

Student Mental Health Resilience
Showcase & Competition

**YOUTH VOICES
SPEAK OUT**

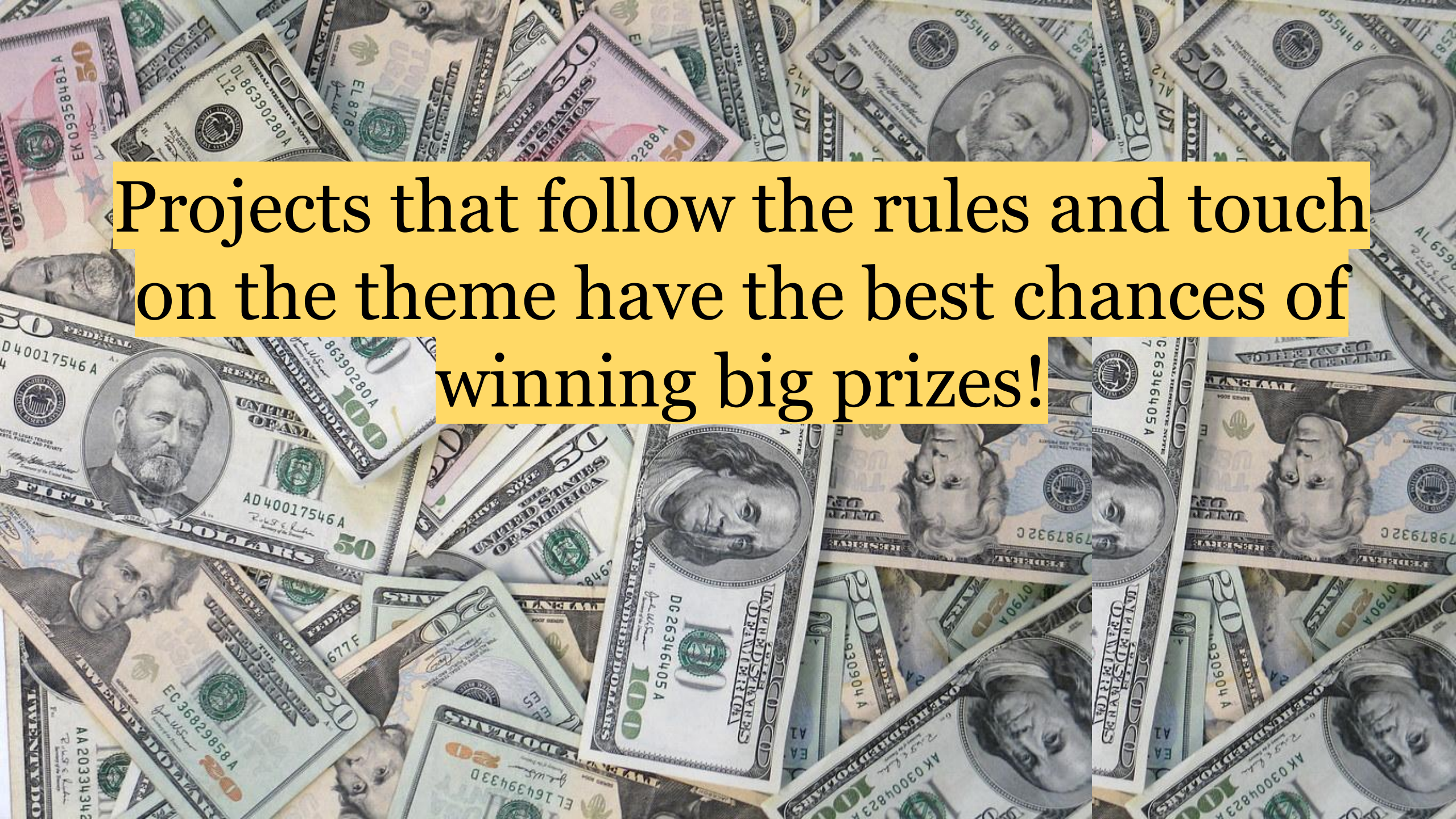


**Tues. February 3rd, 2026
6:00 – 7:30 p.m.
Grand County High School**

**Entries due to GCHS Office End of
School Day 1/30/26**

YOUTH VOICES SPEAK OUT 2026

Utilize this powerpoint to better understand the competition, to answer your questions, and to have the best chance of winning in February!



