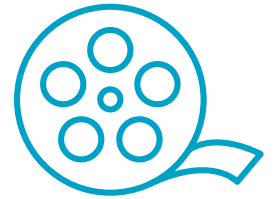


Champion for Change Award

Award Submission Rules



1. Eligibility

- Must be between the ages of 10 - 21
- Resident of Minnesota
- Video entry can be an Individual or a team of no more than five (5) people

2. Timing

- Entry submission is accepted from Monday, May 14th till Monday, September 17th
- Award recipients will be notified no later than Friday, September 28th

3. Theme

Video entries must meet one of the following criteria:

- Initiated or led a tangible project that helped either change/influence a system/policy and/or affected more than one other young person in an area that relates to child or adolescent mental health
- Engaged in efforts to raise awareness about child or adolescent mental health
- Advocated on behalf of other young people with mental health needs

4. Entry Material Guidelines

- Videos must be no more than 3 minutes in length
- Limit one (1) entry per person, either individual or team entry
- Completed award entry form online including a written description of the activity in the video (up to 250 words)
- Signed Legal Guardian Consent Form (if under 18 years old)

5. Video Contents

- Everyone who speaks in the video must speak loudly and clearly, but should not yell. Also, those speaking should be sure to stand close to the camera (within just a few feet), so they can be heard.
- Avoid filming in an area with background noise, such as a busy restaurant or sidewalk with lots of street traffic. This will help to ensure you can be heard
- Please review the video before submitting it to ensure the dialogue is loud enough and easy to understand

****Read the Video Content and Quality Guidelines for more detailed recommendations on video quality***

6. Entry Submission and Online Practice

- All entry materials (video, entry form, consent form) must be submitted by 9/17/18
- Videos can be submitted by 1) uploading the video file on the submission page or 2) providing a link to your video that was uploaded to YouTube or Vimeo

7. Winning Selections

- Award recipients will be notified by email no later than 9/28/18
- Up to three award recipients will be selected
- Award recipients must be able to attend the MACMH Gala on Friday, 11/2/18
- Award recipients will receive a free ticket for themselves to attend the gala and an additional two free tickets for family members or friends. If the winner is a group, each person in the group will receive one free extra ticket for a family member or friend

8. Awards

- Award recipients will be recognized for their work at the MACMH Gala on 11/2/18
- The award recipients video will be shown during the gala
- Award recipients will also receive a Commendation from Governor Mark Dayton for their contributions to child and adolescent mental health and a \$100 gift card

9. Notification

- Those chosen must reply to the winning notification email within 48 hours of being notified to confirm that they are aware they have won and will be able to attend the MACMH Gala on 11/2/18

10. General Rules

- MACMH reserves the right to disqualify any entry

11. Release and Grant of Rights

- By submitting the award entry form, you/parents/legal guardian(s) agree with the submission rules
- You grant the use of entry material at MACMH's sole discretion