



## Mental Health Education in Action

### **ATTENTION:**

This event is offered at the Fall Leadership Conference and does not qualify any competitor for any State or International Competition. This event is specific to Georgia HOSA only and offered only at the Fall Leadership Conference.

**Purpose** To provide clarity and to remove the stigma around mental illnesses and treatments. In order to accomplish this, this Competitive Event emphasizes educating members on the complexity of mental healthcare fields through the use of established mental health resources.

**Description** This is an individual event. All competitors must be Georgia HOSA members.

**Dress Code** Competitors can either wear the official HOSA uniform or any of the following dress is acceptable:

- Black or navy-blue suit
- White, closed-neck, tailored dress shirt (maroon or navy long tie)
- White blouse (can be member's choice)
  - Accent: maroon HOSA scarf (optional)
- Members may choose to wear knee-length skirt or slacks
- Closed-toe blue or black shoes (hose optional for women)
- Belt (blue or black)
- Head covers that are required for religious purposes or to honor cultural tradition are allowed.

### **Rules and Procedures**

1. Competitors in this event must be active members of HOSA in good standing in the membership division in which they are registered to compete (Junior, Secondary or Postsecondary/Collegiate).
2. For each school/chapter, there is a limit of **5 competitors**.
3. All submissions will be sent to Georgia HOSA online prior to the deadline: **October 27, 2023**. Please use this link to submit all submissions:  
  
<https://forms.gle/L4zNgrxzazofomq1A>
4. All submissions will include a PDF digital brochure along with a video explanation regarding how this brochure could potentially advocate for mental health inequities.
5. Entries must be the original work of the local chapter. Copy-ready products provided by the state or national offices are not acceptable. Official logos may be used, however.
6. They may be trifold brochures, duofold (booklet type) brochures, or single page flyers. No multipage entries will be accepted. (Brochures DO NOT need to be printed. This description is just to give you an idea of what they should look like if they were to be a printed document.)
7. **Required Brochure Topics:**
  - a. A well researched description of the disorder (signs, symptoms, treatments)

- b. Key statistics (must be accurate and well sourced)
- c. Explanation of a current treatment used for the disorder

Georgia HOSA Mental Health Education in Action Brochure

- 8. Entrants agree to permit the use of their brochure to bring light to mental health inequities in Georgia should Georgia HOSA elect to use the brochure entry for that purpose.
- 9. Winners will be announced during the Awards Session of the Fall Leadership Conference.

## **MHEIA BROCHURE TOPICS**

This event is open to the following Membership Categories:

**MIDDLE SCHOOL  
SECONDARY  
POST SECONDARY**

PLEASES CHOOSE FROM THE FOLLOWING BROCHURE TOPICS:

### **Anxiety Disorders**

**Panic Disorder**

**Obsessive-Compulsive Disorder**

**Phobias**

### **Mood Disorders**

**Depression**

**Bipolar Disorder**

### **Psychotic Disorders**

**Schizophrenia**

**Eating Disorders**

**Personality Disorders**

**Post-Traumatic Stress Disorder**

**Burnout**

## **MHEIA BROCHURE RESOURCES**

[DSM-5](#)

[NAMI Georgia](#)

[National Institute of Mental Health \(NIMH\)](#)

[American Psychiatric Association](#)

[U.S Surgeon General's Advisory- Protecting Youth Mental Health](#)

Georgia HOSA Mental Health Education in Action Brochure