



### **New for 2022 - 2023**

This is a new recognition event for International level competition only.

### **Event Summary**

This recognition event has been developed in conjunction with SAMHSA (Substance Abuse and Mental Health Services Administration) to engage HOSA chapters and members in learning how essential good mental health - emotional, psychological, and social wellbeing is to overall health and to introduce them to the concepts of mental health promotion and substance misuse prevention.

The partnership goal is to help provide HOSA members with knowledge, experience, and opportunities to act around their own emotional well-being (reflecting on their own mental health and use of substances) and how to support their peers. This knowledge will also be valuable as a foundation in whole person health in their future careers.

Taking action in this area could be anywhere on the continuum of self-care around their emotional health. They could be feeling stressed, lonely, isolated, anxious, depressed, or concerned they have a behavioral health condition. Taking action in this area is no different than improving your physical health. It can include researching resources, asking for help, having a conversation, starting to focus on self-care through meditation, journaling, breathing exercises, or supporting a friend. In addition, HOSA members will learn how to seek help when considering treatment options.

**Sponsorship** This competitive event is sponsored by [SAMHSA](#)



### **Competitor Must Provide**

- ONE team member uploads the materials to Tallo/Wufoo by April 1
- [Photo ID](#) - if the team is announced a finalist and given an interview on-site at ILC
- Notes on index cards or in electronic format for use during the presentation (optional)

### **General Rules**

1. Chapters in this event must be affiliated with HOSA-Future Health Professionals and in good standing.
2. **Eligible Divisions:** Middle School, Secondary, or Postsecondary/Collegiate division members are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."

- Per the [GRRs #11](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
- To request accommodation for any regional/state level conferences, please work with your local and state advisor directly. Accommodations must first be done at state to be considered for ILC.

### **Suggested Resources**

4. [Substance Abuse and Mental Health Services Administration](#)

### **Team Designation**

5. Teams of 2-4 HOSA members will work together in this event. It is acceptable for multiple teams per chapter to participate. There is no limit to the number of teams per chapter, or per state, who can submit an entry. HOSA members can serve on one team only.

### **Develop a Project Theme**

6. Teams will develop a project theme. Possible theme projects might include but are not limited to:
  - a. Normalize Mental Health: A perception-shifting presentation that encourages people to take steps to improve their mental health.
  - b. How to Get Help: An education presentation that elevates the understanding of what services are available and how to access them in a crisis.
  - c. Alcohol Use: Harm reduction strategies.
  - d. LGBTQ+ and Mental Health: A presentation addressing health equity gaps for this population and how this impacts their mental health and substance use.
  - e. Drug Overdoses: An outreach presentation sharing strategies how youth and healthcare providers can be part of the solution.
7. Teams will identify a target audience for their project content (i.e.: peers, communities, healthcare providers).

### **Develop a PowerPoint Presentation**

8. Teams will create a PowerPoint presentation to share the content of their selected project theme with their target audience.
9. The PowerPoint presentation will:
  - a. Share why the team selected the project theme.
  - b. Explain how this project can be beneficial to each member of the team if they become a health professional.
  - c. Describe why the selected project theme is important to the identified target audience.
  - d. Educate the target audience on the selected project theme using data and research.
  - e. Develop and present an evaluation plan or tool to gather data to determine if their project was or was not successful.
10. Teams will present their PowerPoint (at least once) to a group of people from their target audience. The size of the audience and location is at the discretion of the team. The more presentations, and more people reached, the more impactful the results.
11. Teams also have the option of recording their presentation and sharing it digitally with various audiences to help spread the content in additional ways.
12. Presentations will be **no longer than 20 minutes**.

### **Develop an Evaluation Plan or Tool**

13. Teams will develop an evaluation plan or tool to assess the effectiveness of their presentation on the knowledge/attitudes of their target audience members. Teams will develop a plan for assessing the target audience prior to the presentation and after the presentation to evaluate results. A written evaluation plan will be submitted demonstrating the success of the project, including pre and post data.

