

THE COUNTY OF SAN DIEGO HEALTH AND
HUMAN SERVICES AGENCY (HHS) INVITES
YOU(TH) TO PARTICIPATE IN THIS YEAR'S...

SCOOP FROM YOU(TH) CHALLENGE:

PIECE OF MIND

Art is a powerful way you can explore your emotions, increase self-esteem, promote emotional resilience, and contribute to your overall wellbeing.

For this reason, the 2025 *Scoop From You(th) Challenge: "Piece of Mind,"* invites **San Diego youth and young adults (ages 12-25)** to use art to...

- Share your personal experiences with mental health
- Help reduce stigma around mental health
- Build a supportive network
- Empower yourself and others to seek out support & resources

EXPRESS YOURSELF THROUGH...

Graphic Design, Painting, Illustration, Poetry, Short Story, Dance, Music, Performance, Film, Photography, and/or Animation

EXTENDED Deadline to Submit: November 21, 2025
through LiveWellSD.org/ScoopFromYouth

CHALLENGE INFORMATION:

Visit LiveWellSD.org/ScoopFromYouth to learn more and get started!

HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at Engage.BHS@sdcounty.ca.gov

#GetTheScoop #YouthChallengeSD #SFYCPieceOfMind



SCOOP FROM YOU(TH) CHALLENGE: PIECE OF MIND

HOW CAN I PARTICIPATE?

You can submit up to 3 entries (1 per category) for a chance to win up to **\$900**. Submissions will be judged on appeal, originality, creativity, message, and inspiration.

SELF-CARE SPOTLIGHT

Create an art piece that highlights **one fact** about youth mental health and a related **self-care tip**.

Submissions should:

- Inspire peers to take care of their mental wellbeing
- Teach peers about new self-care strategies

NORMALIZE THE NARRATIVE

Create an art piece that **encourages conversations** about youth mental health.

Submissions should:

- Highlight how friends and family can support each other
- Focus on the importance of learning about mental health topics

MENTAL HEALTH FROM MY LENS

Create an art piece that **shares a personal story** about mental health.

Submissions should:

- Encourage others to speak out about their experiences
- Advocate for mental health support or resources

Check out the **Requirements & Submission Checklist** to learn more about how you can participate!

WHAT CAN I WIN?

GRAND PRIZE	1 WINNER Countywide	\$900
AREA OF SAN DIEGO COUNTY	6 WINNERS Central, East, North Central, North Coastal, North Inland, South	\$300



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SCOOP FROM YOU(TH) CHALLENGE

PIECE OF MIND

REQUIREMENTS & SUBMISSION CHECKLIST

All submissions must be original work. Any use of AI-generated or copyrighted materials will not be accepted. Do not use artwork, music, slogans, or characters from the internet that are protected by copyright (such as Zelda, SpongeBob, Disney Characters, etc.).

General

- ☐ All art forms are welcome if you can share them in a video or visual format. For example, if you write a poem, you can record yourself reading it or create a video with the words on screen
- ☐ Written or typed content must be understandable and clear in your preferred language
 - ☐ IF your content is in a language other than English, please include an English translation or script along with it
- ☐ Content and language must be safe to share with others - it shouldn't hurt, offend, or put anyone (including yourself) in danger
- ☐ Submissions must be 5 minutes or less if recorded video or audio content
- ☐ Sources should be cited at the end of the submission, if used to inform content
- ☐ Submission must include "*Scoop From You(th) Challenge: Piece of Mind*" and the web address www.LiveWellSD.org/ScoopFromYouth, visibly and clearly on your video or visual submission

Requirements Specific to the **SELF-CARE SPOTLIGHT** Category

- ☐ Highlight at least one fact related to mental health. Cite credible sources, such as:
 - *It's Up to Us* San Diego
 - County of San Diego
 - Centers for Disease Control & Prevention
 - *Refer to the Artist Support Pack on our website for more recommendations*
- ☐ Include at least one self-care tip that relates to the mental health fact you provide

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Requirements Specific to the **NORMALIZE THE NARRATIVE** Category

- Include tips or information about:
 - How to start conversations about mental health with friends, family, or peers
 - Ways to reduce stigma and make it easier to talk about mental health
 - How friends and family can support each other through tough times, OR
 - The importance of learning about mental health and how it affects you and those around you

Requirements Specific to the **MENTAL HEALTH FROM MY LENS** Category

- Share a personal testimonial, story, or experience related to mental health
- Include a call to action or ideas that can improve youth mental health, and connect it to your story

SUBMISSION PROCESS

- Complete the Submission Form and attach a file or public link of your entry. One Submission Form per entry is required

- IF uploading a file, use this naming template:

[SUBMISSION CATEGORY]_[Last Name, First Name]_2025_[TITLE]

Example: Self-Care Spotlight _Doe, John_2025_Mental Health Matters.png

- IF your public link is from any social media platform, your post must include the following hashtags **#GetTheScoop**, **#YouthChallengeSD**, and **#SFYCPieceOfMind**

- Upload a completed and signed
*2025 Scoop From You(th) Challenge
Registration & Release Form.*

**EXTENDED DEADLINE TO SUBMIT:
NOVEMBER 21, 2025**

If you are unable to complete, attach, or link your submission(s), or have any other questions related to the *Scoop From You(th) Challenge* requirements, please e-mail Engage.BHS@sdcounty.ca.gov for additional support no later than November 14, 2025.

GOOD LUCK & HAVE FUN!

