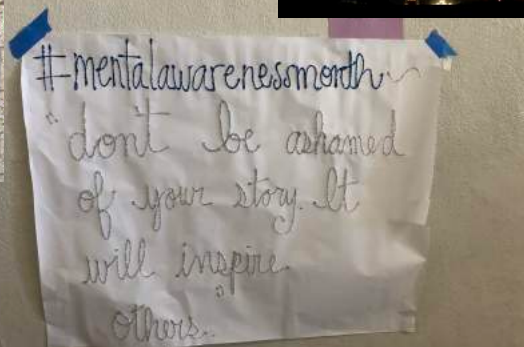
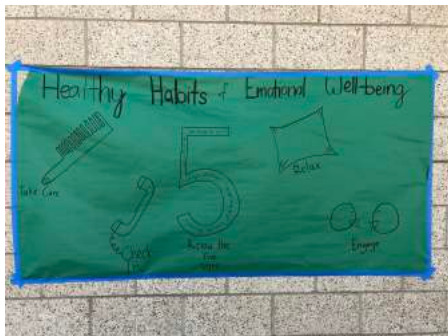


SPA 7, \$750
Total reached: 205

Eight films were submitted from 28 students. The films were screened several times on campus: all classes taught by this advisor viewed them, regardless of being enrolled in a film class, resulting in about 160 students viewing them; films were shown during the campus-wide Mental Health Awareness Week, in collaboration with their two Psychological Social Workers (PSW) during the week of May 20-24; and films were screened at their Film Festival, reaching about 45 participants. After screening films, viewers were invited to share their thoughts around the issue and feedback on the films; in particular, parents at the Film Festival were impressed with the films and shared how important the topic was to discuss. The film "Live", which received an Honorable Mention in the Suicide Prevention category, is posted on their school website, and has been selected to be included in the annual online Suicide Prevention Training for all Los Angeles Unified School District (LAUSD) staff for the upcoming 2019-2020 school year.



Film Link:
"Live"- <https://vimeo.com/322308546>



The advisor shared, "I was very encouraged by the way the students supported and valued talking and making films on this topic. Everyone has some connection to mental health issues in some way but most still don't feel comfortable about having a conversation on it. I'm pleased that we were able to start those conversations. I am very pleased to have participated in the program this year."



SPA 6, \$750

Total reached: 270

Film Link: "Making a Change" - <https://vimeo.com/322366577/59c647f094>

Six films were submitted from 201 students at this middle school. Seven classes of 7th and 8th grade English/Language Arts students received lessons from a member of the Directing Change team on mental health, stigma, and the importance of receiving help. The teacher shared that many of her students were currently dealing with mental health challenges but felt timid in talking about the issues, so she was grateful to have dedicated class time to opening that dialogue.

The films were then shared with 70 sixth grade students at the school: "We started with the 6th graders asking questions about mental health. The presenting students shared their films and then did a talk back explaining what they were trying to convey in their films. We used the informational pamphlets as a way in for students to ask questions about mental health."

The students worked together in groups to research different aspects of mental health. The advisor, an English/Language Arts teacher, combined the filmmaking with a unit on argumentation, connecting them to California State Standards. First students came up with a claim such as "We all have a hero inside us" or "It is important to be a friend," which helped the students stay focused and on message, as well as give the films some focus. The advisor shared that it was especially helpful to have the students do storyboards to plan, look at the example films from the website, and having a Directing Change team member present to the students directly. The students watched the videos and then took notes on the techniques the other filmmakers used.



"Some of the strongest learning came with the research for the films."

-- Counselor from Foshay Learning Center



SPA 2, \$500

Total reached: 1,500

Nine films were submitted from 18 students; students were given two weeks to research and plan their PSA. All the films produced were shown in their weekly morning show to the entire campus and posted on their school's website for a wider audience to view. One film submitted by this group placed 3rd in the regional Mental Health Matters competition and was selected as a Team Pick to move on to statewide judging. Two additional films received honorable mentions in the Mental Health Matters regional competition.