Projects that follow the rules and touch
on the theme have the best chances of
winning big prizes!

Sections (click titles to jump to that topic)

- *Youth Voices Speak Out Explained*
 - History
 - Purpose
 - Timelines
 - Rules
 - Things to Be Aware of
- *Explaining Terminology*
 - Resilience
 - This year's theme: Reframing
- *Project Scales Explained*
 - Personal Level
 - Community Level
 - National / Global Level
- *Project Types Explained: Rubrics, Examples & Ideas*
 - Digital or Art Posters
 - Performance
 - Videos
 - Essays
 - Creative Choice
- *What can you get for participating?*
 - Cash Prizes
- *Research Resources: Mental Health Information*

History of *Youth Voices Speak Out*



Event Co-Founder
Pastor Dick Pacheco

Youth Voices Speak Out is a showcase and competition that empowers students to share, research, & teach about the power that humans have to bounce back from mental health challenges.

The event ran from 2017 - 2019 and then had a break during COVID, restarting in 2022.

YVSO has always been a partnership between the school district and community organizations, and it has grown every year. started by Pastor Dick Pacheco and Derrick Cook in order to challenge students to learn about how to help to improve their own mental health, and then share that with their community!

[**JUMP BACK TO
NAVIGATION PAGE**](#)

Purpose of *Youth Voices Speak Out*

Empower students to engage with their own mental health challenges, see other students problems, and learn to heal and move forward.

Connect the community to organizations and mental health resources in a space that is safe, accepting and affirming.

Inspire those in the audience and provide projects to learn more about, engage with, learn from, and support mental health organizations. Inspire our community to talk more openly about their mental health challenges

Celebrate the talent of our students as artists, storytellers, speakers, and as resilient and capable people who have the ability to heal and thrive after challenges.

[**JUMP BACK TO
NAVIGATION PAGE**](#)

Trifold Explainer

[JUMP BACK TO
NAVIGATION
PAGE](#)

How it works...



Pick a mental health challenge that is meaningful to you:

- Depression or suicidality
- Drug / Alcohol / Substance misuse and dependence
- Bullying / Cyberbullying
- Obsessive Compulsive Disorder
- Anxiety
- Anger Issues
- PTSD
- Bipolar Disorder
- Eating Disorders
- Self Harm
- Domestic or Dating Violence



Do good research and pick your project scale/focus:

Search, read, research, take notes and then tell a story about resilience. Try to share valuable information or perspectives and inspire others to heal or build understanding. Choose one of three different scales:

Tell a Personal story:

How did you personally overcome a mental health challenge in your own life? What, or who helped you heal? Tell your own story!



Highlight a Community Group

Do research about an organization in our community and how they've helped people in Moab heal. Learn about, and give credit to organizations in town doing good work.



Teach about a Best Practice

Do research and share a story about an organization that is leading the way in how people heal and grow after trauma or mental health challenges. Who is changing the way therapies are done? Who or what organization is having success helping people heal and giving them hope for their future?



Pick a project type

Explore the project types and examples in this brochure and choose one that works for you.



Compete to win!

Enter your project and compete against other students to win BIG cash prizes!

Rules

1. *All works must be original!* - plagiarized and AI created work is not permitted
2. Students may submit to all categories, but may not submit more than once per category
3. Student Group, Club, and Team entries are limited to video and performance modalities
4. Submissions which share about individuals performing illegal activities will be disqualified
5. Do not share personal information about someone in your project without their permission
6. No submissions will be accepted after 5:00 p.m. 1/30/26

Winners will be decided upon by a panel of local judges with experience in the category and based on rubrics available to all students.

Questions?

@ The High School Reach out to
Derrick Cook:
Cookd@grandschools.org

@ The Middle School Reach out to
Jeremy Spaulding:
Spauldingj@grandschools.org



"We cannot solve our problems with the same thinking we used when we created them"

Albert Einstein

Student Mental Health Resilience Showcase & Competition

YOUTH VOICES SPEAK OUT



Tues. February 3rd, 2026
6:00 – 7:30 p.m.
Grand County High School

**Entries due to GCHS Office End of
School Day 1/30/26**

Youth Voices Speak Out

Is a showcase and competition that empowers students to share, research, and teach about the power that humans have to bounce back from mental health challenges. Check out the project types on the inner fold to learn how to compete as an individual, or look below to learn about competing as a group.

