

Submission Guidelines

The Suicide Prevention Scholarship Contest is open to any Montana middle or high school student (public, private, homeschool all accepted)

There are four categories:

1. Written essay in 500 words or less.
2. Video message in three minutes or less in an mp4 format.
3. Visual message through any artistic medium (sculpture, painting, photographs, etc.)
4. Judges' choice is selected from all categories.

Entries currently being accepted now until May 5, 2023. Send to shodairchildrenshospital@gmail.com

A winner from each category will receive a \$2,500 scholarship.

Winners will be announced by the end May with a celebration event to be scheduled.



2023 Suicide Prevention Scholarship Contest

As part of its continued effort to create a healthy and hopeful Montana, Shodair Children's Hospital is providing four \$2,500 scholarships through its fourth annual suicide prevention scholarship awareness initiative. This opportunity encourages students to engage in critical thinking, creative arts, and speaking up about mental health and suicide prevention as it relates to their own lives.

In alignment with May being Mental Health Month, Shodair is inviting middle and high school students from across Montana to share their words, testimonials, artwork, or visual expression about mental health.

Entries are judged based on a question that serves a prompt. This year's prompt for students is based off a quote from Brene Brown, "Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others."

How do healthy boundaries make a difference in your life and improve your mental health?

The hospital will be awarding \$10,000 through four categories: written, video, visual, and judge's choice. "We are proud to offer this opportunity of engagement that directly speaks to the young people of Montana. It also provides a financial prize to make a positive impact on their future," Shodair CEO Craig Aasved said. "One way we can support the mental health of today's youth is to provide an outlet for expression so that we continue to break down the stigma associated with mental illness." Aasved said he is always extremely impressed with entries from students across Montana and looks forward to seeing what they submit this year. "Each year, students get more creative, more intentional, and more personal. It makes me proud."

About Shodair:

Since 1896, Shodair Children's Hospital has cared for Montana's most vulnerable residents. The legacy has evolved throughout those years to cater to the Treasure State's ever-changing needs. Today Shodair provides acute, residential, and outpatient psychiatric care for Montana children and adolescents, and clinical and laboratory medical genetic services to residents of all ages. Three-quarters of its patients are on Medicaid and 99 percent of patients are from Montana. Shodair is a non-profit facility that serves children, adolescents, and young adults and is the state's only Children's Miracle Network Hospital. The medical genetics department at Shodair is the state's only medical genetics program and provides comprehensive services to patients at the Helena Campus and through outreach clinics statewide.

For more information visit [Shodair.org](https://shodair.org).