

# Journey of Hope

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



## 2024 EXHIBIT PARTICIPATION DETAILS FOR ARTISTS

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 artists are asked to create pieces consistent with this goal.

- Participation in the 2024 Journey of Hope exhibit is open to **Sacramento County residents only**.
- Lived experience with a mental health challenge is **not** required for an artist's participation.
- Due to gallery limitations participation is limited and it is not guaranteed that all applicants will be paired for the event. Everyone will be notified regarding their participation.

### INSTRUCTIONS

1. Artists featured at this event will be “juried in” based on images of sample artwork provided. Please submit 3-5 jpeg images of previous artwork as examples of your style and approach (to aid in the writer/artist pairing process) with your Participant Registration Form.
2. Each artist is highly encouraged to submit a headshot and biography (250 words or less). If you wish to do so, please submit headshots and biographies by May 15, 2024. Email labeled images, biography and headshot to [DHSPUBHJourneyOfHope@SacCounty.gov](mailto: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  
**\*PLEASE NOTE NEW ADDRESS\***
3. Each artist will be given a short story (1,000 words or less) written by an individual who has experienced a mental health challenge. This story should be the inspiration for the artist, who may interpret the story in a way she/he feels is appropriate. A story will be given to each artist on or before May 28, 2024.
4. **Final artwork must be delivered on Thursday, August 22, 2024 from 8am-7pm.** If your artwork is not received on this date it may not be included in the exhibit.

Artists will be contacted during the week of July 8<sup>th</sup> - July 14<sup>th</sup> to discuss the progress of their piece and to address any questions.

### ARTWORK GUIDELINES

- Provide a title for your artwork.
- Provide your name as you would like it to appear in the event program/booklet.

**Mental  
Illness:**  
It's not  
always what  
you think.

SACRAMENTO  
COUNTY

This project is funded by the Division of Behavioral Health Services through voter-approved Proposition 63, the Mental Health Services Act (MHSA).

- All artwork must be original. Copies of artwork (glicées) are not permitted.
- No Artificial Intelligence (AI) generated or assisted art will be accepted. If an art piece is suspected to be in violation of this rule, it may be rejected at the discretion of the committee.
- For 2-D works, minimum size permitted is 8"x10" (including the frame) and must not exceed the maximum size of 20" x 24" (including the frame).
- Sculptures and other 3D works footprint (base size) must not exceed 15" x 15". Height should not exceed 18".
- All artwork must be gallery ready (framed, wired to hang, labeled with title of art piece, artist's name, medium, and artist's email and phone number on the back or bottom) on the artwork deadline (Thursday, August 22, 2024).
- It is the responsibility of the artist or representative to deliver completed artwork on the due date of Thursday, August 22, 2024 from 8am- 7pm. Drop off instructions will follow at a later date.
- No explicit artwork will be permitted. Please remember this show will be viewed by all ages. (Please contact us with your questions about explicit images).
- All artwork is subject to review and may or may not be put on display or published on our website. Submissions using discriminatory, derogatory language or inappropriate materials, including biohazard, will not be displayed or published on our website.
- This exhibit is not a sale. If you desire, after the completion of the show, you may arrange sale of your art through other avenues.
- Be aware that as part of this exhibit, your artwork will be viewed by the public in a public forum and a reproduced image of your artwork will be included in the event program.

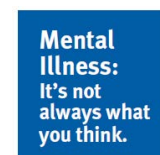
Thank you again for your interest in participating! Please contact us at [DHSPUBHJourneyOfHope@SacCounty.gov](mailto:DHSPUBHJourneyOfHope@SacCounty.gov) with any questions or concerns.

#### IMPORTANT DATES FOR ARTISTS

|                    |  |
|--------------------|--|
| April 22, 2024     | Last day to sign up to participate/Sample artworks due |
| May 28, 2024       | Stories distributed to artists via email               |
| July 8-14, 2024    | Artist progress check-in                               |
| August 22, 2024    | All artwork due to County office building              |
| October 5, 2024    | The Gallery public exhibit reception                   |
| October 2-31, 2024 | The Gallery exhibit dates                              |
| November 2024      | Artwork pick up – details to follow at a later date    |

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

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