



Guidelines for Presentations

Nunchi Boston Young Leaders Conference

September 21, 2024

You have the opportunity to contribute to our conference by presenting a mental health-related community initiative, artwork, or research! Your presentation will allow you to share your observations, ideas, and creativity on mental health issues within your community and get \$50! Here are some ideas on how you can participate.

Community Initiative

Identify a mental health issue in a specific community you belong to and propose a solution or share an initiative you've already undertaken.

Steps to Prepare:

- Define Your Community:
 - Identify a specific group you are a part of (e.g., family, school, friend group, sports team, church group).
- Think about the mental health struggles you see within this community
 - Some examples~
 - Academic stress
 - Loneliness and isolation
 - Peer pressure
 - Relationship challenges
- Identify a specific mental health concern you want to address
- Propose a solution or describe an existing initiative

- Brainstorm an actionable solution that could improve mental health in your community.
 - Examples:
 - Start a homework help hub where peers can get academic support and manage stress.
 - Implement a "Buddy Program" to pair new or isolated students with a peer mentor
 - Organize empowerment workshops that teach students how to resist peer pressure and make independent decisions.
 - Be creative! (:
- Explain the "Why"
 - Research articles, studies, or existing programs that support your proposed solution. This will help you explain why your idea could work.

Creating your Poster

- Content
 - Title: Name your initiative.
 - Community: Describe the community you focused on.
 - Problem: State the mental health issue identified.
 - Proposal: Detail the solution or initiative.
 - Research and Evidence: Provide research that supports your idea.
 - Expected Impact: Discuss the potential positive outcomes.
- Format
 - Posters can be either digital (for printing) or handmade. Strive for something visually engaging and clear.

Artwork

Create an artistic piece that expresses mental health struggles, joys, or reflections.

- Ideas for Possible Art Forms
 - Visual Art: A painting, drawing, or collage depicting a mental health journey or experience.
 - Poetry: A poem that captures emotions or experiences related to mental health.
 - Music: A composition or song that expresses feelings related to mental health.
 - Photography: A series of photos that tell a story about mental health in your community.
 - Others!
- Guidelines:
 - Expression: your artwork should convey a message, feeling, or story related to mental health.
 - Presentation: be prepared to briefly explain the inspiration behind your artwork and what you hope others will take away from it.

Mental Health Research

Conduct research on a specific mental health topic of interest and present your findings.

- Steps to Prepare
 - Choose a Topic: Select a mental health topic that interests you, such as:
 - A particular disorder (e.g., depression, anxiety)
 - A form of therapy (e.g., cognitive-behavioral therapy)
 - Social phenomena impacting mental health (e.g., racism, immigration, imposter syndrome)

- Conduct Research: Gather information from credible sources (articles, studies, books) on your topic.
- Create Your Poster:
 - Content:
 - Title: State your research topic.
 - Introduction: Provide an overview of the topic and why it's important.
 - Findings: Share key information and insights from your research.
 - Conclusion: Summarize what you learned and how it could be applied to improve mental health.
 - Format: posters should be clear, concise, and visually appealing, whether digital or handmade.

Final Note

Your participation in this summit is not just an opportunity to showcase your ideas and talents, but also to contribute to a larger conversation on improving mental health in our communities. Your voice matters, and your initiative could spark real change!

We look forward to seeing your presentation proposals!