



**St. Clair County  
Community Mental Health**

# Stronger Together: You Are Not Alone

*Compassion is Courage*

## St. Clair County Community Mental Health Middle School Writing Contest

*Share your writing with us by entering an original poem into the Middle School Writing Contest! Open to all St. Clair County students in grades 6 to 8.*

*Cash Prizes awarded for Grand Prize, First Place, Second Place, and Third Place.*

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Middle School can bring a lot of changes and emotions. Sometimes, people feel like they have to go through things alone, but they don't. We build stronger communities when we speak kindly, show empathy, and support each other. Being kind, checking in, and asking for help are all acts of courage, and no one should have to struggle alone.

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When thinking about your poem, consider these to help get your creativity flowing...

- Write about a time you **helped** someone, or someone helped you.
- Describe what **compassion** means to you and why it matters.
- Tell the story of someone who felt alone but found **connection**.
- What does **strength** look like when someone is struggling?
- Use the words "**stronger together**" in your poem. What does that mean to you?

### Prizes

Grand Prize: \$250

First Place: \$100

Second Place: \$75

Third Place: \$50

Honorable Mention Certificates





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## **Stronger Together: You Are Not Alone**

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**Middle School Poetry Contest**

### **Writing Contest Rules**

1. All entries must be the original, individual work of a student in grades 6, 7, or 8.
2. The student must live in or attend a school in St. Clair County.
3. Entries should support the contest theme ~ Stronger Together: You Are Not Alone; or the middle school tagline ~ Compassion is Courage.
4. There is no length requirement for poetry entries.
5. All entries must meet the following requirements:
  - a. Typed on plain, white paper.
  - b. Double-spaced.
  - c. 12-point font using Arial or Times New Roman
6. Each entry must be accompanied by a completed **Student Entry Form**. The judging panel will not review entries received without the Student Entry Form.
7. The student's name should not appear on any pages of the entry. Ensure the student entry form is securely attached to the writing entry.
8. Writing entries must be received by 5:00 p.m. on Friday, January 16, 2026.
9. By entering this contest, all entries become the property of St. Clair County Community Mental Health, and all winning students give SCCCMH permission to print the entry in any future publications without expectation of compensation.
10. For more information, visit [scccmh.org/creativearts](http://scccmh.org/creativearts) or contact Aubree Mayhew at 810.966.3386 or [amayhew@scccmh.org](mailto:amayhew@scccmh.org).

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#### **Submit your entry by mail:**

St. Clair County Community Mental Health  
Attention: Creative Arts Contest  
3111 Electric Avenue  
Port Huron, MI 48060

#### **Submit your entry by email:**

Email entries to [amayhew@scccmh.org](mailto:amayhew@scccmh.org)  
Subject: Middle School Creative Arts Submission



**Prizes**  
Grand Prize: \$250  
First Place: \$100  
Second Place: \$75  
Third Place: \$50  
Honorable Mention Certificates



## St. Clair County Community Mental Health

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## Middle School Poetry Contest

### Quick Reference Guide

#### What is the goal of the Creative Arts Contest?

To encourage youth to use their voice to educate their peers and the community about the value of connecting mind and body for mental wellness and to reduce stigma associated with mental health conditions, intellectual/developmental disabilities, and substance use disorders.

#### What is this year's theme?

Stronger Together: You Are Not Alone  
Compassion is Courage

#### Consider these prompts to help you get started...

- Write about a time you helped someone, or someone helped you.
- Describe what compassion means to you and why it matters.
- Tell the story of someone who felt alone but found connection.
- What does strength look like when someone is struggling?
- Use the words "stronger together" in your poem. What does that mean to you?

#### Who judges the contest?

A panel of judges, including SCCCMH staff, individuals who use SCCCMH services, and community members.

#### When will prizes be awarded?

Our goal is to award all prizes by May 2026. Students will be notified by email in March, and award presentations will be scheduled for April and May.

