

California Mental Health Services Authority Statewide Prevention and Early Intervention— Each Mind Matters: Directing Change Program and Film Contest

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Directing Change Program & Film Contest

- Directing Change's mission is to educate young people about mental health topics through the medium of film and promote social justice by changing conversations in schools and communities.
- 60-second PSA style films
- Awards Ceremony traditionally held in a theater in Downtown LA
 - Ceremony was held virtually on May 19th to recognize students
- Statewide: 3,475 youth from 190 schools and CBOs created 1,080 films total
- Sacramento County: 91 youth submitted 26 films total
 - View all Sacramento submissions here: <http://www.directingchange.org/films-by-county/#Sacramento>



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- Video Submission: “[Reach](#)” from Franklin High School
 - Submitted under Mental Health Matters Category - Advancing to statewide round of judging
- Video Submission: “[You are You](#)” from Franklin High School
 - Submitted under Through the Lens of Culture - Recognized at Award Ceremony
- Video Submission: “[Finding the Light](#)” from Elk Grove High School
 - Submitted under Mental Health Matters Category – Honorable Mention
- Video Submission: “[Changed](#)” from Pleasant Grove High School
 - Submitted under Suicide Prevention Category – Honorable Mention
- Quote from a filmmaker:
 - *“By working on this video, I learned the importance of preventing suicide which needs to be highly stressed. It is one of the major causes of death and is the main reason families go through so much pain. I hope that by watching this video, people who are going through depression will see that there is in fact, a light at the end of the tunnel.”*



Thank you!



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