

Frame of Mind

Artist entry pack and Guidelines

This entry pack has been developed to help you understand the context and guidelines for the art exhibition – please take time to read through!

After you've read the guidelines:

- 1: Start creating your new work or choose a completed work that fits in with themes of mental health
- 1: Submit your entry form via <https://www.surveymonkey.com/r/7WLGGMZG> by 1st December
- 2: Send a picture of your work to shelly.morrison@inspiro.org.au by 1st December. We will confirm your application and respond with relevant information.

Contact the Lilydale Youth Hub on (03) 9757 8777 or email shelly.morrison@inspiro.com.au with any questions at all – we are happy to help!

LILYDALE YOUTH HUB

Welcome to the Lilydale Youth Hub! The LYH is an inclusive space; we continuously celebrate and thrive on diversity. Our inclusive culture empowers all of us to connect, learn, belong, and grow. We value and acknowledge the contribution of people from all cultures, spiritualities, backgrounds, genders, sexualities, ages and abilities.

The exhibition is an extension of everything positive about the youth hub! Opening night is an opportunity for young people and their families to connect, enjoy food, view meaningful art and share stories of hope and resilience.

Entries for the *Frame of Mind* exhibition are open to all young people of the Yarra Ranges (ages 12-25) who have experienced mental health challenges. The exhibition provides a unique opportunity to share mental health journeys through art.

Potential themes to be explored might include *hope, celebrating wins (big or small) self-care, reducing mental health stigma, celebrating inclusion, and connecting with community* but are not limited to those. All mediums are welcome.

We acknowledge that shining a light on mental health journeys through art may bring up some challenging, complex, or personal themes. To ensure that we are working in a trauma informed way, we may need to have a conversation with you should your subject matter be particularly confronting.

However, we do not want to dismiss your experience or expressions of creativity so will do our best to support you to exhibit your work in a way that is safe for everyone.

Please call the Hub on (03) 9757 8777 or email shelly.morrison@inspiro.org.au should you wish to discuss artwork themes.

In the spirit of fairness and equality, the exhibition does not attract a monetary prize, however you will play an important part in opening mental health conversations in the local community.

Talking about mental health helps to reduce stigma and as a result, more people are likely to seek appropriate support, contributing to greater levels of wellbeing in the community.

We also hope the exhibition gives you an opportunity to extend your artistic skills and abilities and know that you are playing a part in something important!

CONTEXT – LIVED EXPERIENCE

In response to the Royal Commission's recommendations, the Victorian government has committed millions of dollars to grow the lived experience workforce. Slowly, the mental health system is rebuilding and transforming, with lived experience sitting at the heart of the mental health reform.

Young people are our agents of change; the members of society who with their creativity and energy can improve the future our mental health system. Listening to the voices of young people with experience of mental ill-health is critical in achieving better mental health outcomes and providing safe, non-judgmental spaces to do so is imperative.

Our young people have navigated many challenges recently, not least of all the Coronavirus (COVID-19) pandemic. The exhibition acknowledges the impacts of COVID-19 on our youth's mental health and their families, and the increased need for mental health supports. While the last couple of years has been extremely difficult, we have all been through it collectively and share a unique bond as peers. The exhibition opens a space to express, connect and share stories of hope and resilience.

CREATIVITY

A large body of evidence suggests that creativity is beneficial for mental health. Being creative can increase positive emotions, reduce stress and provide a natural high and feelings of happiness. We hope this exhibition provides a safe healing space for our young people; not only during the process of creating art, but through the process of sharing stories and connecting with others who have been through a similar journey.

We acknowledge the courage it takes to step up and talk about mental health!!! However, we also recognise that there is strength in vulnerability. To quote Brene Brown: "vulnerability is the birthplace of connection and the path to a feeling of worthiness. If it doesn't feel vulnerable, the sharing is probably not constructive."

INSPIRATION

The exhibition is inspired by the current mental health reform and lived experience movement which has a strong focus on recovery-orientated practice. Recovery orientated practice focuses on strengths and promotes a culture of hope as opposed to illness. The core belief is that people can and do recover from their experience of mental ill-health and go on to live meaningful lives.

Frame of Mind brings youth mental health into the light and celebrates young people's creativity and diversity. The exhibition provides greater awareness of mental health and celebrates the skills and abilities of our young people with a lived experience of mental illness.

The title for the exhibition, 'Frame of Mind' is inspired by the term 'frames of reference'; a psychological term that seeks to understand an individual's experience. Our assumptions and attitudes or 'frames of reference' which we use to create meaning are all different; our cultures, beliefs, preferences and values inform the way we see the world. This exhibition acknowledges that mental health journeys are all unique. We all have different ways of being, connecting and making meaning of our experience.

EVENT DETAILS

This is a free community event!

Young people as well as their families are welcome to attend the opening night on Thursday 15th December as well as visit the exhibition during hub opening hours*. Snacks and finger food will be provided on opening night. We have a line-up of guest speakers who will speak about their artwork and experience.

Location:

**Lilydale Youth Hub
5/9 Clarke Street, Lilydale, 3140**

Exhibition dates:

**Thursday 15th December through to
Wednesday 21st December 2022**

Opening night:

**Thursday 15th December 2022 from 4pm
– 7pm**

Please note hub drop-in hours to view exhibition during the week are between 12-5pm

Entries Open:	Monday 7 th November
Entries Close:	Friday 2 nd December
Artwork Drop Off:	Monday 12 th December
Exhibition Opening Night:	Thursday 15 th December - 4pm – 7pm
Exhibition Finishes:	Wednesday 21 st December
Artwork Pick Up:	By Thursday 22 nd December

ELIGIBILITY CRITERIA

The following eligibility criteria applies to artworks entered in the exhibition:

- You must be a young person (12–25 years) living in the Yarra Ranges
- As the theme of the exhibition is mental health, the artwork must be created by either:
 - A person with a lived experience* of mental health challenges
 - A family member of a person with a mental health challenge
 - A carer of a person with a mental health challenge
 - A friend of a person with a mental health challenge

*What is 'lived experience'?

- Someone with personal experience of mental ill-health and recovery
- A family member and/or carer who has had experience in supporting a person living with mental ill-health and recovery (a carer might be from a person's chosen family, rather than their family of origin).
- People with lived experience are sometimes referred to as 'consumers' or 'carers'.

GUIDELINES FOR ENTERING YOUR ARTWORK

The exhibition is open to all mediums including *painting, poetry, short film, photograph and music*. Don't worry too much about hanging arrangements - the hub will be able to provide hooks and devices to display your work (depending on weight) and we can also potentially help with the cost of framing works on paper depending on the size of your work. The hub may also be able to assist with providing some materials to create your piece.

Every effort will be made to exhibit all suitably finished artworks, though please ensure that you have dropped off your artwork by the drop off date on **Monday 12th December** to give us time to display your work! Should space limitations occur, we will contact you to discuss. The hub will contact you should they have concerns about the suitability of your artwork for the exhibition.

Entry forms are completed via <https://www.surveymonkey.com/r/7WLGmZG>

Any questions can be directed towards the hub phone line on (03) 9757 8777 or you can email shelly.morrison@inspiro.com.au

We are very excited to host this event and look forward to seeing your works and exploring important conversations!

Warm regards,

Shelly Morrison on behalf of the Lilydale Youth Hub team.