“I found that students were more open [to] talking about stressors and life issues with adults and peers. The social worker on campus felt that students were more willing to come to her to ask for assistance rather than being referred by an adult on campus (although this still happens). When the films were shown in the classroom teachers reported that all eyes were focused on the video and incidental discussions ceased. I think the impacts of the film were not just on those who watch but on the creators as well. The filmmakers were very focused on helping out their peers and they saw this as more than “just an assignment” but something that will be part of their legacy on the culture of our campus.”

- Advisor, on his students after participating in the program

“Dear Brandon”- <https://vimeo.com/319686576>

“Without You” - <https://vimeo.com/320997076>





SPA 5, \$500

Total reached: 150

This middle school submitted 8 films from 45 seventh grade students involved in the “Arts and Adventure” Academy. Films were created by students enrolled in honors English and Filmmaking classes. 150 middle school students (in groups of 30) watched the films being projected onto a screen in the classroom.

The screenings were well received by all students: “I believe that the filmmakers were motivated to do better work by the fact that they were being provided with an authentic audience. Most encouragingly, after watching the shorts, many kids in my regular classes--the films were all made by honors students--asked if they could have the opportunity to make their own video projects in the future. I'm currently designing a filmmaking unit that I will incorporate into next year's curriculum.”

The advisor believes it was a very successful first year with the program, and is already planning some changes for next year's participation: he wants to focus primarily on specific content areas around messaging that he believes his seventh graders need more time with, and he plans to host a larger screening in their school auditorium for their entire student body and also invite parents.

Film Link:

“My World Turned Upside-Down” - <https://vimeo.com/321268674>

“Several weeks after watching the videos, two students approached me and revealed that a friend of theirs had just made an Instagram post wherein suicide was contemplated. I showed the post to our administration and a healthy line of communication was opened up between all appropriate parties. I'll never know the true seriousness of the threat, but I felt very encouraged by the fact that the two initial students knew to contact an adult.”





SPA 6, \$500.

Total reached: 100

Six middle school students involved with the peer mentoring program on campus created four films for this year's contest. Their group serves as mentors for younger students on campus, and their advisor thought it would be a valuable experience as young leaders on campus. They worked with on-campus PSWs to create their films. Their team hosted a film festival afterschool on their campus and had about 100 students and family members attend the event and included dance and musical performances in addition to the screening of their films. The advisor spoke on how the Directing Change Program helped to support current efforts to change the culture at their school: "We are part of a new school administrative team tasked with changing the culture of the school. We have led our school with the heart and strive to show our students to care for each other. We removed all deans and unnecessary punitive measures designed to correct students behavior by punishment and fear. This project was inline with our mission. This was a great experience for our students and for those who viewed the films as well... This is a powerful tool to help our students have a voice. Love it."





PALMS MIDDLE SCHOOL

SPA 5, \$500

Total reached: 32

The film class at Palms Middle School submitted a total of 9 films to the program, including one that placed 3rd in our inaugural Walk in Our Shoes – Mental Health category, and another two that received honorable mentions. Thirty-two 7th and 8th grade students were involved in the creation of these films. They received two lessons from a Directing Change team member, covering mental health, stigma, the warning signs for suicide, and safe messaging tips for talking about these topics. The students wrote their scripts in groups of 3 or 4 and created their films over the course of several weeks, analyzing what elements go into a good PSA before writing their scripts and storyboards. The film class also attended the Awards Ceremony at the Theatre at the Ace Hotel, with the 3rd-place team accepting their awards on stage.

Film Link:

“All You Need is a Friend” - <https://vimeo.com/321642495>





PERFORMING ARTS COMMUNITY SCHOOL (DIEGO RIVERA LEARNING COMPLEX)

SPA 6, \$500

Total reached: 250

Twenty-five students from a homeroom class created 5 films for this year's competition. One film placed 5th in the statewide competition for the Animated Short category, and two additional films received honorable mentions in the Mental Health Matters and SanaMente categories. All students at the school were given the opportunity to watch the films during their advisory/homeroom period in the spring and films were made available for screening during Mental Health Awareness Week; the advisor estimates that at least half of the other teachers screened the films, which would come out to approximately 250 students. The PSW counselor on campus hosted multiple events throughout Mental Health Awareness Week and they collaborated to distribute green wristbands and display posters sent from Directing Change. They also had stations set up for students to watch the films.

