

Guidelines on the Search for UP Student Mental Health Advocacy Projects in 2021

28 June 2021

These Guidelines are intended to assist the UP Office of Vice President for Academic Affairs (OVPA), the UP Office Student Financial Assistance (OSFA), and the different Student Affairs Units of the Constituent Universities (UP CUs) in identifying Student-led Mental Health Advocacy projects. The search is a critical part of Mental Health Promotion Advocacy to raise and sustain awareness and translate care for Mental Health into actions that can be replicated by different groups.

PROJECT OVERVIEW

Mental Health advocates will play critical roles in responding to the mental health concerns and coping needs of UP students. To help create a network of advocates for a healthy and nurturing UP, the UP OVPA and OSFA launched the *Sandigan, Sandalan: Training and Advocacy Programs for Mental Health*.

One of the component projects of the *Sandigan, Sandalan* initiative is the **Search for UP Student Mental Health Advocacy Projects**. The program is a UP System-wide search for innovative Mental Health Promotion ideas from eligible student organizations and groups. The Project is a venue to involve students in **Mental Health Promotion**. It hopes to encourage mental health advocacy projects among students by featuring student-led programs that other student groups can replicate.

The Project will be composed of three (3) phases:

- Phase 1. Submission of Student Entries from each UP Constituent University (CU)
- Phase 2. Screening and Nomination of top three (3) entries per CU
- Phase 3. Selection of model Student Mental Health promotion initiatives

PROJECT PHASE 1: SUBMISSION OF STUDENT ENTRIES FROM EACH CU

Who can join?

The Project shall accept entries from accredited student organizations¹ and recognized student groups².

The Search shall accept one (1) video entry per organization or group in a CU³. Before submitting entries, the entrants must secure the expressed consent of their organization or group to participate and represent their organization.

¹ Must be a registered *Student Organization* as of 2nd semester AY 2020-2021 in any one of the seven (7) residential UP CUs

² *Student Groups* may be a batch, class, or any cohort of UP students enrolled in AY 2020-2021. The UP Office of Student Affairs or the Office of the Vice-Chancellor for Student Affairs shall recommend the guidelines to determine the Student Groups that eligible to participate in the Search.

³ Student Organizations with chapters registered in different CUs shall be treated independent organizations.

What to submit?

Interested student organizations and groups must submit the following:

- A short video featuring their organization or group's Mental Health Promotion initiative
- Accomplished official entry form, with a description of the initiative featured in the video. The report should not exceed 1,000 words.
- One (1) page profile/backgrounder about the student organization/group
- Accomplished certificate of originality

Video entries will be accepted regardless of the entrant's background or competence in videography.

Each entry must conform to the following specifications:

- The submission must be an original work submission of not more than eight (8) minutes, including the credits.
- Videos may be rendered in either black and white or color versions.
- Videos may be captured using a cellphone or digital cameras. Professional post-production treatment of the video is not required.
- No video shall use cartoons or drawings for more than 20% of the total video time.
- The digital copy (black and white version, or full-color version) must be in high-resolution mp4 format and labeled incorporating the organization's full name in the filename following the example: TEAMISKOLAR_UPManila.mp4

Electronic copies of submissions must be sent to the email assigned by the CU Office of Student Affairs (OSA) or the CU Office of the Vice-Chancellor for Student Affairs (OVCSA).

Entry Content

The video should convey **messages** that portray or describe the *Mental Health Promotion* initiative of the student organization or group. Mental Health Promotion includes programs, projects, and other initiatives that promote the value of Mental Health and improve the coping capacities of individuals.⁴ Mental Health Promotion initiatives may be organized by groups and may include community-based efforts.

For this Search, the featured program should be an initiative implemented in AY 2020-2021⁵. Initiatives started in AY 2018-2019 may also be included⁶, *provided* the organization or group has sustained them until the current Academic Year.

The content must be consistent with fostering a healthy and nurturing learning environment. The message should:

- Feature commitment to promoting Mental Health and Well-being in the Philippine context
- Promote inclusiveness in promoting Mental Health

⁴ WHO (2002) *Prevention and Promotion in Mental Health*. Geneva: World Health Organization
https://www.who.int/mental_health/media/en/545.pdf

⁵ Started anytime between 1st semester/term and Midyear AY 2020-2021

⁶ Projects conceptualized between AY 2018-2019 and AY 2020-2021 may be considered to feature those supported by or connected with the Mental Health Act of 2018 and the 2018 UP Summit on a Healthy and Nurturing University.

- Uphold UP's principles of Honor, Excellence, and Service
- Communicate messages of Hope and Bayanihan in their activities
- Feature the organization of activities and projects that can be sustained and can be replicated by other student groups and organizations
- Not be racially, sexually, morally, or culturally offensive.

The above criteria will be used to determine the entries to be nominated at the System-level.

All submitted entries must be **original** and must not be derived from any pre-existing videos. All entries should not have been submitted to any other competitions or search and should not infringe any existing intellectual property right such as mark and copyright. Participants must rigidly observe laws on intellectual property rights. If a complaint arises due to similarities or likeness of submitted entries with other designs, the participant shall be held accountable and responsible for proving the originality and authenticity of his work.

