



# The Removing Da Kink in Our Minds Student Essay Competition 2023

Internationally, Black people in Caribbean, South American, European, African, and North American countries have been making strides conceptualizing, assessing, and treating mental health and illness in our communities.

Nonetheless, there remain existing challenges addressing mental health stigma inclusive of miseducation on mental health and illness and limited culturally relevant and applicable mental health care options for our children up to our older adults. In conjunction with community members and organizations, our Black mental health professionals and students aspiring to pursue this career pathway, continue to work hard to address these gaps.

## Essay Topic:

Global Mind Emancipation and Balance Selfcare, two respective mental health businesses dedicated to advocating for and improving the way mental health care is provided to Black people of African descent, present the *Removing Da Kink in Our Minds Student Essay Competition*.

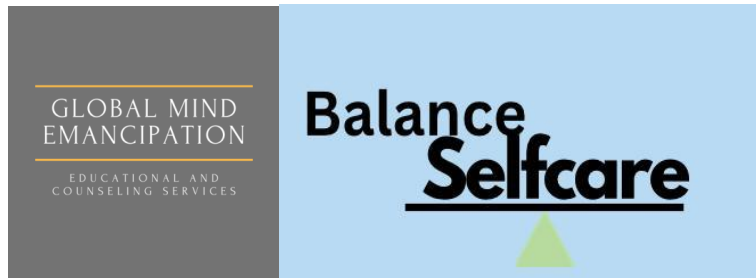
In 1000 words **maximum**, please select and answer 1 question from each list of provided topics.

## Black people and Mental health and illness (select 1 of 3 questions provided):

1. What have been the experiences of Black people in Canada?
  - a. In your opinion, how have these experiences impacted Black peoples' mental health?
2. With a focus on Canada, and countries in the Caribbean, South America, and sub-Saharan Africa, consider the anti-Black/African violence and oppression associated with the Chattel slavery institution, the Trans-Atlantic slave trade, European colonialism, and segregation. In your opinion, how would the oppression and violence linked to any one or more of these systems have impacted the mental health of Black people?<sup>1</sup>

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<sup>1</sup> Feel free to focus either on a particular region, for instance, a province in Canada, particular ethnic groups in a country or countries or to speak more broadly about the impact of these systems on the Greater Black African



3. Despite some progress in mental health discussions amongst African and African Diaspora<sup>2</sup> people globally, why do you believe mental health and illness continues to be taboo in our communities?
  - a. What factors, practices or beliefs in our communities do you think have contributed to the stigma/taboo nature of mental health and illness discussions? Justify your answer.

**Remedying Black people's mental distress (select 1 of 2 questions provided):**

1. In your opinion, what is "Self-Care"?
  - a. Based on your definition of self-care, how have Black people historically engaged in self-care i.e., taken care of their well-being?
  - b. Have any of those practices been carried over into the present day?
    - i. If so, which ones? Justify your answer.
    - ii. If not, what are some practices Black people should begin to re-embrace as part of self-care? Justify your answer.
2. In your opinion, what is "Self-Care"?
  - a. Based on your definition of self-care, why do you think being "radical" when it comes to "self-care" is significant to Black people?
  - b. Considering your aspirations for the mental health field, why, as a Black person, is it important to consider the importance of incorporating "Radical Self-Care" into your lifestyle in this line of work?
  - c. Currently, how do you incorporate self-care into your life?

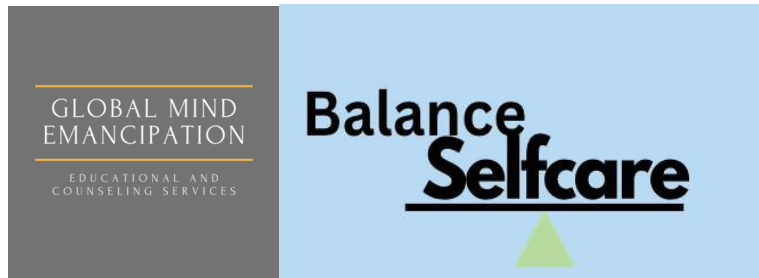
Where applicable, please feel free to include personal stories/anecdotes in your responses to the questions. Entrants **will not** be judged on content of personal stories/anecdotes. Please see Judging Criteria on Pg. 4.

