



## Child, Adolescent & Transition Age Youth Mental Health Conference

Friday, February 2, 2024

NAMI KEYSTONE PENNSYLVANIA

Winner  
Receives  
\$1,000!!

# 2024 YOUTH MENTAL HEALTH LEADERSHIP AWARD ESSAY CONTEST

For the fifth year in a row, NAMI Keystone Pennsylvania will recognize a young person who is a change leader in the areas of mental health education and shifting conversations about mental health from negative to positive.

NAMI Keystone Pennsylvania's Youth Mental Health Leadership Award recognizes the passion and courage of young leaders who are committed to fighting the stigma of mental health conditions, providing a safe community for peers to share their own mental health experiences, and empowering peers through education.

To be eligible for the Youth Mental Health Leadership Award, the nominee must:

- be between the ages of 13 to 21;
- reside in Pennsylvania;
- have parental permission to submit their essay.

The winner will receive a \$1,000 scholarship and a commemorative award.

## Essay Criteria

Please submit a typed, two-page, double-spaced essay that addresses the following:

- How have you incorporated your personal mental health journey, or the experience of a family member or friend living with a mental health condition, into your efforts to create positive change?
- In what ways have you encouraged and led peers in positively addressing mental health issues within your school and/or community? Please explain if you have been recognized for your achievements on a national, state, or local level.
- Describe an original program, a safe and supportive peer environment, or mental health education/awareness event that you have implemented in order to reduce the negative perceptions that often accompany those who live with mental health conditions.

The submission deadline is Wednesday, Nov. 29, 2023.

The award, along with all essays submitted, will be presented during NAMI Keystone PA's Child, Adolescent, and Transition Age Youth Mental Health Conference on Friday, February 2, 2024, at the Westin Pittsburgh. The award recipient will be asked to give brief remarks during the event. If the recipient cannot make it in person, NKPA will record a video message.

## Submission Process

1. Email your two-page essay, the completed submission/consent form, and a photo to [education@namikeystonepa.org](mailto:education@namikeystonepa.org).

The essay and completed submission/consent form must be submitted by Wednesday, Nov. 29, 2023.

## Submission Form

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

School District \_\_\_\_\_

Email Address \_\_\_\_\_ Phone Number \_\_\_\_\_

By signing this form, I grant my permission for \_\_\_\_\_ to submit an essay and photo for NAMI Keystone Pennsylvania's 2024 Youth Mental Health Leadership Award, which will be displayed during the in-person conference and may be posted on the NAMI Keystone PA website and on social media.

\_\_\_\_\_  
Name of Nominee

\_\_\_\_\_  
Signature of Nominee

\_\_\_\_\_  
Parent/Guardian Name  
(if nominee is under 18 years of age)

\_\_\_\_\_  
Parent/Guardian Signature

If you have questions about NAMI Keystone Pennsylvania's Youth Mental Health Leadership Award, email our Education Department at [education@namikeystonepa.org](mailto:education@namikeystonepa.org).

### ABOUT NAMI KEYSTONE PENNSYLVANIA

NAMI Keystone Pennsylvania is a 501(c)(3) nonprofit organization dedicated to improving the lives of children, adolescents, adults, and families affected by mental illness through recovery-focused support, education, and advocacy. Located in Pittsburgh, NAMI Keystone PA is the state organization in Pennsylvania for the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization.

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