Compete as a group!

Sports teams, clubs, student government, sterling scholars, and other students groups can compete to win scholarships by creating videos or organizing performances. Group entries should highlight a mental health challenge that their affects their organization. Competing groups will have a chance to win cash prizes and a scholarship to be given to an outstanding team member at the end of the year!



Learn, Share, Compete & WIN CASH!

- More than \$3000 was given out in prizes last year!
- As well as gift certificates, movie tickets and more!
- Look for official prize info in early January



Project Types

On the next two pages check out the 5 different creative projects areas you can choose to compete in

1. Design an art or digital poster

- **Choose a type:** digital or hand made art
- **Choose a medium :** paint, pencil, collage etc.
- **Research & create**
- **Write two paragraphs** explaining your poster and your choices that will be a label for your poster
- **Poster Size** 12 x 18 inches



2. Plan & Perform an original piece

- **Compete solo or as a group**
- **Choose a mode:** Singing, dancing etc.
- **Research a topic**
- **Perform solo or as a group**
- **Practice, then vet your piece** before the event with an advisor, staff member, or teacher

Compete as a Group!

3. Create a Video

- **Compete solo or as a group**
- **3 minutes** or less in length
- **Research & create**
- **Finalists will be shown at event**
- **See examples** by scanning QR CODE



Compete as a Group!

4. Write an Essay

- **Choose at type:** Personal or Research essay
- **Utilize 5 paragraph Essay Method**
- **2 page min. 12 pt font**
- **Selections** from the best essays may be shared at the showcase!



5. Creative Choice

- **Choose a Project Type:** Sculpture; Photo Essay; mixed media, etc.
- **Get it approved** by Mr. Cook or Mr. Spaulding
- **Write two paragraphs** explaining your projects connection with the competition and your choices!

LEARN ABOUT ALL THINGS YVSO BY
FOLLOWING THE QR LINK

SCAN
ME



Get more information about:

- Each project type,
- Scoring rubrics & rules
- Project ideas
- More resources and examples...

Trifold Explainer Side 2

[JUMP BACK TO
NAVIGATION
PAGE](#)

Project Timelines



1. Performance Auditions must be scheduled the week before the competition - Jan 26 - 30th - email Jeremy @ spauldingj@grandschools.org for more details
2. Final Projects Due: Friday 1/26 By 5:00 p.m.

[JUMP BACK TO NAVIGATION PAGE](#)

Youth Voices Speak Out 2026 Rules

1. All works must be original - plagiarized and AI created work is not permitted
2. Students may submit to all categories, but may not submit more than once per category
3. Category winners will be decided upon by a panel of judges with experience in the category and based on rubrics available to all students.
4. Student Group, Club, and Team entries are limited to video and performance modalities
5. Do not share about illegal activity in your submission (see more here)
6. Do not share personal information about someone in your project without their permission
7. No submissions will be accepted after 5:00 p.m. 1/30/26

**[JUMP BACK TO
NAVIGATION PAGE](#)**

What is Resilience? Why is it the event's focus?

- Resilience gives us the strength to bounce back from challenges in life.
- Those who develop resilience can tap into their strengths and support systems.
- Developing resilience, in life, especially early on, gives us the best chance to overcome challenges and work through problems throughout our lives.

By creating a mental health competition that focuses on resilience and sharing tools, we hope we can help each student learn tools that will help themselves and share those tools with others!