When answering the essay questions, ensure to read the instructions and questions carefully before and while responding. **Do not** re-write the question when providing your response. Simply provide the section title and the question number to which you are responding followed by your response.

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Diaspora. If entrants decide to focus more broadly on the mental health impacts of the Greater Black African Diaspora, specific examples are still required to justify response.

<sup>2</sup> African Diaspora includes Black people in non-African countries such as the Caribbean, Canada and South America, the majority of which trace their genetic ancestry back to Africa



### Eligibility:

The competition is only open to **Black students** who are:

1. Age of majority in respective province or territory of residence on or before the start of Competition period
2. Current full-time undergraduate and college students who are legal residents of Canada or international students with a legal Canadian permit/visa to study in Canada in Year 1, 2, 3 or 4

Explicitly, the student must demonstrate clear and specific aspirations to apply their skills and knowledge from their program to the mental health field for Black populations. Traditional disciplines often associated with the mental health field e.g., occupational therapy, nursing, child and youth work, social work, neurology etc., are no exception. Absence of properly articulated goals of skill and knowledge application to the mental health field with a focus on Black people, will guarantee **ineligibility**.

When submitting the essay, in the “Body of the Email” and in 100 words **maximum**, entrants will be **required** to answer the following:

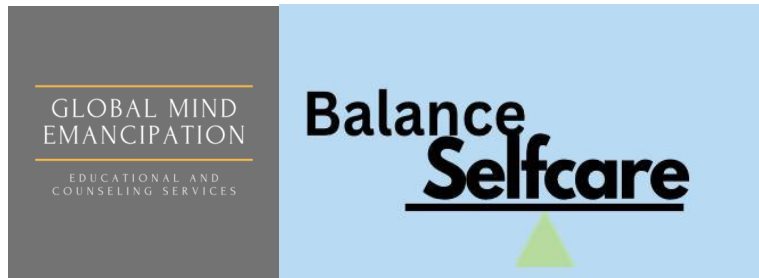
1. Introduce yourself inclusive of your gender, ethnicity, year you are in and your program, and **briefly** explain your career aspirations for the mental health field. It is assumed that career aspirations will be general, particularly for general programs like health or life sciences; the presence of a connection between anticipated career trajectory and the mental health field will suffice. Lastly, include a concluding statement about your overall goal for Black people’s mental health needs that you hope to accomplish in your respective field.

Entrants will be in **two** different pools: one for those in university-level and the other for those in college-level programs.

Entrants in certificate programs, online programs, general arts or general science programs and pre-health programs will **not** be eligible for this scholarship. Part-Time students will **not** be eligible for this scholarship. Entrants who have applied for graduation for 2023 (spring or fall convocation) will **not** be eligible for this scholarship.

Examples of undergraduate level programs include but are not limited to:

- a. Nursing



- b. Psychology
- c. Social Work
- d. Health Sciences
- e. Life sciences
- f. Biology
- g. Neuroscience

Examples of college-level programs include but are not limited to:

- a. Child and Youth Care
- b. Nursing
- c. Social Services
- d. Early Childhood Educator
- e. Developmental Services
- f. Pharmacy technician

Entries must be written in English, the original work of and written solely by the entrant. Entries should be free of any hateful or derogatory language and shall be free of information that would breach or infringe upon any confidential information rights of third parties, living or deceased, inclusive of intellectual properties.