## Submission Process

14. This event is only judged at the ILC level, not at the state association level.
15. Teams will digitally record themselves using Zoom, Canva, Loom or another tool of the team's preference. Both the PowerPoint presentation and team members must be-visible during the recording.
16. The digitally recorded presentation must be converted to a public, sharable URL link.
17. The URL link must be uploaded to Tallo by April 1, 2023, by one team member.

## REQUIRED Digital Uploads

18. The following items **MUST** be uploaded to the **Emotional Well-Being Challenge ILC opportunity** in Tallo or Wufoo link (according to your division by April 1, 2023, by one member of the team).
  - a. **Cover Page** – Event Name, team member names, HOSA division, chapter number, school name, chartered association, project theme selected, target audience of presentation, number of participants, and date(s) of presentation.
  - b. Summary of Evaluation Plan/Tool

**THE COVER PAGE AND SUMMARY OF EVALUATION WILL BE UPLOADED TO TALLO/WUFOO AS ONE COMBINED PDF FILE.**

- c. **Public Link to Presentation**

**THE PUBLIC LINK TO THE PRESENTATION WILL BE UPLOADED TO TALLO/WUFOO AS A URL.**

**NOTE:** this deadline is different than other events requiring a digital upload!

**April 1** at midnight EST is the **final deadline**, and there will be **NO EXCEPTIONS** for receipt of the required materials after the deadline.

## DIVISION INSTRUCTIONS

### Secondary and Postsecondary/Collegiate Divisions:

Detailed instructions for uploading materials to **Tallo** can be found [HERE](#). **All** competitors **MUST** use Tallo for ILC competition except for Middle School members who use the Wufoo link listed in the next item.

### Middle School Division:

Competitors will upload materials to [THIS LINK](#) instead of using Tallo. Name of file must read:

"membername.event.schoolname.charteredassociation.ILC2023"

19. The FINAL ILC digital upload deadline is April 1. We **STRONGLY** suggest not waiting until the last minute to upload online to avoid user-challenges with the system.
20. For ILC, the digital materials uploaded by April 1 will be PRE-JUDGED.

## Special Interview and Final Scoring

21. This event will be judged at the international level using the event rating sheet. All submissions that earn 70% (56 points) or higher will be recognized. Ten finalist teams per division will have an opportunity to be interviewed by SAMHSA and others at the International Leadership Conference. Finalists will be notified by May 1, 2023.
22. The finalist teams in each division will be interviewed at ILC about their project. The time and location of the interviews will be shared directly with teams after May 1, 2023.
23. During the interview, teams will first:
  - Describe their project theme and project work
  - Explain the evaluation tool they created and share the outcomes and results.
24. Teams will have four (4) minutes to explain the items in #23 above. Then, judges will have three (3) minutes to ask the team questions about their project.

25. HOSA will only provide a table during the ILC presentation and interview. No audio-visual equipment or props/materials are allowed.
26. Representatives from SAMHSA conducting the interviews will have already seen the team's presentation via the uploaded digital content. This presentation and interview allows the judges to discover more about the team's projects and allows the team to share their excitement about the work completed.
27. Use of index card notes during the presentation are permitted. Electronic notecards (on a tablet, smart phone, laptop, etc.) are permitted, but may not be shown to judges.
28. Based on the results of the on-site ILC interviews, three Challenge Champions will be selected per division and will receive special recognition listed below in item #34.

