

“Positive Choices for a Healthy Hamden” Mental Health Campaign

The Happiness Project

BACKGROUND

The Town of Hamden Youth Services Bureau and Hamden Public Schools are sponsoring a Youth Designed Mental Health Campaign. This campaign is in support of the Hamden Youth Network's prevention efforts. This project is funded by a Youth Services Bureau Enhancement and Supplement grant through DCF. The theme of *The Happiness Project* is mental health awareness and promotion. The focus of the campaign is on what makes us happy and how we can help to motivate and inspire others to make positive choices!

Some ideas...practice gratitude * help others * exercise * eat healthy foods * foster healthy social connections *talk to a trusted friend or family member *talk to a professional * meditate * express yourself through writing, art, music, movement *spend time outdoors *take a social media break *breathe

Inspire others to make positive choices.

ELIGIBLE ENTRIES

Must be submitted by a Hamden resident youth; follow required design specifications; and have an official entry form completed.

SUBMITTING YOUR DESIGN

Entries must be submitted by **10:00 a.m. on Tuesday, April 9th** to your ART TEACHER. If you are homeschooled or attend a school other than Hamden Public Schools, please submit to HPS Director of Fine Arts, Leslie Della Valle ldellavalle@hamden.org
Original art work and Completed Entry Form must be submitted in order to be eligible.

DESIGN TIPS

- Colors should be bold and show contrast and clarity.
- If words are used in the design (optional), no more than seven words should be used and font should be simple.
- No portrayals of drug use, keep the message positive.
- Designs should be simple and easy to understand in a short amount of time.

PLEASE CONTACT US WITH ANY QUESTIONS

Amanda Forcucci, Director of Health and Physical Education aforcucci@hamden.org Leslie Dellavalle,

Director of Fine Arts-Hamden Public Schools ldellavalle@hamden.org

Susan Rubino, Coordinator, Hamden Youth Services srubino@hamden.com

WINNERS

Three Banner designs for each school level (High, Middle, Elementary) will be selected as winners by a judging panel by the end of April.

1ST PLACE: First Place finalist will have their design displayed on banners on a trestle Bridge next to Tommy K's Plaza and outside of the Miller Memorial Library in Hamden. They will receive \$300.00 in Prize money and a framed poster for each.

2ND PLACE: Second Place finalist will have their design displayed on banners on a trestle Bridge next to Tommy K's Plaza and outside of the Miller Memorial Library in Hamden. They will receive \$200.00 in prize money and a framed poster for each

3RD PLACE: The Third Place finalist will have their design displayed on one banner outside of Miller Memorial Library. They will receive \$100.00 in prize money and a framed poster for each.

RULES

- There is a limit of **one design entry** per student.
- Entries should be **drawn** on the provided design sheet in horizontal format.
- **Digital art** should be created in the dimensions of
- A **Completed and signed Entry Form & Release** must be submitted with the entry.

Positive Choices for a Healthy Hamden-*The Happiness Project*

Mental Health Campaign Entry Form & Release 2024

Name of student artist: _____

Age: _____ Phone number: _____

Email: _____

Address (street number and street and zip code): _____

School: _____ Grade: _____

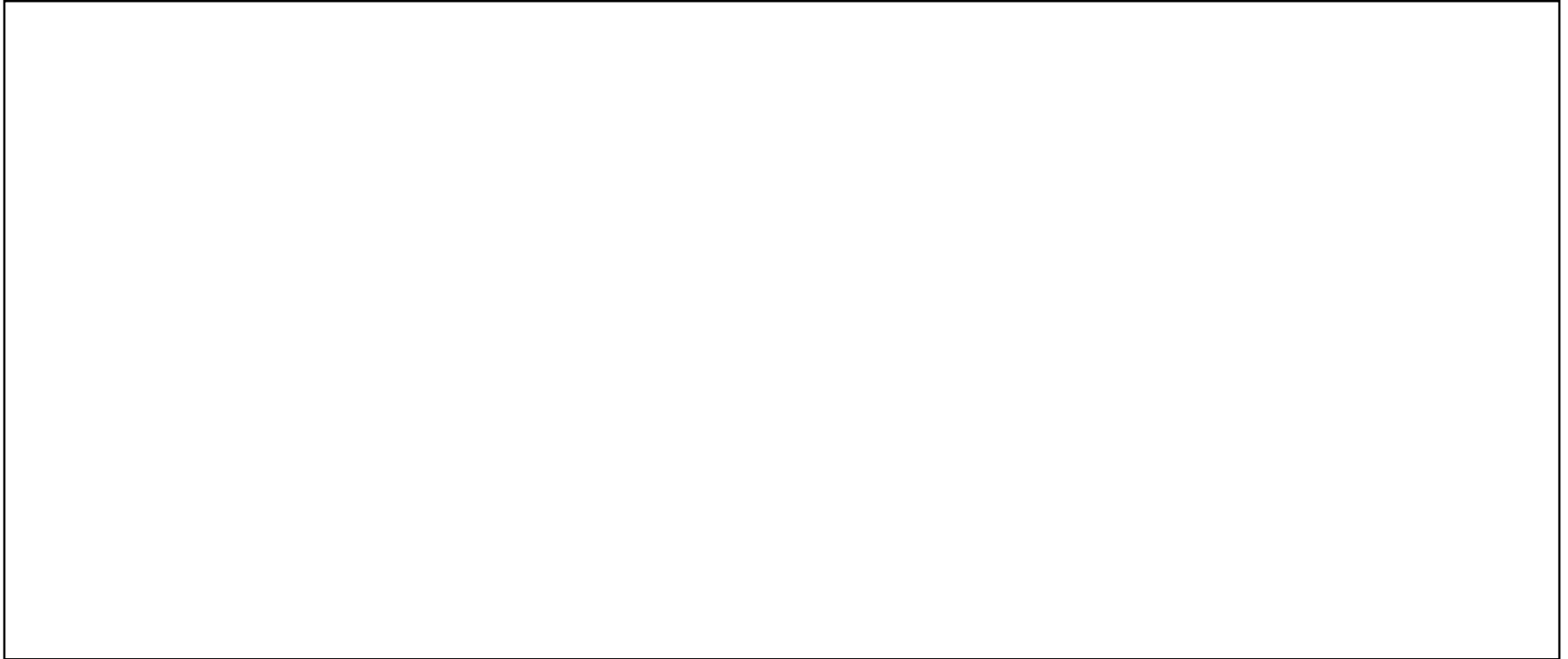
Explanation of design:

By signing this required release form, I hereby acknowledge that if my design is selected as one of three of the winning designs, the Town of Hamden will become owner of all rights connected with the design. The Town of Hamden will have exclusive rights to reproduce and distribute the work. I understand the Town of Hamden shall have the right to alter the final design prior to reproduction according to formatting and printing needs. Neither the Town of Hamden nor the Hamden Public Schools assume any responsibility for artwork submitted and are not responsible for loss or damage of entries. I understand the design/artwork is my original work and I have not violated any copyright, patent and/or plagiarism laws.

Signature: _____ Date: _____ Signature of guardian (if under 18): _____ Date: _____

Entry forms must be submitted **by 10:00 a.m. on Tuesday, April 9th:**

“The Happiness Project” Mental Health Promotion Campaign



Design tips:

- Use bold and bright colors that show contrast and clarity.
- If using words (optional), include no more than seven words and use a simple font.
- Keep designs simple and easy to understand in a short amount of time.
- Please save original artwork.

*Complete entry form **on the back of this sheet.***