



Marion County
OREGON
Health & Human Services



2023 Mental Health Promotion Video Contest

Create a video that provides activities and/or helpful tips to promote mental health and healthy alternatives to substance use, prevent adverse behaviors, or prepare for environmental threats/emergencies.

PRIZE BREAKDOWN:

- **Submission:** First 20 videos submitted and that meet the guidelines outlined in this document will receive a \$50 gift card for their group and sponsoring organization.
- **1st place:** \$1,000 total. \$500 gift card to participants, \$500 gift card to the eligible sponsoring organization (see page 2 for details).
- **2nd & 3rd place:** \$500 total. \$250 gift card to participants, \$250 gift card to the eligible sponsoring organization.
- **Multicultural Inclusivity Award:** A special honor and extra credit points will be given to videos submitted in a language other than English, American Sign Language, or representing persons with a disability.

Step 1: Create Your Team

- Group of 2-4 friends (14-18 years old).
- Adult advisor at school or from community organization.

Step 2: Choose One of These Topics.

- **Substance use:** Alcohol, tobacco, other drugs
- **Behaviors:** Video gaming and/or problem gambling
- **Environment:** Environmental threats or emergencies (such as wildfires, heat, smoke exposure, etc.)

Make sure your video provides positive choices and actions. Thus, do not imitate gambling, drinking, smoking, drug use and depictions of violence. See more details in "Messaging Considerations" on page 2.

Step 3: Create Your Video

- 1-3 minutes run time
- Promote positive activities and/or helpful tips that the viewer can do to as a healthy alternative to the topic you chose.

Step 4: Submit Your Video, Registration and Photo Release Forms

- **Upload your video by 5 pm on April 24, 2023.** Email svu@co.marion.or.us to receive a link to upload your video.
- Submit completed registration form and photo release forms to Scott Vu, svu@co.marion.or.us on or before April 24, 2023.

See following pages for additional contest details, the registration form and photo release form

For questions or more info, please contact Scott Vu, svu@co.marion.or.us

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IMPORTANT DATES:

- April 24, 2023: Submit your video project **BY 5 PM** to svu@co.marion.or.us.
- May 1, 2023: Top Submissions (judged by committee) will be posted on MCHHS, Polk County, and Salem Health Facebook pages and Marion County Health Promotion Instagram for voting (Tell friends and family to find your video to LIKE it. Each LIKE counts as a vote).
- May 12, 2023: Social media voting ends. All votes must be in **BY 4 PM**.
- May 15, 2023: Official winners announced!

MESSAGING CONSIDERATIONS:

- Videos will be judged by educational content, creativity, and video production.
- Do not imitate gambling, alcohol, or drug use.
- Do not show depictions of violence or use inappropriate language.
- Have a positive message throughout or by the end of the video – there is free help and hope!
- Use person centered language (example: person with a gambling problem or person with a drinking disorder, NOT problem gambler or alcoholic).
- Videos in languages other than English will be accepted! If submitting a video in another language, please have English subtitles accompany your film.

ELIGIBILITY:

The contest is open to high school age teenagers (14-18 years old) living in Marion County or Polk County, Oregon, and/or affiliated to an eligible sponsoring organization based in either county. Eligible sponsoring organizations include Marion and Polk County based school districts and affiliated classes, clubs, sports teams, and groups; or a not-for-profit community-based organization that serves youth. Exceptions may apply, contact us for more information. *Individual entries submitted will automatically be ineligible.*

NUTS AND BOLTS:

- Top entries will be posted on the following social media pages for voting: Salem Health (Facebook: facebook.com/salemhealth), Marion County Health Promotion & Prevention (Facebook & Instagram: facebook.com/MarionCountyHealth & instagram.com/marionhealthpromotion), and Polk County Family & Community Outreach (Facebook: facebook.com/PCYAT). 25% of winning scores will be determined by the number of “likes” and 75% by judges based on educational content, creativity, and video production.
- Copyright: Same [copyright rules as YouTube](http://www.youtube.com/yt/copyright/faq.html) (<http://www.youtube.com/yt/copyright/faq.html>). Participants must secure written consent to use any music or images that are not original or in the public domain (entries may be disqualified without proper consent).
- The video must be submitted by an adult advisor with an eligible sponsoring organization; this person must ensure that the attached photo release form (see page 4) is signed for each person appearing in the video. (This includes shots of the general public, lunch rooms, etc.). Videos submitted without photo releases will not be eligible.
- We reserve the right to use submitted videos for promotional or educational purposes. The videos become property of both Marion County and Polk County once submitted. Titles and minor editing are subject to modification.

2023 Mental Health Promotion Video Contest Registration Form

Eligibility: The contest is open to high school age teenagers (14-18 years old) living in Marion County and Polk County, Oregon, and/or affiliated to an eligible sponsoring organization based in Marion or Polk County. Eligible sponsoring organizations include Marion County and Polk County based school districts and affiliated classes, clubs, sports teams, and groups; or a not-for-profit community-based organization that serves youth. *Individual entries submitted will automatically be ineligible.*

Contest registration and videos must be received by **April 24, 2023 at 5pm**. Email completed form and any questions to svu@co.marion.or.us.

CONTACT INFORMATION

Name of youth participants:	
Video project name:	
Messaging Topic chosen:	
Will your video include any of the following: in a language other than English, American Sign Language, or represent persons with a disability/varying abilities? Yes or No: _____	
Name of sponsoring organization:	
Adult advisors name:	
Contact phone number:	
Contact email address:	
Brief description of project:	

Adult Advisors' signature:

(Electronic signature is okay)

Date/Time Submitted:

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Photo Release

Return this form when you submit the video of your project. Everyone appearing on-screen or vocally recorded will need to sign, or have their parents sign if they are under the age of 18. Multiple photo release forms may be submitted with one video project.

I, the undersigned, affirm that I wish to participate in the 2023 Marion and Polk County Mental Health Promotion Video Contest. I am aware that as part of this contest my voice and image may be used in a video intended to increase awareness. I give my permission to Marion County and Polk County to use my own or my child under 18's image, audio, and video for educational or awareness raising purposes.

Name of sponsoring organization:	
Video Project Name:	

	Name: (anyone recorded, audio/visual)	Date:	Signature: (parent/guardian if under 18)
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