SCOOP FROM YOU(TH) CHALLENGE

PIECE OF MIND

Registration Form

All participants in the *Scoop From You(th) Challenge: Piece of Mind* must fill out and turn in this completed form with their submission. Completion of this form permits us to promote this opportunity and spread awareness about youth mental health through the use of your art. This form must be properly completed and sent with your submission in order to be eligible for the winning awards.

If under the age of 18, a parent or legal guardian may complete the submission process of this Registration Form and art piece on behalf of a youth or young adult. If under the age the parent or legal guardian, please accept the consent clause in the “*Scoop From You(th) Challenge: Piece of Mind Authorization & Release*” form.

See “*Requirements and Submission Checklist*” document for more details and guidelines regarding the *Scoop From You(th) Challenge: Piece of Mind* art challenge. Information provided here will be used for registration purposes only and will not be shared.

First Name: _____ **Last Name:** _____

Date of Birth (MM/DD/YYYY): ____/____/____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone Number: _____ **Email:** _____

If the participant is under the age of 18, please fill out the information below.

Parent or Legal Guardian Information:

First Name: _____ **Last Name:** _____

Phone Number: _____ **Email:** _____

Thank you for participating!

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SCOOP FROM YOU(TH) CHALLENGE

PIECE OF MIND

Authorization & Release Form

I, _____,
(Participant's First and Last Name)

hereby authorize and consent that the County of San Diego ("County") and community organizations participating in the *Scoop From You(th) Challenge: Piece of Mind* shall have the absolute right to copyright, publish, use, sell, or assign any and all photographic portraits or pictures, visual art, television spots, movie films, videotapes, and/or sound recordings submitted, or any part thereof, I have taken or made in which I or my participant may be included in whole in part.

I also grant permission to allow these images and/or recordings to be put to legitimate use at the discretion of the County and/or partner organization.

I relinquish all rights, title, or interest to any finished products, reproductions, or facsimiles.

I grant use and right to exhibit such pictures and recordings (original or copies) and facsimile thereof, to the County and/or partner organization or any of their assignees and agents.

I hereby waive any right that I may have to inspect and/or approve the finished product or the advertising copy that may be used in connection there therewith or the use to which it may be applied.

I release County of San Diego and communication organizations participating in the *Scoop From You(th) Challenge: Piece of Mind* from any and all claims, liability, or obligation. I shall not own or claim any rights to such products to any portion thereof, and I waive all claims for any compensation for such use or for damages.

Signature: _____ Date: _____
(Participant)

Parent/Legal Guardian Signature: _____
(If participant is under the age of 18)

Email or Phone Number: _____

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SCOOP FROM YOU(TH) CHALLENGE

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2025 Art Challenge

Calling All San Diego County Youth and Young Adults!

The County of San Diego Health and Human Services Agency is pleased to announce the focus of this year's *Scoop From You(th) Challenge* is on, **"Youth Mental Health."**

San Diego youth and young adults between the **ages of 12-25** are invited to participate utilizing art to:

- Share your personal experiences with mental health
- Reduce stigma around mental health
- Build a supportive network, and
- Empower yourselves and/or others to seek out support and/or additional resources.

Join the challenge and start working on your submission today for a chance to **win up to \$900!**

Winners will be invited to an award ceremony and will receive a certificate signed by County of San Diego leadership. Scan the QR code for more details!

**WIN UP TO
\$900**



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How can I stay connected?



CountySanDiego
LiveWellSanDiego



@CountyofSanDiego
@SanDiegoCountyHHSA
@LiveWell_SD



@SanDiegoCounty
@SDCountyHHSA
@LiveWell_SD



SanDiegoCounty
LiveWellSDVision



@LiveWell_SanDiego

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ARTIST SUPPORT PACK

Not sure where to start? These websites have helpful info, tips, and tools to support you with your art submission. Just remember, there's a lot more out there, so feel free to explore beyond these lists!

CREDIBLE SOURCES OF MENTAL HEALTH INFORMATION

- **Centers for Disease Control and Prevention (CDC) Mental Health**
 - Information, data, and tips about mental health, and how to manage your well-being
- **National Institute of Mental Health**
 - Overview of mental health-related topics, the latest mental health research, and fact sheets
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - Information, data, resources, and support for mental health concerns
- **California Department of Public Health (CDPH) Mental Health Awareness**
 - Resources and suggested messaging about mental health
- **It's Up to Us San Diego**
 - Information, resources, and community bulletins about mental health topics that are customized to difference audiences
- **Own Your Mindset**
 - Tips, activities, and resources about mental health designed for youth

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MENTAL HEALTH SERVICES & TOOLS

- 9-8-8 Suicide & Crisis Lifeline
- Never A Bother Youth Suicide Prevention Campaign
- County of San Diego Behavioral Health Services
- San Diego County Office of Education (SDCOE) Mental Health Supports
- Soluna App

GUIDES ON RESPECTFULLY TALKING ABOUT MENTAL HEALTH

- Framework for Successful Messaging
 - Learn how to develop messages that are strategic, safe, positive, and use best practices to support suicide prevention
- Mental Health and Media: Trauma-Informed Reporting Guide
 - Learn how to responsibly report when it comes to those directly affected, your audience, or yourself
- Talking About Suicide and LGBTQ Populations
 - Learn how to talk about suicide safely and effectively while advancing public discussions about preventing suicide and increasing acceptance of LGBTQ people
- How to Talk About Mental Health
 - Learn about tips that can help normalize conversations surrounding mental health

TECHNICAL SUPPORT

- Canva's A Beginner's Guide and Design School
- Video File Formats Guide
- Image File Format and File Types Guide
- 5 Simple Ways to Post on Instagram
- How to Post a Video on TikTok