

BE THE **1** TO MAKE A DIFFERENCE

Scholarships



Sponsored by: The Clinton County Coalition to Prevent Suicide
& Employees of the University of Vermont Health Network - CVPH

Did you know that mental health affects 1 in 4 Americans
or
that Suicide is the 2nd leading cause of death for 15-34 year olds?
Did you know that suicide is a public health epidemic, is preventable and
YOU CAN BE THE ONE TO MAKE A DIFFERENCE!

500 WORD ESSAY OR A 3-5 MINUTE VIDEO RECORDING

CONCEPT REQUIREMENTS WILL BE FOUND IN THE FULL APPLICATION

TO QUALIFY YOU MUST BE
A RESIDENT OF CLINTON COUNTY:

- (1) \$500 GRADUATING HIGH SCHOOL SENIOR pursuing college or trade school Fall of 2020
- (1) \$500 scholarship to a NON-TRADITIONAL STUDENT pursuing college or trade school Fall of 2020
- (1) \$250 workforce scholarship to AN INDIVIDUAL pursuing employment thru a staffing agency/
employment program whose employment requires a specific set of tools, equipment, clothing, etc.

For further requirements and application:

scholarship@nami-cv.org

Facebook at Clinton County NY Coalition to Prevent Suicide

518-561-2685 ext. 104

**To be considered, all requirements must be submitted to the Scholarship Committee
no later than March 2nd, 2020 at 4PM via email above**



'Be the One' (to make a difference) Scholarships

The Clinton County Coalition to Prevent Suicide and employees of The University of Vermont Health Network - CVPH will be offering 3 scholarships for 2020. The "Be the One" to make a difference scholarship was created in 2019 as a means to support students in our community while raising awareness that suicide is a public health epidemic that is preventable, and we can all "be the one (s)" to make a difference.

Target:

- (1) \$500 **GRADUATING HIGH SCHOOL SENIOR** pursuing college or trade school
Fall of 2020
- (1) \$500 scholarship to a **NON-TRADITIONAL STUDENT** pursuing college or trade
school Fall of 2020
- (1) \$250 workforce scholarship to **AN INDIVIDUAL** pursuing employment thru a staffing
agency/ employment program whose employment requires a specific set of tools,
equipment, clothing, etc.

Criteria:

1. Graduating senior must maintain a 70+ average (copy of transcript required); non-traditional students and workforce scholars must have verification of enrollment,
2. Letter of acceptance at a post-secondary institution of learning (vocational or collegiate)
3. 500-word typed essay or 3-to-5 minute recording (audio or video) submitted no later than March 2, 2020
4. Must complete a Photo Release Form for himself or herself and all others appearing on or in recordings (attached).
5. Must be present at the Coalition's annual *Evening of Healing* event at the Newman Center in Plattsburgh to accept the scholarship. (Monday, April 27th from 6pm to 7:30pm)

To be considered, applicants must include at least two of the following four concepts in his/her submission:

The Center for Disease Control (CDC) states suicide is more than a mental health concern (more than half of people who died by suicide (54%) did not have a known mental health condition). 1 in 4 people in the United States has mental illness or a substance use problem. Suicide is a public health epidemic and the #2 cause of death for 15-34-year-olds.

One of the primary causes of people not seeking treatment is stigma.

Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad. (nami.org).

1. What have you taken from the experiences (personal, family or friends) you have had with mental illness, substance misuse or suicide? What are your lessons?
2. What hurdles or barriers have you encountered in your life/in your family/at your school with mental illness, substance misuse and/or suicide?
3. What intervention might work in your school or community to break the stigma of mental illness, substance misuse or suicide?
4. Develop a social medial plan (to include a description and media) to break the stigma in our community.
5. Have you experienced stigma or witness stigma, tell us about that experience and what you may have done differently, if anything.

Completed packages must be submitted via email no later than March second to:
scholarship@nami-cv.org

Disclaimer: All submissions become the property of the Clinton County Coalition to Prevent Suicide and can be used in future promotions by the Coalition without compensation to the submitter.



RELEASE FORM

I hereby consent to and authorize the use and reproduction by the Clinton County Coalition to Prevent Suicide, or anyone authorized by Clinton County Coalition to Prevent Suicide, of any and all content of my submission for the “Be the One” Scholarship for any purpose, without compensation to me.

A parent or guardian must also sign this form if the individual is under the age of 18.

Individual: _____
(SIGNATURE) (TODAY'S DATE)

(PRINT NAME) (DATE OF BIRTH)

Parent/Guardian: _____
(SIGNATURE) (TODAY'S DATE)

(PRINT NAME)

Please return this form along with the Scholarship submission to:

scholarship@nami-cv.org