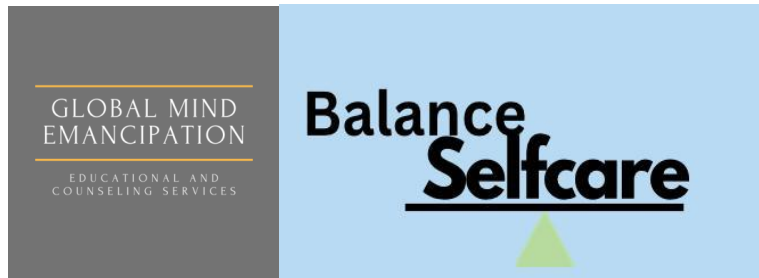
The essay must be double-spaced, numbered and type-written. References made **must** be cited in APA format; no more than 4 references in the reference list with at least **1 peer-reviewed journal article- Google Scholar may be helpful**. Reference formatting list must be APA format. Please see attached an APA reference guide for assistance. Lastly, please save your document as a **Microsoft Word** document in the following format: Lastname\_Firstname\_EssayComp2023.

**Submissions as well as any inquiries regarding the competition shall be emailed to:**

[removingdakink@gmail.com](mailto:removingdakink@gmail.com)

For Submissions, please place in the “Subject” section: Lastname-Firstname-Submission. In addition to your essay, please attach the following information to your email:

1. Current official or unofficial transcript (we will not be assessing grades; rather just to confirm enrollment in a full-time program)
2. Next semester timetable
3. Signed Waiver release form



Transcripts and timetables will be securely stored in a password protected folder and destroyed 4 weeks after winners have been announced.

### **Deadline:**

Submissions must be emailed on or before the end of the day at 11:59pm on Friday April 14<sup>th</sup>, 2023.

### **Judging Criteria**

The Essays will be judged on the following criteria:

1. How well the Essay addresses the question and follows the essay instructions
2. How well the Essay demonstrates mental health literacy and experiences among Black people
3. How well the Essay addresses Black peoples' contemporary and historical experiences
4. How well the Essay provides evidence to support positions
5. How well the Essay is organized
6. Writing accuracy (spelling, punctuation, grammar)
7. APA formatting

### **Prizes**

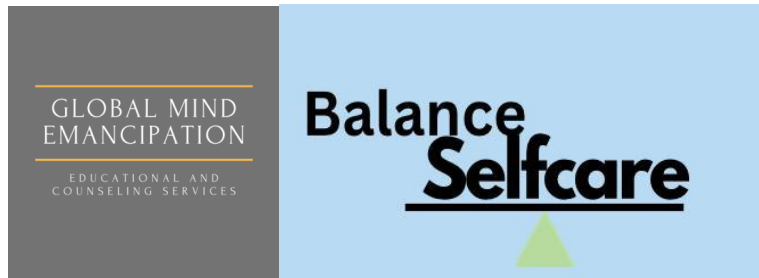
There will be a total of 2 prizes awarded:

College Level Prize: \$1000.00

University Level Prize: \$1000.00

Each winner will have to show proof of registration for their next semester of their program at a Canadian post-secondary institution prior to receiving the scholarship funds.

Winners will be announced May 5<sup>th</sup>, 2023.



**The Removing Da Kink in Our Minds Student Essay Competition 2023**  
**Waiver and Release Form**

Name: (First, Last)

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Full Address:

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Mailing (if Same as Address leave blank):

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Email:

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Phone Number:

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Release Statement:

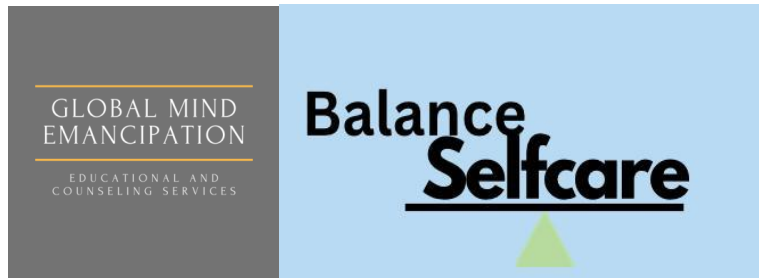
I acknowledge that I have written the attached essay (the “Essay”). Should I win the Competition, I permit the Essay and reference as the author thereof as well as my image to be distributed and displayed publicly without any further compensation. I also understand that if it is discovered that it is plagiarized or that the thoughts expressed are not my own, the Essay will be subject to disqualification.

