



Directing Change

Program and Film Contest

 **EachMind
MATTERS**

California's Mental Health Movement

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



PROGRAM AT A GLANCE



The Directing Change Program is a free and evaluated youth suicide prevention and mental health promotion program that has been implemented in California schools and organizations since 2011 and is supported by the California Department of Education and LACOE.

- ❑ Open to grades 6-12
- ❑ Directing Change integrates sound pedagogical principles into the filmmaking process so that participants are engaged via all methods of the “learning spectrum”: **to see, experience, discuss, and apply**. The program starts with exposing youth to knowledge about the topics of mental health and suicide prevention by providing instructional tools to educators, educational resources to youth. From here, youth must apply suicide prevention knowledge to formulate and create their own unique message about suicide prevention for their peers. The creative process of filmmaking requires youth to synthesize their knowledge resulting in a deeper level of understanding.

Suicide Prevention Learning Objectives:

- ✓ Learn the warning signs for suicide
- ✓ Don't keep it a secret if a friend is thinking about suicide
 - ✓ Talk to a trusted adult
- ✓ Ask a friend directly if they are thinking about suicide
- ✓ Be aware of resources to help a friend or yourself

PROGRAM AT A GLANCE



- ❑ Educators are supported with educational resources, lesson plans and free classroom presentations and support from the Directing Change team.
- ❑ There is no cost to participate in the program. As funding permits, schools are eligible to apply for \$1500 mini grants to support implementation of the program.
- ❑ Youth are able to win between \$100 and \$1000 and recognized with certificates, trophies and a red-carpet award ceremony. In addition, participation often results in media exposure, recognition by Board of Supervisors, films being played on TV or in movie theaters, and more.
- ❑ And finally, a library of Public Service Announcements is available at no cost to people and organizations to raise awareness about these topics. Films are used in schools and communities to raise awareness and start conversations about these topics.



“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.

Find the Words



“Are you thinking about suicide?”



Know the Signs. Find the Words. Reach Out.



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

suicideispreventable.org

Directing Change Educational Resources

The Directing Change Program is an evaluated education program that can easily be integrated into classroom, club, or extracurricular activities.

Example of educational resources:

- Short educational films about mental health, suicide prevention and how to help a friend
- Fact sheets (mental health and suicide prevention)
- PowerPoint presentation for schools with lesson plans
- Getting started Prezi with contest rules and overview
- Support to schools with staff trainings and polices



<http://www.DirectingChangeCA.org/schools/>

LESSON PLANS



Suicide Prevention & Mental Health Lesson Plans

- ❑ [Suicide Prevention Lesson Plan](#)
Guide: “Recognizing Warning Signs and Offering Help”.
- ❑ [Suicide Prevention Lesson Plan PowerPoint Presentation](#) This presentation can be used in conjunction with the above Lesson Plan Guide.
- ❑ [Mental Health PowerPoint Presentation](#): A PowerPoint presentation meant to be an introduction to mental health, and should be supplemented with other activities, lessons, and/or educational videos. Can be used with the Suicide Prevention PowerPoint or on its own. Covers an introduction to mental health, stigma, and content for creating films.
- ❑ [Mental Health Lesson Plan](#): “Mental Illness and Stigma”.
- ❑ [Mental Health Lesson Plan](#): “Language and the Words We Use”.
- ❑ [Mental Health Lesson Plan](#): “Mental Health”.
- ❑ Suicide Prevention Lesson Plan – Walk in Our Shoes: [“Superheroes and Purpose”](#). This lesson plan is specifically for middle school students.

Hope & Justice Category Mini Lesson Plans

- ❑ [September Prompt Mini Lesson Plan: “What This Election Means to Me”](#). Young people face unique challenges that result in lower participation and voting rates and a lack of representation in our democracy. This lesson plan covers facts about voting and the 2020 Census.
- ❑ [October Prompt: “Creative Ways to Measure 6 feet Social Distancing”](#). Youth will learn and discuss why it is important to stay at least 6 feet away from other people and wear a mask and brainstorm creative ways for measuring 6 feet social distancing.
- ❑ [November Prompt: “My Reason for Wearing a Face Covering”](#). Youth will learn the facts behind the importance of wearing a face covering and are encouraged to explore their own personal reasons for wearing a face covering to crush the curve to slow and stop the spread of COVID-19 in partnership with [Crushing The Curve](#).
- ❑ [January Prompt Mini Lesson Plan: “My Beautiful Brain”](#).
- ❑ [February Prompt: “The Art of Self Love”](#). Use this mini lesson to enhance self-esteem, find healthy coping strategies, and info about substance use.
- ❑ [“Substance Use and Healthy Coping”](#). Use this mini lesson to provide an overview of healthy ways to cope and explore substance use as an unhealthy way some young people may try to cope with tough times.