Film Links:

"You Have a Future" - <https://vimeo.com/322001705>

"Ayudando A Un Amiga" - <https://vimeo.com/321576948>



"Many of the students that participated this year are eager to submit films again next year and I had a few students that did not participate this year that expressed interest in participating. Having one of our students receive a prize is definitely motivation for other students to participate next year. Speaking of that student, Valentina Galvan has been one of our quieter students in the two years that she has been here. Most students and teachers don't notice her unless she is in a class with them; she tends to fly under the radar. But I saw a whole new side of her come out through this competition and the pride she showed in being recognized and awarded a prize is something that made the whole experience worth it."



A student who created a film at Performing Arts Community School - Diego Rivera Learning Complex stated:

“As someone who has been a peer counselor for as long as I could remember, creating these films has given me such a new mind about helping and what to say. I now realize how important my words can be down to the last syllable. **I feel even more confident when someone comes to me for help.** This has really been a blessing.”



SPA 1, \$500

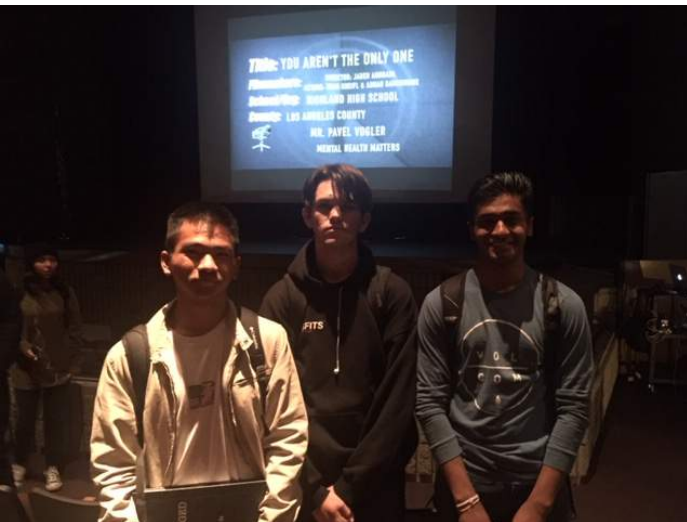
Total reached: 2,500

Film Link: "Start Talking" - <https://vimeo.com/319577781>

Twenty-four films from Highland High School were submitted, from 56 student participants. Two films received honorable mentions: one in the Mental Health Matters category, and one in the Through the Lens of Culture category. Most films were completed as a class assignment for the advisor's filmmaking and art classes. A team member from Directing Change presented in all seven periods of these classes, covering messaging around suicide prevention and discussing warning signs.

Their end-of-the-year Film Festival was hosted on May 24 and took place in their auditorium, and films created for the Directing Change Program & Film Contest were shared alongside other films created during the course of the year in the filmmaking department. The festival runs every period, and counselors went over the topic of the films as well as outlined the importance of mental health awareness. Each period will see about 400 students, so the total reach of these films is estimated to be over 2,500 students and teachers.

The advisor is creating a playlist on their school's YouTube channel to share with school, district and all subscribers. Films will also be shared with their counselors for use in their presentations next year.





SOUTHEAST DREAMS MAGNET



SPA 7, \$500
Total reached: 1,000

Thirty-one students submitted 5 films, resulting in two honorable mentions in the Walk in Our Shoes category. Films were shared at two different events for their school. The first event was the Spring Showcase on May 23rd and was from 5-7pm. Films were screened for the Magnet students, their families, collaborating partners, and the community. Around 200 – 300 people were in attendance. The second event was called “Breaking the Stigma One Beat At A Time” and was held Friday May 31st as part of Mental Health Awareness Week. The event was a student talent show that was held in their school’s lecture hall for students, teachers, and parents. Films were screened following the talent portion of the program. Over 900 students, parents, and teachers were in attendance. Both of these events were very well received. Parents were excited about the work their students did. The talent show was also extremely successful. Students attended the program with their Science/Health teachers. The program featured highlights with students sharing helpful hints for mental health self-care and resources for students to seek out help. It was well received by students, staff, and parents.

