

May 2025
We Celebrate...

MENTAL HEALTH AWARENESS MONTH



5th Annual

Mental Health

T-Shirt Design Contest

**Prairie St. John's is asking
for youth p**ART**icipation!**

The goal is to provide:

- Mental Health Awareness through the eyes of our youth, through their art.
- Opportunities to strengthen relationships with youth & families.
- Awareness; and to assist breaking down not only the stigma of mental health but also the stigma and perception of the resources available in our community.

Who can pART**icipate?**

- All youth in the surrounding ND/MN areas are invited to participate - elementary (1-5), middle school (6-8) and high school (9-12). Prairie St. John's will be selecting 3 designs (one from each age group) and awarding them separately.



The winning **ART**ist will receive:



- Certificate of Honor: **2024 PSJ Mental Health Awareness Award**
- **The honor & recognition of their design being placed on nearly 400 Prairie St. John's associates T-Shirts.** The PSJ associates will honor this awareness message by wearing it the entire month of May; and throughout the year!
- An **educational mental health presentation opportunity** for their school, provided by a Prairie St. John's Professional.



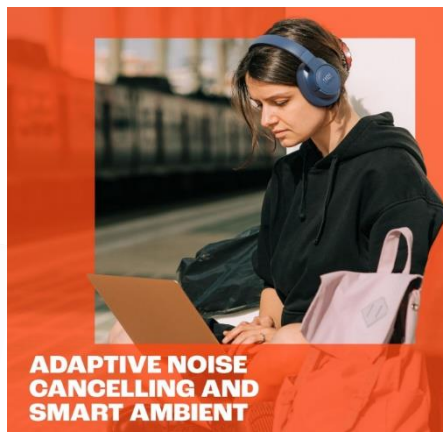
- **Plus!**

- **Each Age Group WINS...**

JBL Tune Over-Ear Headphones:

Noise Cancelling with Smart Ambient Wireless

\$130 Prize Value!



FACTS:

Nearly 20% of children and young people ages 3-17 in the United States have a mental, emotional, developmental, or behavioral disorder, and suicidal behaviors among high school students increased more than 40% in the decade before 2019. Mental health challenges were the leading cause of death and disability in this age group. These trends were exacerbated during the COVID-19 pandemic. In 2020, suicide was the 12th leading cause of death in the United States overall; the second leading cause of death for youths ages 10-14 years; and the third leading cause of death for people ages 15-24 years. For children or teens who identify as lesbian, gay, bisexual, transgender, questioning, or queer (LGBTQ), the risk of suicidal thoughts and behaviors is higher. In 2018-2019, about 15% of adolescents ages 12-17 years had a major depressive episode, 37% had persistent feelings of sadness or hopelessness, and nearly 20% reported that they seriously considered suicide. *2022 National Healthcare Quality & Disparities Report*

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 6,000 North Dakotans aged 12-17 have depression.
- High School students with depression are more than 2x more likely to drop out than their peers.
- 54.6% of North Dakotans aged 12-17 with depression did not receive any care in the last year.
- 7 in 10 youth in the juvenile justice system have a mental health condition.

OUR HOPE THROUGH THIS PROJECT:

Prairie St. John's is working hard each day to help break the stigma that behavioral health challenges carry with them. Our HOPE is to start the HEALING. Through education, PSJ can assist students and their families in learning what wonderful treatment and healing can happen inside the walls of Prairie St. John's or any mental health facility. That it's a safe and secure place for people to get help when they are at their lowest place. The only way we can really do that is by building a relationship of empathy and friendship.

Anxiety, depression, intense behaviors and suicide thoughts are VERY difficult topics. However, together with our communities as valued partners, we hope to strengthen the relationship and help our youth understand that everyone has something they are dealing with, AND something they can contribute. We all can be there to support each other and open these lines of communication for behavioral health.

Thank you for your consideration in p**ART**icipating in the mental health awareness project. We are in this together.

Hope & Healing,

Prairie St. John's



2025 PSJ Mental Health T-Shirt Design Project

Guidelines

- **Create your design.**
 - Must promote mental wellness in a safe, positive, and encouraging way.
 - Free hand designs, along with **one of a kind** computer creations are accepted.
 - If possible, for computer designs, Vector format is preferred but not required.
 - If color is used, please only use up to 2 colors.
 - Less intricate or simple designs are more probable to be selected.
 - Please submit designs on any regular sheet of paper, no smaller than 8.5 x 11 inches (regular notebook size).
 - One t-shirt design submission per person.
 - Designs must be created outside of school hours. However, we encourage all students to communicate with their school teachers and fellow students with any questions or resources that they may need.
 - Prairie St. John's welcomes schools to incorporate this into their day if they so choose.

Students can submit their entry in 2 ways:

1. Scan and send to the email below:

- prairiestjohnsmarketing@uhsinc.com OR

2. Send to the address below:

- Prairie St. John's
Attention: Kara Baeth Dukart
510 4th St S
Fargo, ND 58103

● Submissions are due by midnight Monday, March 31st, 2025.

● Submission checklist:

- Please complete & submit the below:

Application

Artwork

- All Applicants will be notified of the selected design prior to May 1st.

For any questions on this process, please contact:

Kara Baeth Dukart

Regional Relationship Manager

kara.baethdukart@uhsinc.com - Direct: 701-306-4867 (text or call)



2025 PSJ Mental Health *T-Shirt Design Project*

Application

First Name: _____ Last Name: _____

School: _____ Grade: _____

Name of T-Shirt Design: _____

Design Description (*what you hope to express through this design*):

Youth/Student Email: _____

Home Address (not required): _____

* Requested to send artwork back. _____

School Teacher or Guardian Contact Name: _____

Email: _____

Phone: (_____) _____

- My school may be open to hosting a mental health education event? **Yes / No / IDK**
- My information can be shared on PSJ social media, along with any possible local public media outlets? **Yes/ No**

**NOTE: the applicant selected will be asked to complete an additional promotional release prior to any additional social/local media promotion.*

I acknowledge that I have read the information and authorize my child/student's participation in the 2025 Mental Health T-Shirt Design Project.

Signature of participating Youth/Student

Signature of Parent/Guardian

For any questions on this process, please contact:

Kara Baeth Dukart

Regional Relationship Manager

kara.baethdukart@uhsinc.com - Direct: 701-306-4867 (text or call)

Signature (Please Print)

