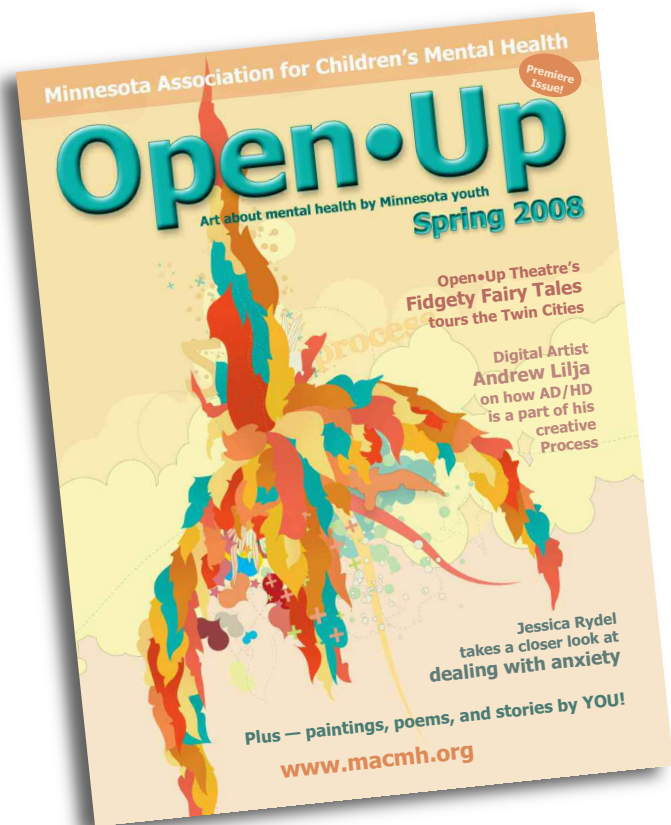


# Minnesota Association for Children's Mental Health



Call for submissions  
for the 2009 issue of

## Open-Up Magazine

*A literary and visual arts journal  
about mental health created by  
and for artists ages 5 - 21!*

**Open-Up**, MACMH's literary and visual arts magazine, invites submissions from artists ages 5–21. **We welcome submissions from anywhere in the world!**

Our first issue was an incredible success, featuring nearly thirty artists. You can view the 2008 issue online by visiting MACMH's website at [www.macmh.org](http://www.macmh.org) and clicking on "Open Up."

### Goals and Objectives

Our goal is to encourage participants to learn about mental health and to express their thoughts and feelings about mental health and mental health disorders. We believe that as participants prepare their submissions, they will –

- develop a more accurate understanding of what mental health is and help raise awareness about the importance of good mental health habits.
- gain a better understanding of their emotions and be better able to understand and respond appropriately to the emotions of others.
- combat bullying and hurtful teasing and reduce the stigma that surrounds mental health disorders.

### Who Is Eligible?

All artists ages 5 – 21 are welcome to submit artwork they have produced in the last three years (*See Submission Guidelines inside for types of art and genres accepted.*)

### Getting Started

Visit [www.macmh.org](http://www.macmh.org) for free activities that will engage participants to think critically and creatively about mental health and mental health disorders. Activities include:

- *Creating a super hero that uses non-violent super powers to combat bullying and hurtful teasing.*
- *Rewriting a familiar fairy tale in which the main character struggles with a mental health disorder.*

Mental Health Fact Sheets are also available at [www.macmh.org](http://www.macmh.org) to download, copy, and distribute to participants.

From the 2008 issue



## Dark Heart, Light Heart

by Nicholas Fjeld

"Nick drew this heart in watercolor when he was eight years old. He had been hospitalized for mood stabilization and painted this in his art class at school. He was to draw about his feelings. I love the heart because it visually portrays my son's moods. Sometimes he is bright and sunny and sometimes he feels the darkness moving into his heart, with different variations."

—Deb Fjeld, Nick's mom



## My Dream Home

by Isaac Thomas

"This is my dream home. I have schizophrenia and have to work very hard to pursue my dream of becoming an architect. Someday, I want to design and build this house. I refuse to let my mental illness hold me back!"

Isaac Thomas is an 18-year-old student in the Bridges Transition Program.

# 2009 Feature Articles

As you think about what you could create for Open Up Magazine, consider submitting something for our two feature articles.

## The Fashion of Feelings

Mental health meets haute couture when young designers create fashions that express their emotions.

Submit a sketch with an explanation of how each part represents an aspect of an emotion.

The top three designs will be constructed, worn by teen models, and featured in a spread.



## Defenders Against Bullying

Create a new Defender!