Film Links:

“Mia in Time” – <https://vimeo.com/323211724>

“A Fight for Help” – <https://vimeo.com/322973429>



The advisor, an English and Theatre Arts teacher, shared the following reflection:

“I am extremely grateful for this opportunity for our students to participate in a program that was so well structured in helping students create a meaningful piece of work to help suicide prevention. **I was comforted knowing the program was specifically for middle school age students, was sponsored by California Mental Health Services Authority, and had previously been vetted by LACOE.** Last year my students devised a Theatre piece out of their desire to help the increase in teen suicide. They were inspired by the 1-800-273-8255 song by Logic and stories they were learning about through social media. We worked closely with our school’s Psychiatric Social Worker who taught students to be “Student Gate Keepers” (LAUSD) who know the warning signs of depression and suicide. However, we were prevented by our local district from being able to perform the show for our student body the day before the performance. After participating in this project, I have now learned what some of our mistakes were. I would love to have a way to take what we have learned and work with some of Directing Change’s partners to continue to work on a live theatre piece as I believe theatre can also be a powerful media to help teach young people and create change.”



LEUZINGER HIGH SCHOOL

SPA 8, \$500
Total reached: 400



Twenty-five Video Production students submitted 8 films. Two of their films received honorable mentions in the competition this year. The event on campus was put together in collaboration with their Wellness Center, their film academy, the Department of Mental Health, Kaiser Permanente, and several school-based clubs. Fifteen students helped set up and run their booth where they screened their Directing Change films. The event was successful: it was held on campus during lunch where hundreds visited the various booths. It was a positive environment and students were curious and respectful to the sensitivity of the matter. Power 106 attended so that helped “hype up the festive mood”. The videos were screened by students and faculty and they will continue to do events like this every year. In addition, they also screened one of their films that received an honorable mention on their school news show, LTV.



“In reflection, it was perfect timing to culminate our video project and be able to showcase them in a meaningful way that had greater meaning than just the gradebook. When the stakes are real and it's no joking matter, students can rise to the occasion as visual storytellers and create meaningful content that contributes to a greater case beyond the classroom.”

Film Links:
“Behind the Screen” - <https://vimeo.com/322135601>





WOODROW WILSON HIGH SCHOOL

SPA 4, \$500

Total reached: 150

Twenty films were submitted by 120 students in health classes at Wilson High School. Four classes of 9th grade students received a lesson from the Directing Change team on the logistics of the program as well as a short lesson on filmmaking and editing tips. They also received a lesson on mental health stigma and suicide prevention from their school's psychiatric social worker: she facilitated the More Than Sad mental health presentations in all 9th grade Health classes during Spring 2019 to the students participating in the Directing Change Film Contest. According to their PSW: "As a result of the students participation in the film contest, the number of suicide risk assessments increased due to students now having information on how to obtain help for themselves or their friends. Students' interaction with school staff increased, as they felt more comfortable reaching out and letting them know how they've been doing emotionally. The number of students asking for help for their friends who were experiencing suicidal ideation also increased." Three films from this group received honorable mentions: one in the Suicide Prevention category, one in the Mental Health Matters category, and a third in the Through the Lens of Culture: Mental Health Matters category.

The films were screened to Wilson High School students during their Mental Health Awareness event on campus on May 31, 2019, and students received a lime green awareness ribbon, information and resources, and participated in an activity where they wrote who/what they were in support of on a lime green paper ribbon (provided by Directing Change). Over a hundred students appreciated and actively participated in the event. They also combined the Mental Health Awareness event with their Say No To Tobacco & Substances event. Students received information & resources on positive coping skills.



“Due to the mental health awareness events and activities, the Principal and the school community have decided to continue funding the Psychiatric Social Worker position for the next school year in order to continue providing mental health prevention and intervention support to the students at Woodrow Wilson High School.”





WOODROW WILSON HIGH SCHOOL



Film Link: "I'm Here For You" - <https://vimeo.com/322350932>

The films will be screened at a Mental Health Support Group community meeting to community members, located at the local library, El Sereno Library, and is conducted in collaboration with the Department of Mental Health. The films are also in the process of being added to the Woodrow Wilson High School school website. Students also attended a field trip to Directing Change Awards Ceremony on May 21st in downtown Los Angeles, as well as a field trip to WE RISE on May 22nd.