[**JUMP BACK TO
NAVIGATION PAGE**](#)

Check Out These Resilience Links

[JUMP BACK TO
NAVIGATION PAGE](#)

- 1. Article from Harvard Business Review**
- 2. Article and Graphics from Wisconsin Public Health**
- 3. Videos and Articles from Harvard Child Development**

4. Youtube: Top 10 ways to build resilience

Tips for Building Resilience

1. **Be Proactive:** Don't let problems fester and grow. Focus on taking action – what can I do now to minimize the damage or fix the issue.
2. **Protect your downtime:** Rest and relaxation- sleep is essential. You need physical and mental energy to confront problems. A tired mind and body leave you feeling less capable of confronting everyday problems. Set aside time for sleep, hobbies, exercise, relaxation and spend time in important relationships.
3. **Change your Mindset about Adversity:** Stop seeing Adversity as a problem and think about it as a chance for growth. Focus on how you can get stronger.
4. **Build Relationships:** You can't do everything by yourself. Relationships offer comfort during hard times and help us celebrate success. Make these relationships face to face not just online. Face to face tangible relationships build resilience.
5. **Focus on the Present:** Don't worry about past mistakes or future perceived problems. Plan for future obstacles in the present. Use your energy in the present – be aware of negative thoughts and feelings as they become toxic from the inside out.
6. **Know that Life isn't Fair – Not for Anyone:** We all have problems, and we will all face incredible hardships at some point in our life. Accepting that we will pass through hardships helps us to overcome them when they surprise us. Don't focus on the pain, instead focus on the things that you can control.
7. **Stay Flexible:** Be prepared to pivot to reach your goals in a different way. Be creative with new solutions to your problems.
8. **Focus on What You Can Change:** Don't get stuck blaming the world for your problems. You are the force that can change your life. Rise to the Challenge.
9. **Be Grateful:** Negativity kills Resilience. Practice gratitude as much as possible. Shift your attention to good things about a situation. It gets easier with practice.
10. **Practice Resilience in the Wild:** Seek out Challenges. Challenge yourself in a new sport/hobbies, to push yourself to become the best in your current sports/hobbies. Challenge yourself intellectually, try hard classes/things that you may fail at first. Push yourself to the point of failure – then watch the miracle of your mind and body beginning to overcome the obstacles in life.

Coping Strategies That Build Resilience

15 COPING SKILLS FOR DEPRESSION

We often believe that depression is something that we suffer with for long periods of time. Medication is not the only solution and is often just a temporary solution to help with depression. Instead, there are many coping skills for depression you can gain and practice throughout your journey for improved mental health. Each skill aims to provide solutions to depression. This list offers practical solutions for depression that can be used as preventative measures or during the height of a depressive episode.

Be open-minded and understand that taking action sparks reaction. Be kind and patient with yourself.

COPING SKILLS FOR DEPRESSION

The following tips aim to bridge these connections in the brain and holistically heal those suffering from depression. Some tips provide immediate relief, while others take time. When depression is a life-long condition, the time and effort put into relieving symptoms is well worth it.

1. Get Moving: The body was not designed for an inactive lifestyle. So while it's not new information that exercising is good for the body and mind, it deserves recognition because the effects are substantial. Release of endorphins- Starting the habit of aerobic and anaerobic exercise is probably not what a depressed person wants to hear. Depression creates low energy levels, so mustering up the courage and energy to perform physical activity can seem impossible. But, the practice works like a ripple effect, and once you take the initial step, momentum gathers, and you'll gain more energy from working out that translates further into your daily life. Plus, mentally, it feels good to take care of the body and treat it well. Even after a small workout, a yoga session, or walk, a small amount of self-love is gained from performing a positive activity.

2. Meditate: Meditation is a form of training the mind to be more aware, alert, and calm. It teaches you that you can let go of your thoughts, and your identity does not have to be rooted in what you think and feel. The effects of meditation will subtly manifest themselves in your life until you begin to look forward to meditating, no matter which form you choose.

3. Connect with Nature: Whatever your favorite outdoor activity is, do that. Invite friends or go alone. Even if it feels uncomfortable, daily sunlight is necessary for human beings to function optimally. Almost 50% of adults in the United States are vitamin D deficient.

4. Diet: A key component in combating depression is making sure your body is full of nourishment. Since inflammation is a common cause of depressive symptoms, eliminating pro-inflammatory foods (like sugar) from your diet is vital. The connection between gut health and the brain is highly prevalent. The gut is considered the body's second brain as it contains 200 million cells in the gastrointestinal tract. This second brain comprises the enteric nervous system (ENS). A happy gut is a happy brain. To achieve a healthier gut, focus on a less processed diet. Add whole foods that nourish the body. Eating probiotics in fermented foods will heal the gut.

