

# Feelings Matter

## LESSON 7

### PSA Video Contest Application Form

Now that you know more about how your feelings and brain affect your mental health, why don't you give those brain cells a healthy boost and check out this video contest?

Entrants must be Oklahoma residents, may work individually or as a team, and may submit more than one entry. Entrants are encouraged to collaborate with local Systems of Care providers, community mental health centers, career technology centers, and high schools, community colleges, and universities.

The PSA must address at least one of the following topics:

- Why children's mental health matters in your community;
- How investing resources into children will improve Oklahoma;
- How increasing rates of mental illness and substance abuse affect Oklahoma youth;
- How the lack of mental health resources in the community impacts Oklahoma youth;
- How the promotion of children's mental health can improve academics and create a more prepared workforce.

All video submissions should be no more than sixty (60) seconds in length. All entries must be submitted no later than Friday, March 16, 2012, at 11:59 p.m. Each entry can be uploaded on the ODMHSAS Facebook page: [facebook.com/OMDHSAS](http://facebook.com/OMDHSAS).

Online public voting will take place beginning March 17, 2012 through April 8, 2012 at [facebook.com/OMDHSAS](http://facebook.com/OMDHSAS). The 1st, 2nd, and 3rd place winners will be announced during the Children, Youth & Family Picnic Celebration on Monday, April 16, 2012, at the Oklahoma State Capitol. The public is invited to attend this free event. ODMHSAS reserves the right to remove any submission from the contest that is deemed inappropriate.



### My Feelings Are a Work of Art

Video Contest Promotes Mental Health

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade level: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

If you go to school or a Career Technology Center, where do you attend?  
\_\_\_\_\_

If you have any questions, please contact Lynn Goldberg, Oklahoma Systems of Care at (800) 522-9054 or e-mail [lgoldberg@odmhsas.org](mailto:lgoldberg@odmhsas.org).

This lesson is part of the Newspapers In Education program, *Feelings Matter*. To learn more visit [nie.newsok.com](http://nie.newsok.com).



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