Woodrow Wilson High School is also part of the El Sereno Project, in collaboration with the Department of Children & Family Services and other community service providers, in order to address the high number of children & youth being removed from their family homes and being placed in out of home care (foster homes, group homes, etc.), upon which mental health has been identified as one of the priority areas of need. Films will be screened at the next El Sereno Project community meeting, and through Wilson's participation in this collaborative, the student films will also be screened at the Mental Health support group meeting at the El Sereno public library.



MONROVIA HIGH SCHOOL

SPA 3, \$500

Film Link: "Life in Black and White" - <https://vimeo.com/320876018>

Monrovia High School submitted five total films from 30 student participants, including a film that won first place in the regional Suicide Prevention category and moved on to the statewide competition. One other film from this school received an honorable mention, also in the Suicide Prevention category. The films were created in conjunction with the mental health centers housed on their campus, and with the coordination of three departments on campus. All five films were screened on the morning of May 29 in their Performing Arts Center. Regional winners were also recognized at the Monrovia School Board Meeting in May and the films are posted on their school and district websites.



CANOGA PARK HIGH SCHOOL

SPA 2, \$500

Total reached: 55

Film Link: "Reach Out Your Hand" - <https://vimeo.com/306105660>

A total of 53 students in a health class submitted 7 films to this year's contest and two of these films received honorable mentions. Parents and others with access to the student's Learning Management System had access to the films. Also, the local district superintendent was informed of their honorable mention selections. The link to the Directing Change website was then distributed to many district stakeholders as an example of the important work being done at their school. The advisor plans to work with more teachers on staff to use the Directing Change competition as a Project Based Learning (PBL) final culminating product.



SAN GABRIEL MISSION HIGH SCHOOL

SPA 3, \$500

Film Link: "Suicide Prevention" - <https://vimeo.com/323992183/2c9881c654>

This all-girls private school submitted 5 films from 19 students. All participants were enrolled in a film class and they completed this as a PSA assignment.



What inspires you?

HALE CHARTER ACADEMY

SPA 2, \$500

Film Link: "The Anchor to Our Boats" - <https://vimeo.com/321386572>

Twenty-nine 7th and 8th grade VAPA English/Language Arts students created 8 films for the Directing Change Program this year. Several of the films included original music and poetry written by these students. One of these films placed 5th in the statewide competition for the Walk in Our Shoes - The Superhero in Each Of Us suicide prevention category. Two additional films received honorable mentions in the Walk in Our Shoes - Mental Health/Words Matter category. The films were screened during their end-of-the-year showcase night, where students, parents, and other community members could view them. Their class also attended this year's Awards Ceremony at the Theatre at the Ace Hotel.

Warning Signs



PUEBLO DE LOS ANGELES HIGH SCHOOL

SPA 4, \$500

Total reached: 43

Film Link: "Warning Signs" - <https://vimeo.com/322399644/e116fca844>

Nine students from a social studies class participated and submitted 4 films. The films were shared with 24 other students in a health class and at a parent meeting with 10 parents held at the school. The total population of this school is 84 students, so a large percentage of their school was exposed to the Directing Change films.

LEGACY HIGH SCHOOL - VISUAL AND PERFORMING ARTS

SPA 7, \$500

Film Link: "To Each Their Own" - <https://vimeo.com/322303929>

Twenty-six AP Psychology students submitted four films from Legacy High School. As a VAPA school, almost all of them already had some film background from previous courses, but this was the first time most of them had created a film about mental health. One of their films received an honorable mention in the Suicide Prevention category for their region.





“Filming a topic as sensitive but important was both nerve-racking and exhilarating. Creating a film that could possibly impact or even plant a seed in someone's mind that they could help someone with a mental illness by recommending them professional help and emotional support is heart warming to me. The rest of my crew was simply happy to help in their own way to bring awareness of mental illness.”