5. Journaling

Thought dumping into a journal is a beautiful way of releasing pent-up energy, emotions, and thoughts fueling your depression. When we have trauma or unaccessible feelings stored in the body, they cause energy blockages. These blockages need to be released somehow. Journaling is a great way to let your mind free itself of anything, causing it not to think clearly. Thought-dumping, or writing whatever comes to mind with no concern for what it will sound like, allows you to let go of thoughts that no longer serve you.

8. Getting Creative and Having Grace

It is human nature to be creative.

Nowadays, everything has become so competitive. It seems that someone can't genuinely enjoy a hobby without needing to capitalize it or show it off on social media. Feeding into this pressure can cause unnecessary turmoil and be detrimental to the psyche. Having grace is a skill that needs to be built upon, like any other skill. Practicing being lenient with yourself helps you feel more comfortable. Grace is usually missing in people with depression, who tend to be so hard on themselves. Try creating and doing something you love with zero pressure. Having no expectations is healthy when it comes to doing relaxing hobbies. Drawing, embroidery, painting, playing a musical instrument, and so much more activities are great for activating the right side of the brain. The left side of the brain is associated with logic and analytics, which is where we spend more of our time. Creative endeavors help to switch the brain over to the right side. The right side of the brain dims the constant thoughts associated with anxiety and depression.

6. Affirmations

Be aware of the media we consume. If we are constantly around negative people, involving ourselves in toxic relationships, or consuming violent, negative media, our subconscious mind soaks up that information like a sponge and reacts negatively. Avoid media that is damaging to the spirit. If that means you have to stop reading or watching the news, so be it. Positive Autosuggestion comes into play by reprogramming these negative thought patterns we have grown to believe.

7. Protecting Your Energy

Protecting your energy goes along with watching what kind of media you are consuming. If you constantly surround yourself in harmful and toxic situations or with friends and family that don't have your best interest at heart it damages the mind/body. When you find yourself feeling drained, take time to recharge. Grounding yourself can look like many different things. A self-care night, time in nature or meditation can all be effective ways to rid yourself of other people's energy and center yourself again.

9. Sleep

Some of the most noticeable effects of depression are on the sleep cycle. Depression can cause people to oversleep or have insomnia. Sometimes, it's a combination of both – sleeping all day, staying up all night. Natural detox mechanisms occur during sleep; that is why it is vital to our bodies' health to establish a restorative sleep cycle.

10. Minimize Technology

Our phones do this lovely thing where we see how much screen time we used for the week. It can be scary when we see it's more than 4 hours. Realistically, that's so much time spent on technology. It isn't even mentioning other screens we use, such as laptops or television. The reality is blue light is harsh on the body. It isn't natural to be constantly plugged in. Disciplining yourself by not allowing yourself to check social media, watch tv, or whatever it may be all day long helps you find other things to fill your time that are more meaningful.

11. Declutter Your Space

The external world is a reflection of our inner world. Living in a space that is cluttered, messy, and unclean leaves us feeling depleted, depressed, and anxious. Deep clean your closet, furniture, and anything else you've been neglecting to clean out. Getting rid of old stuff that no longer suits your needs makes the spirit feel relieve

12. The Power of Magnesium

Magnesium is responsible for hundreds, if not thousands, of biological processes. It aids sleep quality, mood regulation, and is an anti-inflammatory, to name a few benefits. Magnesium directly helps in coping with depression.

13. Non-Attachment

Practicing non-attachment helps to alleviate some of the negative spiraling involved in depressive moods. When we let go of our expectations of what we think life should look like and embrace the unknown, we have the opportunity to overcome obstacles more easily. Non-attachment doesn't mean eliminating emotions entirely. Emotions are healthy. Non-attachment means feeling the emotions in the present moment but not letting them linger too long.

14. Connect

Connect with family, friends, activities, hobbies, school, work and faith. Isolation decreases activity and feeds depression. Healing happens through connectivity and activity, getting involved with others focusing on something other than our pitiful selves and allows the brain neurochemicals to rebalance.

