



TEXAS DEPARTMENT OF STATE HEALTH SERVICES

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COMMISSIONER

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March 10, 2016

To: Local Mental Health Authorities (LMHAs)
Executive Directors
Behavioral Health Directors
North Texas Behavioral Health Authority (NTBHA)
Value Options


~~From: Trina Ita Director, Program Services Section II~~
Mental Health and Substance Abuse Division

Re: Adult Mental Health Poetry Contest

The Texas Department of State Health Services (DSHS) is proud to announce the 2016 Adult Mental Health Awareness Poetry Contest! Adults 18 and over are invited to submit their best work highlighting why Recovery Matters. Entries can focus on any or all of the dimensions to recovery listed below:

Health—overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being

Home—having a stable and safe place to live

Purpose—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

Community—having relationships and social networks that provide support, friendship, love, and hope

Winners will receive special prizes and have their work displayed in the Texas Capitol during Mental Health Awareness Week in May and on the DSHS Website. All entries must be received by April 11, 2016.

For contest rules and official entry form go to <http://www.dshs.state.tx.us/mhsa/2016-Adult-Mental-Health-Awareness-Poetry-Contest.aspx>

Attached are a flyer to print to promote the contest as well as the entry form.

Name of the Addressee

DATE

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Please direct any questions regarding the Adult Mental Health Poetry Contest to Kathleen Hubbard, at 512-838-4352 or kathleen.hubbard@dshs.state.tx.us