LA County, student at Mountain View High School

SUICIDE PREVENTION TRAININGS

The Directing Change Team, in collaboration with Los Angeles County Office of Education and LADMH, facilitated seven suicide prevention workshops in Los Angeles County. A total of 284 participants were trained, representing 69 school districts/organizations (listed below). Three of the workshops focused on implementing policy change regarding AB 2246. During these workshops, participants worked in district teams to discuss staff trainings, risk assessments, re-entry procedures, youth and parent engagement and postvention. The other four workshops focused on postvention and effectively responding to suicide incidents. In these workshops, participants were instructed on best-practices in school-based response to suicide attempts and deaths. Participants worked in district teams through mock-scenario exercises to gain skills to respond effectively to the students impacted and the entire school community.

ABC Unified
Alhambra Unified
Antelope Valley Union High School District
Azusa Unified
Bellflower Unified
Beverly Hills Unified
Bonita Unified
Burbank Unified
California Regional Center (WRC)
Centralia Elementary School District
Chicago School of Professional Psychology
Child and Family Guidance Center
Children's Hospital Los Angeles
Clinica Medica General
Compton Unified
Culver City Unified
Downey Unified
East Los Angeles College
East Whittier City Elementary School District
Eastside Union Elementary School District
El Monte City School District
El Monte Parks and Recreation
El Monte Union High School District
Garvey Elementary

Glendale Unified
Gorman Elementary
Hacienda la Puente Unified
Hawthorne School District
Hughes-Elizabeth Lakes Union Elementary School District
Inglewood Unified
Irvine Unified
JOY Youth Services Inc
Keppel Union Elementary
La Habra City Elementary
Las Virgenes Unified
Lawndale Elementary
Lennox Academy
Little Lake City School District
Los Angeles Unified
Maxim Healthcare Service
Mountain View Elementary
Mountain View School District
Newhall School District
Orange County Department of Education
Palmdale Elementary School District
Palos Verdes Peninsula Unified
Paramount Unified

Pomona Unified
Redondo Beach Unified
Rio Vista
Rosemead Elementary
Rowland Unified
San Fernando Valley Community Mental Health Center
San Gabriel Unified
Santa Monica-Malibu Unified
South Pasadena Unified
Southern California Health & Rehabilitation Program
SPIRITT Family Services
Sulphur Springs Union
Tarzana Treatment Center
Torrance Unified
UCLA
Ventura County Office of Education
Walnut Valley Unified
Westside Regional Center
Westside Union School District
Whittier City School District
Whittier Union High School District
Wiseburn Elementary School District



Implementing Policy Change (AB 2246)

March 14, 2019

Los Angeles County Office of Education
Participants: 23

March 20, 2019

Los Angeles County Office of Education
Participants: 55

April 10, 2019

San Gabriel Library
Participants: 56

Postvention: Responding Effectively to Suicide Incidents

April 8, 2019

Los Angeles County Office of Education
Participants: 60

April 30, 2019

Housing Authority of Los Angeles County
Participants: 24

May 17, 2019

The Children's Center of The Antelope Valley
Participants: 19

June 18, 2019

Westside Regional Center
Participants: 47

"Wonderful training. One of the best I have ever attended. The speaker was awesome."

"This was an amazing training with so much valuable information. Thank you for offering this. Our district is developing protocols and this training has provided us with the guidelines."

"The training was great, especially all of the resources that were made available to support us at our schools. Our district is still in the process of developing a systematic approach to addressing and managing these types of crisis."

"I loved everything, and I learned so much! I enjoyed and learned from developing a postvention plan! This is vital for schools."

NETWORKING EVENT Youth for Social Change

On the evening of May 20th, 70 students from across California came together to participate in a youth networking night sponsored by the Directing Change Program and Film Contest and the Social Changery. Youth from around the state participated in discussions with professionals from various industries, including film, theatre, advocacy, music, online content, and social justice. Participants engaged in meaningful conversations around how to integrate social change into their current world as youth advocates and in their future careers. The event was generously hosted by the WE RISE festival in the Arts District of downtown Los Angeles. Attendees were invited to view the art galleries and attend other events hosted at this 10 day mental health pop-up festival. Photos and more information about this festival can be accessed here: www.werise.la



Students had the opportunity to talk about their personal experiences, network with professionals and other young filmmakers from around the state, and also enjoy a dinner at the We Rise pop-up festival in the Arts District of Downtown Los Angeles.



