

Journey of Hope

REAL LIFE STORIES OF LIVING WITH MENTAL HEALTH
CHALLENGES PORTRAYED THROUGH ART



2025 EXHIBIT PARTICIPATION DETAILS FOR STORY WRITERS

Thank you for your interest in participating in this inspiring county-wide event! The purpose of the exhibit is to share stories of hope and recovery to give others insight, inspiration, understanding, strength, connection, and to raise awareness. All story writers are asked to create pieces consistent with this goal.

- Participation in the 2025 Journey of Hope exhibit is open to **Sacramento County residents only**.
- Lived experience with a mental health challenge **is** required for a story writer's participation.
- Participation is limited, and it is not guaranteed that all applicants will be paired for the event.
- Everyone will be notified regarding their participation via email from:
DHSPUBHJourneyOfHope@SacCounty.gov.

Please email Participant Registration Form no later than the **deadline of Monday, March 17, 2025** to DHSPUBHJourneyOfHope@SacCounty.gov or mail to:

Sacramento County Public Health
Attn: Journey of Hope (Stop Stigma Sacramento)
9616 Micron Avenue Suite 670
Sacramento, California 95827

*If sending by mail please have postmarked by deadline of 3/17/25.

STORY GUIDELINES

- Writers will submit their written story about their lived experience with a mental health challenge. The story will then be given to a local artist who will interpret the story as she/he feels is appropriate.
- All forms of storytelling, including poetry, are acceptable. Stories should be written with respectful and non-stigmatizing language. Stories with foul or discriminatory language will not be accepted.
- Non-English stories may be submitted, but an English translation will be required for broader readability. Writers may submit an English translation at the time of submission, or consent to have their story translated by an approved county organization with writer approval. **Please submit non-English stories by April 7, 2025.**
- Grammatical and/or typographical errors may be corrected without notice. Any edits affecting content will be discussed with the author prior to edits being made. Please check your spelling and grammar before submitting your final draft.
- Stories will remain the writer's property, however, be aware that as part of this exhibit, stories will be viewed by the public and be published in the event program/booklet. Excerpts from stories may be used for promotion of the show.



Funding for this project has been made possible through the Sacramento County Division of Behavioral Health Services Mental Health Services Act.

INSTRUCTIONS

1. Provide a title for your written piece.
2. Provide your name as you would like it to appear in the event program/booklet.
3. Written pieces should be submitted with 1 inch margins, 12 point font and not exceed two pages in length or 1,000 words. Stories that do not meet these parameters will be returned to writers for revision.
4. Your story should center around your lived experience with a mental health challenge, with a focus on coping, wellness, recovery, and hope.
5. No Artificial Intelligence (AI) generated or assisted story will be accepted. If a story is suspected to be in violation of this rule, it may be rejected at the discretion of the committee.
6. **The story submission deadline is Monday, April 14, 2025.** You are encouraged to finish and submit a final draft as early as possible to ensure the artist paired with your story has ample time to create their artwork. Each story writer will be contacted the week of April 7th, to check their progress and to address any questions.
7. Finished stories should be attached as a word document and emailed to the following address: DHSPUBHJourneyOfHope@SacCounty.gov with the title: "Journey of Hope Story Submission" in the subject line.
8. Each participant is highly encouraged to submit a headshot and biography (250 words or less). These will be displayed on the gallery wall for the duration of the exhibit. Please submit headshots and biographies along with the photo release form to DHSPUBHJourneyOfHope@SacCounty.gov by Monday, June 9, 2025.

Thank you again for your interest in participating! Please contact us at any time at DHSPUBHJourneyOfHope@SacCounty.gov with any questions or concerns.

IMPORTANT DATES FOR WRITERS

March 17, 2025	Last day to sign up to participate
March 28, 2025	Notice of acceptance in to exhibit
April 7-9	Writer progress check in
April 7, 2025	Final draft of non-English stories due
April 14, 2025	Final draft of stories due
April 25, 2025	Stories distributed to artists via email
June 9, 2025	Bios/Headshots/ photo release due
October 4, 2025	Artist/Writer Private Reception 11:30-12:30 at The Gallery
October 4, 2025	Public Reception 1-3 at The Gallery
October 1-31	Exhibit dates at The Gallery - Wednesday-Sunday

Event organized by the Stop Stigma Speakers Bureau, part of the "Mental Illness: It's not always what you think" project. For more information, visit: www.StopStigmaSacramento.org