15. Therapy

Talk to a therapist when self-help isn't enough. Many types of therapy help you transition into different stages of your life and your depression. I've found that consistently seeing a therapist even when depression is not at its height works to improve mindset.



What does the Theme mean?

This year's theme: The Art of Reframing is about how we reframe mental health challenges in our own minds.

“The essential idea behind reframing is that the frame through which a person views a situation determines their point of view. When that frame is shifted, the meaning of that situation changes, and thinking and behavior often change along with it.”

Learn more about the theme by reading the articles or watching the videos on the right side of the slide and think about how you can use these lessons, definitions, and methods in your project

VIDEOS

How people can use [reframing to deal with negative thoughts](#)

A video that explains simply explains [Reframing](#) in a work place setting

[A Video](#) that shares a process of how to reframe something

A [TED Talk](#) from a neuroscientist and child psychologist explains Reframing

ARTICLES

A Definition of Reframing - [From Very Well](#)

[An Article on Emotional Intelligence and Cognitive Reframing](#) from the American Foundation for Family Physicians:

[JUMP BACK TO NAVIGATION PAGE](#)



How can I use the theme artistically?

This year's theme is one that is GREAT for artistic expression. No matter the subject or type of project you choose applying reframing is a fun way to make your submission more interesting or artistic.

Ideas for how you can use the theme in your submission:

- Create a positive and negative perspective, a devil or an angel, a before and after, that reframes your mental health challenge.
- Use different filters or lenses to show whether you're stuck in a thought pattern or behavior and then a new lens or filter to show what happens after you reframe
- Utilize an actual frame, or an overlay or film to show two separate perspectives.
- Tell a story twice, rewinding and retelling to share how something could have been different with a different lens/perspective/mindset
- Write a two part personal essay about a fictional event, that uses reframing and one that doesn't...

JUMP BACK TO
NAVIGATION PAGE

one

Project Scales: Personal Scale

Tell a Personal story:

How did you personally overcome a mental health challenge in your own life? What, or who helped you heal? Tell your own story!



Tell a story about yourself (or someone very close to you) who had success finding resilience, or who used reframing to help change their perspective, to help to them move forward, heal, regain confidence, and have success.

Share about how the failure involved a mental health struggle and what kind of ways you/they were able to understand, to build coping mechanisms, and to move on from the mental health challenge.

[JUMP BACK TO NAVIGATION PAGE](#)

Project Scales: Personal Scale Continued: TWO IMPORTANT NOTES

1. DO NOT SHARE ANY INFO THAT INVOLVES ILLEGAL ACTIVITY

While we are so proud of those who have come through difficult situations like addiction to illegal substances - please refrain from sharing any information about yourself or your family that has not yet been through the legal process and is not public knowledge.

2. DO NOT SHARE INFORMATION ABOUT SOMEONE ELSE WITHOUT THEIR CONSENT

We live in a small community and this event is about building pride in healing, and not about putting anyone out.

[JUMP BACK TO NAVIGATION PAGE](#)

Project Scales: Community Scale

Highlight a Community Group

Do research about an organization in our community and how they've helped people in Moab heal. Learn about, and give credit to organizations in town doing good work.



[JUMP BACK TO NAVIGATION PAGE](#)

Project Scales: Community Scale

Organizations in Moab Area to Highlight: (click on titles to learn more)

1. [USARA](#)
2. [Seekhaven](#)
3. [MVMC](#)
4. [Four Corners Behavioral Health](#)
5. [Grand County School District Therapists](#)
6. [Moab Regional Hospital's Recovery Center](#)
7. [The Multicultural Counseling Center](#)
8. [Specific Therapists/psychiatrists/counselors](#)
9. [Southeast Utah Health Department \(SEUHD\)](#)

Project Ideas:

- Share about a local awareness event that inspires people
- Talk about a program that has helped people heal
- Tell a story about a leader in an organization that has made a difference in people's lives
- Highlight and teach about a whole organization - their mission and work
- Tell a story about how an organization saved someone's life, about how one person changed someone else's life

[**JUMP BACK TO NAVIGATION PAGE**](#)

Project Scales: National/Global Scale

Teach about a Best Practice

Do research and share a story about an organization that is leading the way in how people heal and grow after trauma or mental health challenges. Who is changing the way therapies are done? Who or what organization is having success helping people heal and giving them hope for their future?