What are our outcomes?

Recognize warning signs for suicide and know how to get help for a friend or themselves.

Know the facts about mental health, coping during adversity, and where to find help.

Have the confidence to stand up for others experiencing stigma or discrimination as a result of a mental health challenge.

Apply critical thinking to issues around equality and justice.

- View the [2020 Program Outcome Statement Here](#)
- Check out one of our student testimonials: [“We Don’t Do That”](#)
- View more [outcomes and testimonials on our website](#)

How Does it Work?

Enter Film Contest

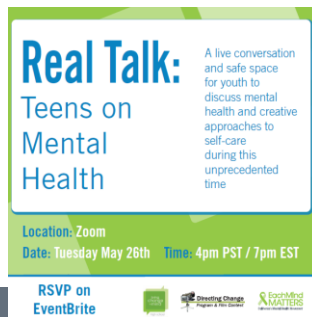
The program can be implemented in a traditional or virtual classroom.

- Open to students in middle and high school, and young adults through age 25
- Free to participate
- Mini grants available
- Cash prizes for youth (up to \$1,000)

7 SUBMISSION CATEGORIES

- SUICIDE PREVENTION
- MENTAL HEALTH MATTERS
- ANIMATED SHORT
- SANAMENTE
- WALK IN OUR SHOES
- HOPE AND JUSTICE
- THROUGH THE LENS OF CULTURE

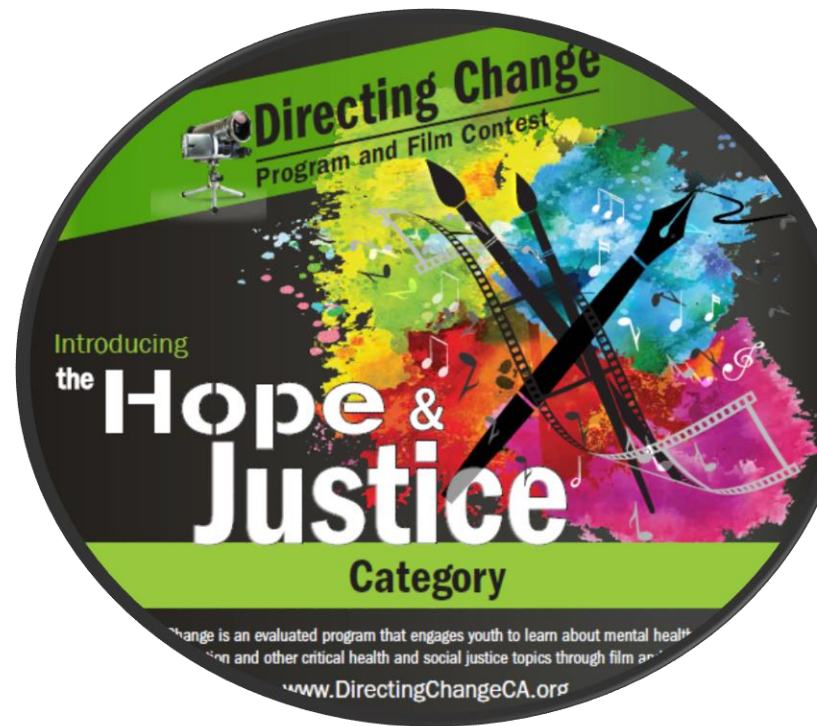
"Films in English, Spanish, Sign Language and other languages welcome!"



NEW *Hope & Justice* Category

The *Hope & Justice* category is an opportunity for youth living through history to express their feelings and to inspire others through art.

- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, ANYTHING
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards





Directing Change

Program and Film Contest

the **Hope & Justice** Category



#More Than One

Directing Change is an evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

www.DirectingChangeCA.org



#HopeforChange

MISSION FORMAT

Acceptable for sharing via social media is acceptable: original music, dance, sketch, ANYTHING! This is your chance to tell your story and be creative.

- Short narrative (500 words or less)
- Radio PSA (30-seconds)
- Short video, animation or Tik Tok (15-seconds or less)
- Original music (3 minutes or less)
- Art, sketching, comic, or any other art form.