### **ILC Recognition**

29. ILC Delegates: Teams attending the ILC should register for this event as part of the online registration process. The registration can be attached to any single delegate from the chapter as part of the online registration. For recognition purposes, it is the chapter team and not the individual who will be recognized.
30. All award recipients in attendance at the International Leadership Conference will be recognized with a certificate for the team. The certificate will be distributed to the State Advisor during the designated registration time.
31. Those teams attending the International Leadership Conference will select a chapter representative to walk across the stage during the Recognition Session to receive a pin.
32. Gold, silver, and bronze medallions are awarded for this event at the international level.
33. Chapter team names earning ILC recognition will be posted on the HOSA–Future Health Professionals' website.
34. Ten teams per division will be recognized as finalists during the Recognition Session.
35. Three teams per division will be named Challenge Champions. Each team will receive a monetary award, a recognition plaque for their school and a plaque for each team member. The monetary awards per team are as follows:
  - Middle School
    - 1<sup>st</sup> Place - \$1,500 in scholarships; individual medallions; and a chapter plaque.
    - 2<sup>nd</sup> Place - \$1,000 in scholarships; individual medallions; and a chapter plaque.
    - 3<sup>rd</sup> Place - \$750 in scholarships; individual medallions; and a chapter plaque.
  - Secondary Division
    - 1<sup>st</sup> Place - \$1,500 in scholarships; individual medallions; and a chapter plaque.
    - 2<sup>nd</sup> Place - \$1,000 in scholarships; individual medallions; and a chapter plaque.
    - 3<sup>rd</sup> Place - \$750 in scholarships; individual medallions; and a chapter plaque.
  - Postsecondary/Collegiate
    - 1<sup>st</sup> Place - \$1,500 in scholarships; individual medallions; and a chapter plaque.
    - 2<sup>nd</sup> Place - \$1,000 in scholarships; individual medallions; and a chapter plaque.
    - 3<sup>rd</sup> Place - \$750 in scholarships; individual medallions; and a chapter plaque.

# Emotional Well-Being Challenge

## RATING SHEET – DIGITAL UPLOAD of PRESENTATION

Chapter Name: \_\_\_\_\_

Judge's Signature \_\_\_\_\_

Member Names: \_\_\_\_\_

State \_\_\_\_\_ Division: MS \_\_\_\_ SS \_\_\_\_ PS/Collegiate \_\_\_\_

A. Overview	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Cover Page	Event Name, team member names, HOSA division, chapter number, school name, chartered association, project theme selected, target audience of presentation, number of participants, and date(s) of presentation.	N/A	N/A	N/A	Cover Page not submitted or missing information.	
2. Length of Presentation	Presentation is no longer than 20 minutes total.	N/A	N/A	N/A	Presentation is longer than 20 minutes or not submitted.	
A. Overview	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
3. Evaluation Plan and Tool	The evaluation plan successfully measured the project's success. It had clear pre & post data.	N/A	The evaluation plan or tool that was used partially measured success. It was missing either pre or post data.	N/A	An evaluation plan or tool was not used or was not submitted digitally.	
B. Presentation (video) Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Project Theme	A clear rationale for why the project theme was selected and was evident in the presentation.	The reason for selecting the theme was mostly clear in the presentation.	The reason for selecting the theme was moderately clear in the presentation.	There was some detail provided for the rationale of why the project theme was selected, however more information is needed.	The reason the project theme was selected was not included in the presentation.	
2. Project Benefits	An explanation of how this project was beneficial to all team members was included in the presentation.	N/A	An explanation of how this project was beneficial to some team members was present.	N/A	There was no explanation of how this project was beneficial to the team.	
3. Importance of Project Theme	It was explained why the project theme is important to the audience. Relevant examples were given.	N/A	It was partially explained to the audience how the project theme was important to them.	N/A	The importance of this project to the audience was not demonstrated.	