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Name (print)

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Signature



Please tell us how you heard about The Removing Da kink in Our minds Student Essay Competition

(check all that apply):

- ☐ Through in-print media advertising ☐ Through my school
- ☐ Through online media, such as Facebook, Twitter or a website
- ☐ Through a friend or family member ☐ Other: Please tell us how:

## APA Tip Sheet

Publication Manual of the American Psychological Association (APA), 7<sup>th</sup> Edition

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### Contents

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### In-Text Citations (*APA Publication Manual, Section 8*)

In-text citations give credit to a person's ideas or creations in the body of your paper or assignment, such as when quoting or paraphrasing. In-text citations refer the reader to the full reference list at the end of your paper.

#### *Examples:*

**One author:** (Butler, 2015)

**Two authors:** (Duggan & Murphy, 2019)

**Three or more authors:** (Cole et al., 2011)

#### **Organization or corporate author & abbreviation:**

(Centre for Addiction and Mental Health [CAMH], 2014)

*Organization/corporation name can be abbreviated after the first use:*

(CAMH, 2014)



### Unknown author:

If the title of the work is italicized in the reference, use: (*Title*, date)

If the title of the work is **not** italicized in the reference, use: ("Title," date)

### Citing multiple works:

(Gay, 2017; Duggan & Murphy, 2019)

### Quotations:

When quoting include the page number, if available. If no page numbers are given, provide another way for the reader to locate the citation.

(Duggan & Murphy, 2019, p. 137)

(CAMH, 2014, para. 4)

### Indirect quote:

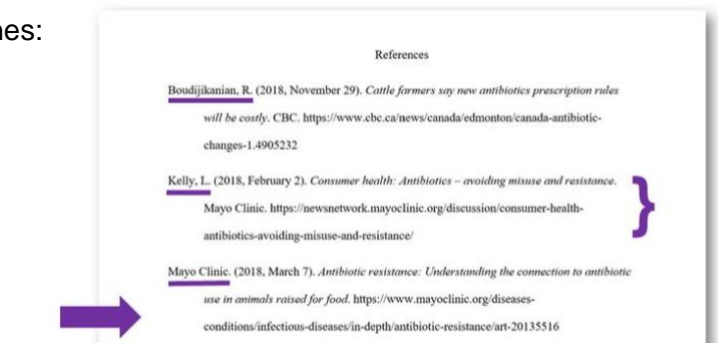
Use the phrase, "as cited in". Include a reference list citation for the secondary source only. When possible, find the primary source and cite it directly instead of using, "as cited in."

(Cole et al., 2011, as cited in Duggan & Murphy, 2019)

## Formatting Your Reference List (*APA Publication Manual, Section 2.12*)

When formatting your reference list, follow these guidelines:

- Title: References
- Order citations alphabetically by author
- Double space
- Indent each citation after the first line



## Webpages and Websites (*APA Publication Manual, Section 10.16*)

Use the webpage and website rules only if the website is not a library database.