Content Submission Criteria

Representation matters, not only in our lives but also in leadership positions of our lives. How we identify ourselves (our race, culture, gender, sexual orientation, and more) also matters, because it can help us feel connected to others when we feel alone. This month's prompt invites youth to share how you are "More Than One". Create art in any form that shares how you're living beyond limiting labels, how you find strength when you feel alone, and your hope for increased representation in the future.

How does your identity and being "more than one" help you to feel strong, empowered, inspired, or connected to others?
With PRIDE month coming up in June, use this opportunity to educate people about the labels that are used by many LGBTQ+ people to express who they are.

Submissions are due **May 31, 2021!**



MORE THAN ONE

If at any time you are experiencing an emotional crisis, are thinking about suicide or are concerned about someone call the **National Suicide Prevention Lifeline Immediately: 1-800-273-TALK (8255)**. This is a free 24-hour hotline

Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development, healthy coping as well as crisis support for educators, students and parents.

Directing Change is excited to introduce a new monthly newsletter! The newsletter provides a list of curated resources and activities to support social emotional development, healthy coping, as well as crisis support for educators, students, and parents.



FOR EDUCATORS

FEATURED ACTIVITY
In classroom • Distance learning • Bilingual • K-12
URL: <https://emmsourcecenter.org/resources/hope-journal-bookmark-activity>

Journal writing is a fun and easy activity that encourages social and emotional learning among children, teens and young adults. The Hope Journal Bookmark Activity can be done in a group format to stimulate mindfulness and self-awareness, reduce stress and can be a helpful coping mechanism as it allows individuals to work through their thoughts and emotions.

The activity tip sheet, available in English and Spanish, includes seventeen writing prompts, step-by-step instructions and additional social emotional learning resources. The "print at home" -ready bookmark includes eight writing prompts.



BUILDING A NETWORK OF SAFETY FOR SCHOOL COMMUNITIES WEBINAR SERIES
March 23, 2021 at 10 to 11.30 a.m.
Improving Suicide Prevention Practices in School Communities
Dr. Shashank Joshi, Stanford University
Learn to improve your school's suicide prevention practices, programs and resources to help school staff recognize and support students who may be contemplating suicide.

Social and Emotional Learning - A Valuable Tool in Suicide Prevention
April 27, 2021 10 to 11.30 a.m.
Register

Director's Cut: "Abbreviated Soliloquies"



Team Pick
Mental Health Matters

Perspectives from
film maker Julia Song



Funded by the University of Michigan, KINE-TWIST, and the KINE-TWIST team.

Youth Testimonials: <https://vimeo.com/showcase/8250658>

Dear Directing Change Team

I have been meaning to write you for months now to tell you about a life-saving story that happened with two of my students who participated in the Directing Change film project last year.

We spent a lot of time in my class going over the curriculum from your website and talking about mental illness and suicide prevention. The students were very attentive and interested in how they could help others. There were two girls in my class who worked together on a PSA. I don't want to reveal their names, so I will refer to them as Mary and Annie.

One morning Mary arrived early for school and before class started received a phone call from Annie, who told her that she loved her and wanted to say goodbye. Mary was confused at first and questioned Annie about coming to school. Annie told her she just couldn't go on anymore and hung up. Mary was scared, but remembered what we had talked about in class. She remembered that she needed to go to a trusted adult and tell them. She ran to the office and found the school psychologist and told her about the call. The psychologist called 911 and jumped in her car and drove to Annie's house. The paramedics got there within minutes and although Annie was in and out of consciousness, they were able to determine what she had taken and were able to save her life.

Later that day, Mary came to me and told me the story. She said everything she had learned on her Directing Change project came rushing back to her when Annie hung up the phone, and she knew exactly what she was supposed to do. I got tears in my eyes and told her she was a hero and gave her a big hug. I told her not many people can say they saved a life, but she can. Because Mary had learning disabilities, the film class she was enrolled in was hard for her. But she was able to grasp exactly what she needed to know to save her friend. I can honestly say the Directing Change contest was the most important and valuable curriculum we studied all year. Without Directing Change, Annie would probably not be alive.

Teacher
Los Angeles County

11. How can I participate or learn more?

Visit: www.DirectingChangeCA.org

Follow @DirectingChange on Instagram

Follow @DirectingChangeCA on Facebook



Contact Us:

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