

# Minnesota Association for Children's Mental Health



**Call for submissions  
for the premiere 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 new literary and visual arts magazine, is inviting submissions from Minnesota's artists, ages 5–21. You may be familiar with MACMH's Children's Mental Health Poster Contest and know that in the past we have invited children to create posters that portray positive mental health messages.

This year we are also inviting artists to create drawings, paintings stories, essays, fairy tales, cartoons, poems, even photographs that represent their thoughts and feelings about mental health and mental health disorders.

### **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?**

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.

# Submission Guidelines

## 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. Typewritten in 12 pt or larger font size.

### Poetry

Maximum 50 lines. Typewritten 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.*

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 e-mail Jane Reilly at [jreilly@macmh.org](mailto:jreilly@macmh.org), Matt Jenson at [mjenson@macmh.org](mailto:mjenson@macmh.org), or call 651-644-7333.

## New Submission Deadline - January 25, 2008

Submissions received before **January 25, 2008** will be considered for the premiere issue.

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

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## 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. **Extended Submission Deadline: January 25, 2008**

### 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 \_\_\_\_\_



## Minnesota Association for Children's Mental Health

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**Open•Up**  
to see what's  
new with MACMH's  
Children's Mental  
Health Poster  
Contest.

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**Open•Up to find out more!**

Well, we've decided to stop wondering . . . This year, in addition to posters, we are inviting poems, fairy tales, photographs, essays, stories, paintings, and drawings – **that's the first twist!** We are also inviting submissions from youth, ages 5-21 – **that's the second twist!** Then we'll showcase several submissions in our new literary and visual arts magazine **Open•Up – that's the final twist!**

Have you been waiting for your Children's Mental Health Poster Contest packet? **This is it!** It may look a little different, but it's the same great program with a few **new twists!** We have wondered what would happen if we asked for more than posters and if we accepted submissions from both younger and older children.



**To Our Poster Contest Participants & Supporters –**