



Directing Change – How to Get Started

1. Follow us on social media “Directing Change CA”

- This way you will receive notifications and announcements about the program, and you can post questions to the Directing Change team.

2. Visit the “For Schools” page on the Directing Change website

Here you can find mental health and suicide prevention resources, information about school-based programs and activities, short videos on a range of topics such as "Mental health 101", as well as tools to promote the program at your school or organization.

- Before proceeding with this contest in your school, or at your organization, be sure to review the protocol and procedures in place at your school or organization for addressing the needs of youth in an emotional crisis. Chapter 2 in the *Suicide Prevention: A Toolkit for Schools* (provided on the website) provides guidance on how to do this.
- Contact us to receive a free mental health or suicide prevention program for your school or organization; or to set up an orientation about how to implement or enhance your protocols and efforts for suicide prevention and mental health.

Download these resources at www.DirectingChange.org/schools/

3. Review the contest rules and FAQ!

The contest is open to young people in California in two groups:

- High school students (grades 9-12)
- Youth and young adults ages 14-25 who are submitting in partnership with a college, university, community-based organization, program, club or other agency.
 - 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.

Review the complete set of rules and FAQ at www.DirectingChange.org/rules-and-faq/

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.

To Get Started:



READ

the contest rules and FAQ.



SELECT

a submission category and review submission checklist.



SUBMIT

an Intent to Direct (one per team).



REVIEW

Submission checklist and submission toolbox to ensure maximum score.



UPLOAD

Entry form and release forms.

4. Select a submission category and review judge scoring forms

Participants can submit 60-second films in two primary submission categories: Suicide Prevention and Mental Health Matters. In addition, we are offering a third category called Through the Lens of Culture. This category still requires participants to choose suicide prevention or mental health as a focus, but with additional requirements including creating a film in a language different than English and/or with focus on how these topics impact people from different cultures.

- It is important to review the submission guidelines for each category carefully. All categories have content that needs to be avoided to avoid disqualification or losing significant points during judging.
- Every film needs to include the required logo end slate, title slide and resources. All of these can be found in the Submission Tool Box.

Submission guidelines and the Submission Tool Box can be found at www.directingchange.org/submission-categories/

5. The submission deadline is March 1, 2017

A complete submission form includes:

- An entry form for each film with release forms for all participants that worked on the film and act in the film. (Release forms are required so that we can share your films broadly, even on TV and in movie theatres to help prevention efforts across the state).
 - A Release of Intellectual Rights form is required for each youth who participates in the creation of the film
 - A Release of Image and Voice form is required for any person whose face or voice appears in the film. This includes people whose faces are clearly visible in the background.
 - All release forms for anyone under the age of 18 must be signed by a parent or guardian.
 - We understand that completing and submitting all release forms can be a lot of work but we have made the process easier by allowing forms to be signed and uploaded electronically. Forms can also be saved for up to 30 days and can be submitted with your entry form.
- The film with the required title slide and logos (provided in submission toolbox).

All forms can be viewed at www.directingchange.org and need to be uploaded to the entry form before the submission deadline.

Direct Change and Get Noticed!

In past years films have been judged by producers, directors and film writers. Here are just a few examples:

- ◆ **Gavin MacIntosh, actor** in "The Fosters" and the film "American Fable". Ally to the LGBTQ community and an anti-bullying advocate.
- ◆ **Mark Ordesky, Executive Producer** of "The Lord of the Rings" trilogy and ABC's "The Quest"
- ◆ **Gren Wells, filmmaker and screenwriter** of "A Little Bit of Heaven" and Director of "The Road Within".
- ◆ **Director Bradley Buecker, director and producer** of "Glee" and "American Horror Story".

6. Judging and Prizes

All films are judged by professionals with expertise in film making and/or expertise in suicide prevention and mental health. High school students compete at the regional level and statewide level. For the youth & young adult submission group and the *Through the Lens of Culture* category there is only one round of judging. Cash prizes for the winning teams and associated schools and organizations range from \$125 to \$1,000 (subject to availability of funding).

For questions or technical support contact shanti@directingchange.org.

www.DirectingChange.org

We are here to help!

Schedule a phone call or webinar with the Directing Change team to answer questions about the contest or to provide information about suicide prevention or mental health.

