

Journey of Hope

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



2024 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 2024 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.

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.

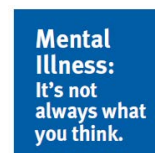
STORY GUIDELINES

- 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.
- 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.

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.



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

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 May 15, 2024.** 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 writer is also 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 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
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.

Each story writer will be contacted in the beginning of May to check their progress and to address any questions.

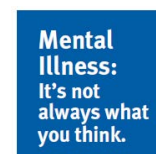
Thank you again for your interest in participating! Please contact us at any time at DHSPUBHJourneyOfHope@SacCounty.gov with any questions or concerns.

IMPORTANT DATES FOR WRITERS

April 22, 2024	Last day to sign up to participate
May 15, 2024	Final draft of story due
May 28, 2024	Stories distributed to artists via email
October 5, 2024	The Gallery public exhibit reception
October 2-31, 2024	The Gallery exhibit dates

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

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