<b>B. Presentation (video) Content</b>	<b>Excellent 10 points</b>	<b>Good 8 points</b>	<b>Average 6 points</b>	<b>Fair 4 points</b>	<b>Poor 0 points</b>	<b>JUDGE SCORE</b>
<b>4. Education</b>	The presentation was highly innovative and engaging. There was a clear educational message.	The presentation was good but could have had a better educational message.	The educational message of the presentation was present but was not as engaging or innovative as it could have been.	The educational message was not communicated clearly.	There was no educational message to the target audience.	
<b>B. Presentation (video) Delivery</b>	<b>Excellent 5 points</b>	<b>Good 4 points</b>	<b>Average 3 points</b>	<b>Fair 2 points</b>	<b>Poor 0 points</b>	<b>JUDGE SCORE</b>
<b>1. Voice</b> Pitch, tempo, volume, quality	Each team member's voice was loud enough to hear. The team members varied rate and volume to enhance the presentation. Appropriate pausing was employed.	Each team member spoke loudly and clearly enough to be understood. The competitors varied rate OR volume to enhance the speech. Pauses were attempted.	Each team member could be heard most of the time. The team members attempted to use some variety in vocal quality, but not always successfully.	Judges had difficulty hearing or understanding much of the presentation due to little variety in rate or volume.	The team member's voice is too low or monotone. Judges struggled to stay focused during much of the presentation.	
<b>2. Stage Presence</b> Poise, posture, eye contact, and enthusiasm	Movements & gestures were purposeful and enhanced the delivery of the speech and did not distract. Body language reflects comfort interacting with audience. Facial expressions and body language consistently generated a strong interest and enthusiasm for the topic	The team members maintained adequate posture and non-distracting movement during the speech. Some gestures were used. Facial expressions and body language sometimes generated an interest and enthusiasm for the topic.	Stiff or unnatural use of nonverbal behaviors. Body language reflects some discomfort interacting with audience. Limited use of gestures to reinforce verbal message. Facial expressions and body language are used to try to generate enthusiasm but seem somewhat forced	Most of the team member's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements are distracting.	No attempt was made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	
<b>3. Diction, pronunciation, &amp; Grammar</b>	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest and complemented the verbal message.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone seemed inconsistent at times.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
<b>4. Team participation</b>	Excellent example of shared collaboration in the presentation of the project. Each team member spoke and carried equal parts of the project presentation.	All but one person on the team was actively engaged in the project presentation.	The team worked together relatively well. Some of the team members had little participation.	The team did not work effectively together.	One team member dominated the project presentation.	
<b>Total Points:</b>						<b>80</b>

# Emotional Well-Being Challenge Finalist Interview

Chapter Name: \_\_\_\_\_  
 Member Names: \_\_\_\_\_

Judge's Signature \_\_\_\_\_  
 State \_\_\_\_\_ Division: MS \_\_\_\_ SS \_\_\_\_ PS/Collegiate \_\_\_\_

A. Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
<b>1. Project theme promotes a topic surrounding emotional well-being</b>	The team members describe the project theme in a way that clearly focuses on an emotional well-being topic.	N/A	N/A	N/A	The team members did not select a topic that was related to emotional well-being.	
<b>2. Knowledge of the Project Theme and work</b>	Team was very knowledgeable about their project theme. They provided relevant examples and showed great interest in their work.	The team was mostly knowledgeable about their project theme. They were able to answer most questions during the interview.	Team was somewhat prepared. Answered some of the questions adequately during the interview.	Team was not prepared and was not able to answer most questions asked by judges.	Team was completely unprepared and answered no questions during interview.	
<b>3. Evaluation Plan or Data Tool</b>	The team's plan or tool that was used to measure success was very well thought out and put together.	The team's plan or tool that was discussed during the interview was mostly well constructed and thought out.	The team's plan or tool for evaluation was somewhat discussed and thought out.	The team's plan or tool that was used for evaluation has problems with its implementation or is missing parts.	The team was not able to discuss an evaluation method, plan, or tool.	
<b>4. Education</b>	The presentation for judges was highly innovative and engaging. There was a clear educational message.	The presentation for judges was good but could have had a better educational message.	The educational message was present but was not as engaging or innovative as it could have been.	The educational message was not communicated clearly.	There was no educational message in the presentation for judges.	
<b>5. Confidence, maturity, and enthusiasm</b>	Team exhibited confidence throughout the interview. Genuine excitement for the project & conducted themselves with maturity.	The team was confident but not convincing. They were excited but need a little more polish.	The team exhibited some level of confidence in interviewing ability but seemed a little nervous.	The team was nervous during the interview. It was evident they were excited, they just need more practice with interviews.	The team's nerves got the best of them. They were not able to showcase their best work in the interview.	
<b>6. Diction and articulation</b>	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone was inconsistent.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics.	
<b>7. Eye contact, poise, and posture</b>	The team displayed comfortable eye contact with the judges, displays confidence in their demeanor, sits/stands up straight throughout interview.	The team makes eye contact most of the time, sits /stands up straight, and conduct themselves with confidence.	The team display some eye contact but looks down or to the side when interviewed by judges.	The team makes limited eye contact and does not display good posture.	The team does not make eye contact with the judges. They are slouched during the interview.	
<b>Total Points (70):</b>						