NETWORKING EVENT

Speakers included the executive producer of Fox’s “9-1-1” and director of “Glee”, an online influencer and rapper, youth advocates currently working to combat mental health stigma, and the director/producer of the award-winning documentaries “Of Two Minds” and “The S Word”, plus many more professionals. Youth rotated through four stations:

- **Storytelling for Social Change** – How artists have used different forms of media to tell important stories of social change.

- **Directing Change** – Perspectives about film industry professional about working on films and documentaries with a social justice focus, tips for aspiring filmmakers.

- **Youth Advocacy** – How youth can be involved in mental health advocacy now and in their career paths.

- **Online Influencers for Social Change** -Tips from an influencer who has used his online platform to bring light to social justice issues.



“I really liked that it was a time to meet other youth filmmakers that also were trying to change how the world viewed mental health through film. It was also cool to be able to see how people from the film industry and people in social media tried to change the viewpoint surrounding mental health and just how their jobs worked.”

2019 DIRECTING CHANGE AWARD CEREMONY

The Directing Change Program & Film Contest announced the **7th annual statewide winners** at an awards ceremony on Tuesday, May 21 at The Theatre at The Ace Hotel in downtown Los Angeles. **More than 1,500 guests, including 1,100 students from 24 Los Angeles-area schools** filled the auditorium. Each Mind Matters live-casted the event, which can be viewed here:

<https://www.facebook.com/EachMindMatters/videos/649493358795320/>

Honors were presented to youth filmmakers from across California for their short films to raise awareness about mental health and suicide prevention.

Participating students competed by submitting short films in six categories: Suicide Prevention; Mental Health Matters; Through the Lens of Culture, where participants choose suicide prevention or mental health as a focus, but must also focus on how different cultures view these topics; Animated Short with the focus of suicide prevention; SanaMente, where participants entered Spanish-language films to promote mental health in the Latino community; and the brand-new Walk In Our Shoes category, designed for middle school students, for films created to help others develop compassion for the challenges others might be facing and demonstrate what actions can be taken to support them.



2019 DIRECTING CHANGE AWARD CEREMONY

The awards ceremony also celebrates outstanding achievement by directors, producers and actors of film and television who serve as role models to the aspiring student filmmakers in the audience by using their platform to draw attention to mental health. Actress Justina Machado, star of the reimagined TV classic *One Day at a Time*, received the Directing Change Award of Excellence for Mental Health Messaging specifically for her portrayal in the “Hello Penelope” episode on the show. Justina’s compassion for her character as an Army veteran, newly-single mother raising two children, struggling with post-traumatic stress disorder was done in a moving and authentic way that provided both humor and seriousness when dealing with sensitive topics concerning mental health. Also in attendance were California Secretary of State Alex Padilla, his wife and founder of FundaMental Change Angela Padilla, “A Million Little Things” actress Lizzy Greene and “The Fosters” actor Kalamia Epstein.

Interviews and livecasts of the celebrity guests can be viewed on the Each Mind Matters Facebook page:

<https://www.facebook.com/EachMindMatters/videos/2031315340327362/>

<https://www.facebook.com/EachMindMatters/videos/462632617817965/>

<https://www.facebook.com/EachMindMatters/videos/354480548750969/>



2019 DIRECTING CHANGE AWARD CEREMONY

Presented by the California Mental Health Services Authority (CalMHSA) and Each Mind Matters, the Directing Change Program & Film Contest received 1,063 film submissions from 3,346 youth and young adults throughout California 170 schools and community-based organizations. An audience of more than 1,500 guests, including 1,100 students from 24 Los Angeles-area middle and high schools filled the theater, viewing the films, cheering on the honorees, and enjoying musical performances by students from William J. (Pete) Knight High School and Highland High School in Palmdale, CA, as well as a dance performance by students from Encore High School in Riverside, CA. View the dance performance here:

<https://www.facebook.com/EachMindMatters/videos/452780588817516/>



TRANSPORTATION STIPENDS

This year, the Los Angeles County Department of Mental Health sponsored transportation for 15 Los Angeles County schools to attend our Awards Ceremony. This resulted in funding 950 students and their teachers to experience the Directing Change Program, watching the top films by students across California about mental health and suicide prevention and hearing firsthand from filmmakers and advocates.