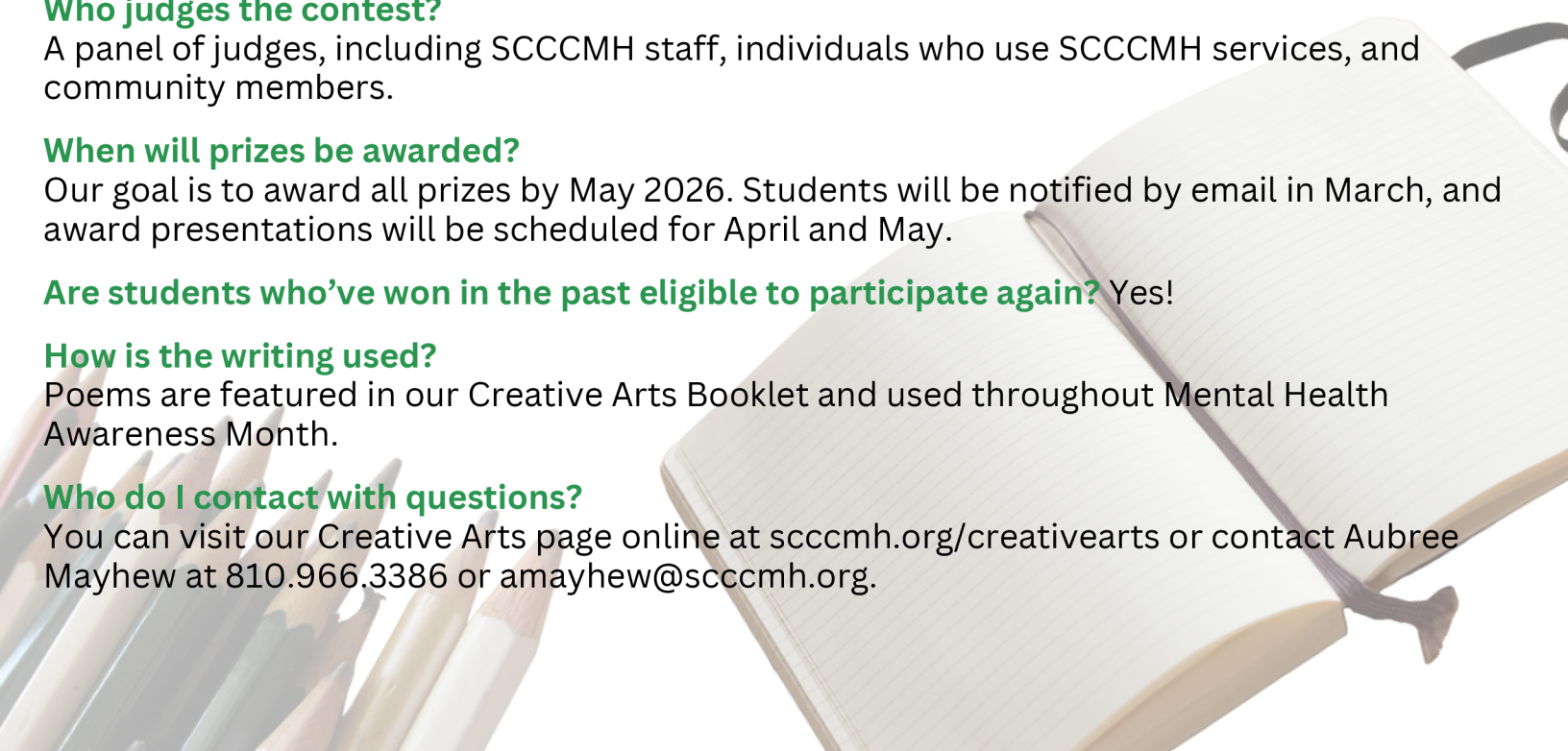
#### Are students who've won in the past eligible to participate again? Yes!

#### How is the writing used?

Poems are featured in our Creative Arts Booklet and used throughout Mental Health Awareness Month.

#### Who do I contact with questions?

You can visit our Creative Arts page online at [scccmh.org/creativearts](http://scccmh.org/creativearts) or contact Aubree Mayhew at 810.966.3386 or [amayhew@scccmh.org](mailto:amayhew@scccmh.org).





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Middle School Poetry Contest

# Middle School Writing Contest

## Contest Entry Form

Complete and submit this form with your entry by 5:00 p.m. on Friday, January 16, 2026.  
**Please be sure to complete the form fully and legibly.**

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**Title of Poem**

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**Student Name**

**Student Grade**

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**Parent/Guardian Name**

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**Student's Home Address** (please include city and zip code)

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**Parent/Guardian Email Address**

**Parent/Guardian Phone Number**

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**Student's School**

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**Teacher's Name** (if applicable)

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**Teacher Email Address**

**Teacher Phone Number**

I hereby certify that this entry is my own original work and is not copied, adapted, or plagiarized from any other source. By entering this contest, I give St. Clair County Community Mental Health permission to use my entry for educational and promotional purposes with no additional expectation of compensation.

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**Student Signature**

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**Parent/Guardian Signature**



**St. Clair County  
Community Mental Health**  
*Providing Opportunities for Health, Wellness, & Connection*

For more information visit: [scccmh.org/creativearts](http://scccmh.org/creativearts) or contact  
Aubree Mayhew at 810.966.3386 or [amayhew@scccmh.org](mailto:amayhew@scccmh.org)