Entrants must submit one-page information about their organization (i.e., accreditation number in their CU, nature of the organization, mission of the organization). Entrants must also submit a description of the initiative featured in the video. The description should not exceed 1,000 words.

Conditions for joining the Search

Submitted entries constitute permission to use the organization's name and information provided on the entry form for learning and publicity purposes without any remuneration.

All **property rights** relating to all entries shall become the sole and exclusive property of the University. The University may modify, alter, or adapt its use for purposes it deems in support of Mental Health Promotion in the University, with due acknowledgment by the entrants and producers of the videos.

All submitted entries may be included in a compendium or a learning resource to be consolidated by the University. The University reserves the right not to use any submission or any part thereof in the compendium produced by the University.

Validity of Entries

Entries with incomplete requirements or documents or otherwise found to be not in accordance with these official guidelines will be declared invalid. The University reserves the right to disqualify from participation any entrant who, in its sole opinion, misrepresents or otherwise acts not in accordance with these official guidelines and rules. The entrant agrees that any misrepresentation or violation of these official guidelines and regulations will also be grounds for withdrawing any prize, award, and any other benefit granted based on the entry.

Entrants agree to inform the University immediately in writing any changes to circumstances affecting the entry or affecting any warranty or representation made by them.

PHASE 2: SCREENING AND NOMINATION OF TOP ENTRIES FROM THE CUS

Screening and Nomination

Entries will be submitted to the CU Office of Student Affairs (OSA) or the CU Office of the Vice-Chancellor for Student Affairs (OVCSA). Each CU Office may nominate up to three (3) entries per CU.

The CU OSA or the OVCSA shall constitute a Screening Committee to evaluate entries to be submitted at the UP System. The CU Screening Committee shall assess the entries according to the provisions of the Guidelines.

Validity of Entries

Entries with incomplete requirements or documents or otherwise found to be not in accordance with these official guidelines and rules will be declared invalid. The University reserves the right to disqualify from participation any entrant who, in its sole opinion, misrepresents or otherwise acts not in accordance with these official guidelines and rules. The entrant agrees that any misrepresentation or violation of these official guidelines and regulations will also be grounds for withdrawing any prize, award, and any other benefit granted based on the entry.

Entrant agrees to inform the University immediately in writing any changes to circumstances affecting the entry or affecting any warranty or representation made by them.

Entries as Learning Resources of the CU

All submitted entries at the CU level may be included in a compendium or a learning resource to be consolidated by the CU. The entries submitted at the CU level may be modified, alter, or adapted for purposes that support Mental Health Promotion at the CU. The University reserves the right not to use any submission or any part thereof in the compendium to be produced by the CU.

PHASE 3: SELECTION OF MODEL STUDENT MENTAL HEALTH PROMOTION INITIATIVES

Criteria for Judging

The OVPAA and OSFA shall receive the nominations from CU OSAs and OVCSAs.

The top ten (10) videos in the UP System shall be chosen by a panel constituted by the OVPAA and OSFA. The following **criteria** will be applied:

- **RELEVANCE (25%).** The initiative is aligned with Mental Health Promotion that can foster a healthy and nurturing learning environment.
- **REPLICABILITY (25%).** The initiative can be sustained by the organization and can serve as a model Mental Health Promotion initiative for other student groups and organizations.
- **ORIGINALITY (25%).** The entire work (video, content, concept) exhibits original design, creativity, and innovation.
- **AESTHETIC QUALITY (25%).** The video entry catches attention, displays visual balance and color coordination, and shows appeal. All the elements of the video must work together to create a unified and inspiring message.

The selected videos shall be chosen with finality by the Panel. The Panel may make special citations.

Cash Incentive

Each selected entry shall be awarded a ₱10,000 cash incentive. The amount is intended to support the group to sustain their advocacy effort on Mental Health Promotion.

Validity of Nominated Entries

Entries with incomplete requirements or documents or otherwise found to be not in accordance with these official guidelines and rules will be declared invalid. The University reserves the right to disqualify from participation any entrant who, in its sole opinion, misrepresents or otherwise acts not in accordance with these official guidelines and rules. The entrant agrees that any misrepresentation or violation of these official regulations and procedures will also be grounds for withdrawing any prize, award, and any other benefit granted based on the entry.

Each entrant agrees to inform the University immediately in writing any changes to circumstances affecting the entry or affecting any warranty or representation made by him.

Timeline

The Timeline for the Search for Student Mental Health Advocacy Project in 2021 is as follows:

1 September 2021	Deadline of Submission of Videos to the CU Committee
1-5 September 2021	Notification of Acceptance of Entries by the CU
6-20 September 2021	Screening of Entries at the CU level
21-30 September 2021	Screening of Entries at the UP System level
1-5 October 2021	Announcement of Top 10 Entries

The entries will be featured on an online platform in October 2021 to support National Mental Health Week.