**The Defenders of Clearview School** is MACMH's new web-based bullying prevention curriculum.

Students complete several interactive missions to learn about how to handle bullies. Afterwards, they are encouraged to create their own Defender.

Visit [www.macmh.org](http://www.macmh.org) to meet a team of super kids who use their non-violent powers to keep their school safe from bullies like Big Bad Bully, Lone Wolf, and Freezout.



Your new Defender could be featured in Open•Up Magazine! Send in drawings, stories, poems, short comics, or any other way you can creatively tell us about your Defender.

View the 2008 issue online! Go to [www.macmh.org](http://www.macmh.org) and click on "Open Up."

# Submission Guidelines

All submissions must relate to mental health.

For example, an essay may describe what it's like to have a mental health disorder such as AD/HD; a poem may explore the issue of bullying; a poster may show a family who has just learned that a close family friend has depression; or a photograph may represent what it feels like to be anxious about moving to a new town.

## Selection Criteria

Equal consideration will be given to artists ages 5 – 21. In addition to being original and creative, selected submissions must do **one or more** of the following:

- Increase understanding about mental health or mental health disorders.
- Contain a positive message about mental health.
- Convey the experience of having a mental health disorder honestly and with sensitivity.
- Address bullying and hurtful teasing.

*Please Note: MACMH reserves the right to edit submissions for length, space, or content. Due to limited space, not all eligible submissions will be used. Submissions of a violent or sexual nature may not be considered.*

## Complete Submissions Include

1. Submission/Release form (may be photocopied)
2. Work of art (original or electronic format)
3. Artist statement (usually 3 – 5 sentences) that tells us what inspired you to create your submission.

## Send Submissions To

Minnesota Association for Children's Mental Health  
Attention: Magazine Editor  
165 Western Avenue N, Suite 2  
St. Paul, MN 55102

or

openup@macmh.org

Submissions will not be returned. Please send a high-quality copy if you do not wish to send the original.

## For Further Information

Please contact Matt Jenson at [mjenson@macmh.org](mailto:mjenson@macmh.org) or 651-644-7333.

## Visual Arts

### Posters, Paintings, and Drawings

Recommended size: 8½" x 11"  
Maximum size: 11" x 17"

### Photographs

Series of images (up to 4 images that depict a specific theme) are welcome.

Maximum size: 8½" x 11"

*Images may be submitted by mail or electronically as JPEG, TIFF, or EPS files.*

## Literary Arts

### Essays, Stories, and Fairy Tales

Maximum 500 words. Type-written in 12 pt or larger font size.

### Poetry

Maximum 50 lines. Type-written in 12 pt or larger font size.

*Documents may be submitted by mail, electronically as Word documents, or pasted into the body of an e-mail.*

## Submission Deadline - February 13, 2009

Submissions received before **February 13, 2009** will be considered for the 2009 issue.

Submissions received after that date will be reviewed for the next issue.

# Minnesota Association for Children's Mental Health

## Open·Up Magazine

### Submission Form & Artist Release

Form must be completed **IN FULL** for artwork to be considered for publication. If you submit more than one artwork, each piece must have its own release form. **Submission Deadline: February 13, 2009**

#### Contact Information

Artist's Name *(please print)* \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone # *(with area code)* \_\_\_\_\_

#### Artist Statement

*3 – 5 sentences describing the inspiration for your submission – write it here or attach it on another sheet of paper. This statement may be dictated to and/or written by an adult if necessary.*

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#### School/Program Information

*Please complete this section if your submission was created as part of a school project or through an organization.*

Teacher/Mentor Name *(please print)* \_\_\_\_\_

School/Program Name \_\_\_\_\_ Phone # *(with area code)* \_\_\_\_\_

Street Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

#### Submission Information

\_\_\_\_\_ I sent my submission electronically to [openup@macmh.org](mailto:openup@macmh.org).

\_\_\_\_\_ I am including my submission with this release form.

If selected for publication, MACMH may use the following information to acknowledge my piece:

*(Place a check mark by all pieces of information we may use when publishing your work.)*

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Artist's Statement \_\_\_\_\_ School Name \_\_\_\_\_

#### Artist Release

I acknowledge that the submission I have sent was created by me and is not copyrighted. I acknowledge that Minnesota Association for Children's Mental Health (MACMH) has unrestricted and unlimited use of the piece. I waive my right to any royalties. The submission remains my property.

\_\_\_\_\_ Artist is under age 18. *(Parent or guardian signature required.)*

\_\_\_\_\_ Artist is 18 or older and may sign for themselves.

Name *(please print)* \_\_\_\_\_ Relationship to Artist \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_