“Wow! I was both inspired and impressed with this film event. I was touched by the films and I truly believe that it was erasing the stigma of mental health. These films were so good, I kept thinking why aren’t the TV channels airing them as PSA. The link of the films is a plus as I have shared with my administrators and some of the teachers. I had so many ideas of many more of our students participating in this event next year. This event is a must for high schools to attend and with the cost of busses, many schools would not be able to attend without the funding that was provided. I have been a counselor for the last 23 years and when I started, I never really knew about anxiety or depression. It has only been since the last ten years that I have seen a rise in anxiety, depression, suicide attempts at my high school. Continue the great work that you are doing with this event and I hope that these films reach even more students!”

School	Grades Attending	Total Attending	Service Area	Total buses
Alliance Marine - Innovation & Technology 6-12 Complex	9-12	90	2	2
Diego Rivera, Green Design STEAM Academy	9-12	41	6	1
Dodson Middle School	6-8	105	8	2
Gabrielino High School	9-12	18	3	1
Ivy Academia	9-12	50	2	1
Jane Addams Middle School	6-8	35	8	1
Kranz Intermediate	7-8	126	3	2
Madrid Middle School	7-8	26	3	1
Montebello Intermediate	6-8	41	7	1
Mountain View Elementary	6	106	3	2
Palms Middle School	7-8	33	5	1
Sonia Sotomayor	9-12	39	4	1
TEACH Academy of Technologies	8	112	6	2
Walnut Park Middle School	6-8	69	7	1
Wilson High School	9-12	60	4	1
Total schools approved:		Total:		Total:
15		951		20

“So powerful having the emotional well-being of our youth celebrated in a Hollywood fashion.”

“The experience was amazing. All of our students valued watching the films and their messages. We can’t wait for next year!!”



“It impacted me because it helps us learn that we would never know how are friends are feeling unless you ask, it’s not like you can go in and they will automatically say [their] feelings. It helped our team become closer together and stay with each other in times of need.”

LA County, student at Mountain View High School

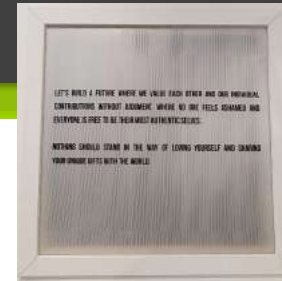
OUTREACH IN LOS ANGELES

Our Directing Change team and students participated in several events alongside the WE RISE campaign implemented by the Los Angeles County Department of Mental Health:

WE RISE was a 10-day pop-up immersive experience that brought together LA's diverse community to explore our collective power to live lives of purpose and engagement. Through powerful programming, performances, immersive workshops, and a world-class art exhibition, We Rise seeks to embolden individuals and families to find help, reach out to help others and demand systemic change in order to address the critical need for early intervention, treatment and care for mental wellbeing.

The Directing Change team attended the We Rise kick-off event on May 18. Staff members talked to community members who attended the art gallery and pop-up festival about mental health resources, handed out green ribbons and bracelets, and some of our student films were shown in the screening room.

One of the Directing Change team members led a panel the next day on suicide prevention called "Suicide + The Semicolon": A safe, healing space for people affected by suicide—both survivors of attempted suicide and those impacted by suicide—to share their experiences in conversation. Torri Shack, founder of Tangible Movement, joins artist Miguel, conductor Christopher Rountree, and storyteller Kevin Hines.





"My participation in the Directing Change program for the past six years has been life changing! I had countless experiences of many students and adults that had expressed to me how the process of making these videos has created awareness about the topic of suicide amongst teenagers and the stigma with mental illness. The research that takes place for the creation of these videos changes the focus of many from themselves to everyone else around. Regardless who wins the video contest, I feel that the impact this event has makes everyone a winner and gives youth opportunity to make a better society: one video at the time, one life at a time."

- Teacher, Pete Knight High School



www.DirectingChangeCA.org