[JUMP BACK TO
NAVIGATION PAGE](#)

Project Scales: National/Global Scale

Useful Links for Projects:

- **National Advocacy Organizations:** (click on bullets to link to their websites!)
 - National Alliance on Mental Illness (NAMI)
 - Anxiety and Depression Association of America
 - National Institute of Mental Health
 - Depression and Bi-Polar Support Alliance
 - American Foundation for Suicide Prevention
 - National Eating Disorder Association
 - Active Minds - Mental Health tools for Students
- **Leading Hospitals:**
 - Mayo Clinic
 - McClean Hospital
- **Change Makers in Mental Health**
 - Student Voice of Mental Health Award Winners
 - Young Innovators in Behavioral Health Awards
 - NAMI Scientific Research Award

Ideas:

- Research using the word “breakthrough” “life changing” “groundbreaking” and your mental health challenge
- Share a story about a pioneer in one type of treatment

[**JUMP BACK TO NAVIGATION PAGE**](#)

Project Types: Digital or Art Posters

Choose between making a poster yourself using a digital program to create a visual representation and share what reframing and building resilience looks like to you!

When posters are completed - share your poster's meaning *by writing a minimum one paragraph explanatory label* about what your design means and why you chose the elements you did.

Posters must be 12 x 18 - Get paper from your school's art teachers or Mr. Spaulding at the middle school.

Rubric: [Click here](#)

Ideas:

- Mediums:
 - Paint (acrylic, oil, watercolor, other, spray)
 - Pen and ink
 - Pencil or Charcoal
 - Mixed Media (collage and printed)
 - Markers, crayon, sharpie, spray paint

[**JUMP BACK TO
NAVIGATION PAGE**](#)

Examples of Posters

Depression/Anxiety

There have been 3 deaths in our community.
This is how to cope with those deaths.

Symptoms of Anxiety

Shaking, increased heart rate, tightness in chest, rapid breath and racing thoughts

Step 1:

Surround yourself with people that love you and care.

Symptoms of Depression

Isolating yourself having frequent negative thoughts, and recurring feeling of sadness.

Step 2:

Try and remember the good times you had with those people.

Step 3:

Get the help you need. Everybody handles death differently. But most importantly, get help if you need it.

By: Jackson Edge



It's time to **STOP** the cycle

Anxiety is **NEVER** your fault. It's usually caused from trauma or genetics. However, doing nothing about it can just make it worse. There are many coping mechanisms you can choose. Just remember it's important to take baby steps.

Some examples:

- Keep physically active
- Avoid alcohol/recreational drugs
- quit/cut back on caffeine
- Do stress management techniques
- Get a good-night's rest
- Eat healthier
- Socialize

Childhelp National child abuse
800-422-4453
National Domestic Violence
800-799-7233
National suicide and crisis
988



Project Types: Performances

Create a performance that shares a lesson around resilience in the face of a mental health misstep at a personal, community, or global level and share it at the event. Performances must be five minutes or less and can be solo or performed as a group.

Rubric: [Click here:](#)

Ideas:

- Create a Dance Routine
- Write and/or Sing a song
- Plan and perform a comedy routine
- Play an instrument
- Act out a skit or scene

[**JUMP BACK TO
NAVIGATION PAGE**](#)

Project Types: Videos

Students can create a 3 minute (or shorter) video to tell a personal story about resilience. The story should follow the same format looking at resilience in the face of a mental health issue personally, locally, or at a larger scale and focus on sharing how to overcome mental health challenges. Students can work together in a group of up to five.

