

# Journey of Hope

REAL LIFE STORIES OF LIVING WITH MENTAL HEALTH  
CHALLENGES PORTRAYED THROUGH ART



## 2025 EXHIBIT PARTICIPATION DETAILS FOR ARTISTS

Thank you for your interest in participating in this inspiring county-wide event! The purpose of the exhibit is to share stories of hope and recovery to give others insight, inspiration, understanding, strength, connection, and to raise awareness. All artists are asked to create pieces consistent with this goal.

- Participation in the 2025 Journey of Hope exhibit is open to **Sacramento County residents only**.
- Lived experience with a mental health challenge **is not** required for an artist's participation.
- Participation is limited and it is not guaranteed that all applicants will be paired for the event. Everyone will be notified regarding their participation via email from [DHSPUBHJourneyOfHope@SacCounty.gov](mailto:DHSPUBHJourneyOfHope@SacCounty.gov).

### INSTRUCTIONS

1. Artists featured at this event will be “juried in” based on images of sample artwork provided. To aid in the writer/artist pairing process, please submit 3-5 jpeg images of previous artwork as examples of your style and approach. Please email Participant Registration Form and jpeg images labeled with your name no later than the **deadline of Monday, March 17, 2025** to [DHSPUBHJourneyOfHope@SacCounty.gov](mailto:DHSPUBHJourneyOfHope@SacCounty.gov) or mail to:

Sacramento County Public Health  
Attn: Journey of Hope (Stop Stigma Sacramento)  
9616 Micron Avenue Suite 670  
Sacramento, California 95827

\*If sending by mail please have postmarked by deadline of 3/17/25.

2. Each artist will be given a short story (1,000 words or less) written by an individual who has experienced a mental health challenge. This story should be the inspiration for the artist, who may interpret the story in a way she/he feels is appropriate. A story will be given to each artist on or before Friday, April 25, 2025.

3. Each participant is highly encouraged to submit a headshot and biography (250 words or less). These will be displayed on the gallery wall for the duration of the exhibit. Please submit headshots and biographies along with the photo release form to [DHSPUBHJourneyOfHope@SacCounty.gov](mailto:DHSPUBHJourneyOfHope@SacCounty.gov) by Monday, June 9, 2025.

4. Final artwork must be delivered to the County office on Monday, August 4<sup>th</sup>, 2025. If your artwork is not received on this date it may not be included in the exhibit. Artists will be contacted the first week of June to discuss the progress of their piece and to address any questions.

### ARTWORK GUIDELINES

- Provide a title for your artwork.
- Provide your name as you would like it to appear in the event program/booklet.



SACRAMENTO  
COUNTY

Funding for this project has been made possible through the Sacramento County Division of Behavioral Health Services Mental Health Services Act.

- All artwork must be original. Copies of artwork (glicées) are not permitted.
- No Artificial Intelligence (AI) generated or assisted art will be accepted. If an art piece is suspected to be in violation of this rule, it may be rejected at the discretion of the committee.
- For 2-D works, minimum size permitted is 8"x10" (including the frame) and must not exceed the maximum size of 20" x 24" (including the frame).
- Sculptures and 3D works footprint (base size) must not exceed 15" x 15", height not to exceed 18".
- All artwork must be gallery ready when dropping off at the County offices on the artwork deadline of Monday, August 4, 2025. This means it should be framed, wired to hang, labeled on the back or bottom with title of art piece, artist's name, medium, and artist's email and phone number.
- It is the responsibility of the artist or representative to deliver completed artwork on **the due date of Monday, August 4, 2025**. Drop off instructions will follow at a later date via email from [DHSPUBHJourneyOfHope@SacCounty.gov](mailto:DHSPUBHJourneyOfHope@SacCounty.gov).
- No explicit artwork will be permitted. Please remember this show will be viewed by all ages. (Please contact us with your questions about explicit images).
- All artwork is subject to review and may or may not be put on display or published on our website. Submissions using discriminatory, derogatory language or inappropriate materials, including biohazard, will not be displayed or published on our website.
- This exhibit is not a sale. If you desire, after the completion of the show, you may arrange sale of your art through other avenues.
- Be aware that as part of this exhibit, your artwork will be viewed by the public in a public forum and a reproduced image of your artwork will be included in the event program. We may also use images for promotion of the show.

Thank you again for your interest in participating! Please contact us at [DHSPUBHJourneyOfHope@SacCounty.gov](mailto:DHSPUBHJourneyOfHope@SacCounty.gov) with any questions or concerns.

#### IMPORTANT DATES FOR ARTISTS

March 17, 2025	Last day to sign up to participate - sample artwork images due
March 28, 2025	Notice of acceptance into exhibit
April 25, 2025	Stories distributed to artists via email
June 1-8, 2025	Artist progress check-in
June 9, 2025	Bios/Headshots/ photo release due
August 4, 2025	All artwork due to County office building
October 4, 2025	Artist/Writer Private Reception 11:30-12:30 at The Gallery
October 4, 2025	Public Reception 1-3 at The Gallery
October 1-31	Exhibit dates at The Gallery - Wednesday-Sunday
November 2025	Artwork pick up – details to follow at a later date

Event organized by the Stop Stigma Speakers Bureau, part of the "Mental Illness: It's not always what you think" project. For more information, visit: [www.StopStigmaSacramento.org](http://www.StopStigmaSacramento.org)