



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

Keep Going...
Keep Growing

20th Annual High School Art Contest

Open to all St. Clair County High School Students!

2023 Theme ~ Keep Going...Keep Growing

Deadline ~ Friday, February 3, 2023

Additional information & entry forms can be found online at:

www.scccmh.org/events/creative-arts-contest/

Prizes

Best In Show	\$350
1 st Place	\$150
2 nd Place	\$100
3 rd Place	\$75

Honorable Mention certificates

Best In Show artwork is
used as St. Clair County
Community Mental Health's
Mental Health Poster and will
appear in the agency's annual
report and on billboards
throughout St. Clair County.





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CONTEST ENTRY FORM

Complete and submit this form with your entry by 5:00 p.m. on Friday, February 3, 2023.

Please be sure to complete the form fully and legibly

Title of Entry

Student Name

Grade (2022/23 School Year)

Student's Home Address (include city & zip code)

Parent/Guardian Name

Parent/Guardian Email Address

Parent/Guardian Phone Number

School

Teacher's Name (if applicable)

Teacher's School Email Address

Teacher's School Phone Number

I hereby certify that this entry is my own original work and is not copied, adapted, or plagiarized from any other source. By entering this contest, I give St. Clair County Community Mental Health permission to use my entry for educational and promotional purposes with no additional expectation of compensation.

Student Signature

Parent/Guardian Signature (if student is under 18)

**For more information, go to www.scccmh.org/events/creative_arts_contest/
or contact Aubree Mayhew at 810.966.3386 or amayhew@scccmh.org**



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Quick Reference Guide

What is the goal of the annual creative arts contest? The help educate both young people and adults about the value of connecting mind and body for individuals who live with mental health conditions, intellectual/developmental disabilities, and/or substance use disorders.

What is this year's theme? This year's theme is: Keep going, keep growing.

Consider the Eight Dimensions of Wellness when creating your artwork. There are eight interrelated dimensions of wellness that, working together, allow an individual to achieve recovery, which is the process of gaining control over one's life and the direction that one wants that life to go. They are:

1. Emotional Wellness ~ coping effectively with life and creating satisfying relationships
2. Environmental Wellness ~ good health by occupying pleasant, stimulating environments that support well-being
3. Financial Wellness ~ satisfaction with current and future financial situations
4. Intellectual Wellness ~ recognizing creative abilities and finding ways to expand knowledge and skills
5. Occupational Wellness ~ personal satisfaction and enrichment from one's work
6. Physical Wellness ~ recognizing the need for physical activity, healthy foods, and sleep
7. Social Wellness ~ developing a sense of connections, belonging, and a well-developed support system
8. Spiritual Wellness ~ expanding a sense of purpose and meaning in life



Can artwork contain a blend of computer generated and hand created art? No. Computer generated art will not be accepted. All components of the art must be original and hand-created by the student.

Who judges the artwork? Judging is by popular vote of SCCCMH staff, individuals who use CMH services, and the public. There are two ways to vote. First all entries will be on physical display at SCCCMH, please watch the Creative Arts Contest webpage for exact dates. Those entries with an email address included will receive notification of in person and online voting dates. You can also visit the SCCCMH Facebook page to see voting dates.



When will prizes be awarded? Prizes will be awarded at the winning student's local school district school board meeting in April, May, or June. Winners and the school board will be contacted after selection to set up the presentation.

When will student artwork be returned? Artwork not awarded a prize may be picked up at the SCCCMH Administration Building after May 1, 2023. Winning artwork will be available for return after June 1, 2023.

For reference, a selection of previous winning artwork is featured.





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ART CONTEST RULES

1. Entries must be the original, individual work of a student in grades 9, 10, 11, 12.
2. The student must live in or attend school in St. Clair County, Michigan.
3. Entries must be hand created work using any medium, not created digitally.
4. Entries should be no larger than 14" x 17".
5. Entries must be accompanied by a completed Student Entry Form. Entries not accompanied by this form will be disqualified.
6. Entries should not be matted or framed.
7. Entries using any easily transferable medium, such as chalk, charcoal, graphite and pastels, must be treated with a spray fixative before being turned in. It is also recommended that these types of pieces be submitted with newsprint or other paper protecting the work.
8. The student does not need to be currently enrolled in an art class to participate.
9. The student's name and their school name must be printed legibly on the back of the artwork.
10. Any artwork that depicts copyrighted images will be rejected. For example, no artwork depicting characters from television shows, movies, video games, or books will be accepted. All artwork must be original ideas and created entirely by the student.
11. Failure to adhere to any of the aforementioned rules could result in the artwork being disqualified.
12. Submissions must be received by 5:00 p.m., Friday, February, 3, 2023.
Mail or deliver entries to:
St. Clair County Community Mental Health
Attention: Creative Arts Contest
3111 Electric Avenue
Port Huron, MI 48060.

PRIZES

Best in Show ~ \$350

1st Place ~ \$150 • 2nd Place ~ \$100 • 3rd Place ~ \$75

Honorable Mention ~ Framed Certificate

The Best in Show winning piece will be featured on the 2023 St. Clair County Community Mental Health poster and displayed on billboards throughout St. Clair County.