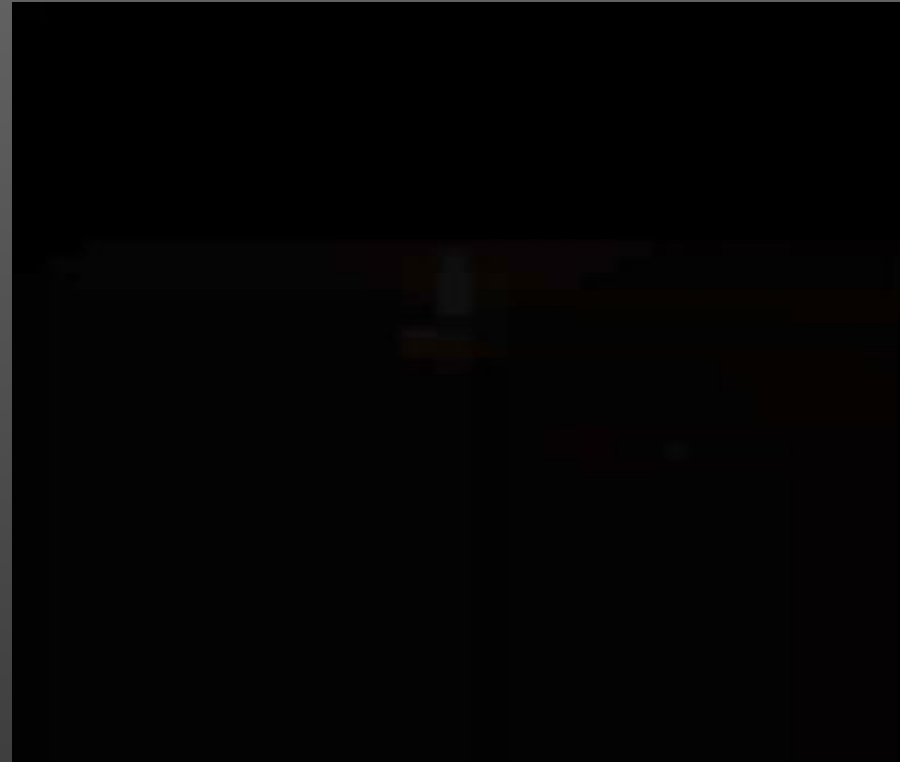
Rubric: [Click here](#)

See Video Examples on the next page

**[JUMP BACK TO
NAVIGATION PAGE](#)**

Examples of Videos (click on the titles)

1. Breaking News.mp4
2. Bayla's Devil and Angel.mp4
3. Resilience - FINALVERSION.mp4
4. Cupcake Addiction.mov
5. Swimmers Anxiety.MOV
6. Online Influences
7. Coopers Anxiety
8. Too Late To Apologize: A short film
9. Anxiety and Depression
10. Tucker's Journey
11. Don't Let Your Light's Go Out



[**JUMP BACK TO NAVIGATION PAGE**](#)

Project Types: Essays

Write a five paragraph essay that tells the story of resilience in the face of a mental health challenge.

Choose one of the scales and go in depth to share how you were impacted by a mental health issue!

Rubric: [Click Here](#)

Ideas:

- Write a personal essay about yourself
 - Tell a story about your experience overcoming a mental health challenge
 - Tell a story of a family member or close friend's journey
- Do a research essay on the organizations mentioned on the scale pages - [here](#) - or [here](#) - lined out here- utilize [this tool](#) to help write your research essay
- Write a research paper on a figure who changed the way people see mental health treatment or on someone [famous or inspirational](#) who overcame mental health challenges and how they did it!

[**JUMP BACK TO
NAVIGATION PAGE**](#)

Project Types: Creative Choice

Do you have an idea for a different type of project that you don't see listed? Want to sculpt? Create a ceramic piece? Create a photo essay? Create a multimedia art piece?

To compete with a creative choice project you have to get approval from Derrick Cook at the HS, from one of the art teachers, or from Jeremy Spaulding the district's community coordinator. You also have to write two paragraphs for submission that explain your piece and why its features represent the theme.

Rubric: [Click here](#)

Ideas:

- Write a Poem
- Write a Journal Entry (1st or 3rd person)
- Design a building whose purpose is to help people heal from mental health challenge
- Create a Trifold Presentation Poster
- Create a Vision Board
- Make a sculpture
- Write a Short Story
- Design your own project! - Use our rubric to help guide you
- Have a debate

[JUMP BACK TO
NAVIGATION PAGE](#)

Examples of Creative Choice

A Li|

**Pete Olsen's
Debate Project**

**[JUMP BACK TO
NAVIGATION PAGE](#)**

Cash and Prizes

Cash and prize amounts will be announced in early January.

[**JUMP BACK TO
NAVIGATION PAGE**](#)