### Standard information required (in order):

1. Author, A. A. (Last name, Initial[s])  
OR Corporate or Group Author if no individual author listed (e.g., Mayo Clinic)
2. (Year of Publication, Month Day)  
Include as much detail as possible OR use (n.d.) when no date is given

3. *Title*. (in italics)
4. Source. (Organization, online news source, or site name. When the author and site name are the same, site name is not required)
5. URL

Examples:

**Individual author and site name are different:**

Dunham, W. (2020, March 3). *Canada's beaches could be among those hardest hit by climate change: Half of the planet's sandy coastlines may vanish by 2100, researchers warn.*

Huffpost. [https://www.huffingtonpost.ca/entry/canada-beaches-climate-change\\_ca\\_5e5e40fdc5b63aaf8f5d1604](https://www.huffingtonpost.ca/entry/canada-beaches-climate-change_ca_5e5e40fdc5b63aaf8f5d1604)

**No individual author. Group author and site name are the same:**

Mayo Clinic. (2018, March 7). *Antibiotic resistance: Understanding the connection to antibiotic use in animals raised for food.* <https://www.mayoclinic.org/diseases-conditions/infectious-diseases/in-depth/antibiotic-resistance/art-20135516>

**News website:**

Tunney, C. (2020, March 4). *RCMP denied using facial recognition technology - then said it had been using it for months.* CBC. <https://www.cbc.ca/news/politics/clearview-ai-rcmp-facial-recognition-1.5482266>

**Newspaper website:**

Alphonso, C., & Stone, L. (2020, March 3). Ontario backs down on high-school class sizes, online courses, in bid to restart talks with teachers. *The Globe and Mail.* <https://www.theglobeandmail.com/canada/article-ontario-backs-down-on-high-school-class-sizes-online-courses-in-bid/>

**Online Images or Visual Works** (*APA Publication Manual, Section 10.14*)

These guidelines are for referring to an image or visual work. When including decorative clip art or stock photography, only copyright attribution may be necessary. Consult the APA Publication Manual for clarification.

### Standard information required (in order):

1. Author/Artist. (Last name, Initial[s])
2. (Year of publication).  
OR use (n.d.) when no date is given
3. *Title* (in italics)  
OR for untitled art, include a description in square brackets in place of the title
4. [Type of work]. (i.e., painting, photograph, map, illustration, etc.)
5. Site name. (i.e., name of gallery, online magazine or site name)
6. URL

### Examples:

#### Artwork on a gallery or museum website:

Brewster, S. (2017). *Blur 18* [Photo-based gel transfer on archival paper]. Art Gallery of Ontario, Toronto, ON, Canada. <https://ago.ca/exhibitions/sandra-brewster-blur>

#### Artwork or image not connected to a gallery or museum, found online:

Armenti, A. (n.d.). [Photograph of a person in a chair in an empty room staring at a curtained window]. Images Festival. <https://www.imagesfestival.com/posts/see-you-2020>

#### Infographic:

CCPA. (2012). *How much do Torontonians love their public libraries?* [Infographic]. Canadian Centre for Policy Alternatives. <https://www.policyalternatives.ca/publications/facts-infographics/infographic-how-much-do-torontonians-love-their-public-libraries>

### Books and eBooks (*APA Publication Manual, Section 10.2 - 10.3*)

#### Standard information required (in order):

1. Author, A. A. (Last name, Initial[s])
2. (Year of publication).
3. *Title*. (in italics)
4. Number of edition. (include if the source is an edition other than the first)
5. Publisher Name.
6. DOI or URL. (include if given; for more see APA Publication Manual, Section 10.2; use the format <https://doi.org/xx.xxxx...>)

Examples:

**One author:**

Gay, R. (2017). *Hunger: A memoir of (my) body*. Harper Collins Publishers.

**Edition other than first:**

Valenti, J. (2014). *Full frontal feminism: A young woman's guide to why feminism matters* (2<sup>nd</sup> ed.). Seal Press.

**Electronic book (eBook):**

Duggan, W., & Murphy, A. (2019). *The art of ideas: Creative thinking for work and life*. Columbia University Press. <https://doi.org/10.7312/dugg17940>

**Chapter in an edited book:**

Zamora, D. (2016). Introduction: Foucault, the left and the 1980s. In D. Zamora & M. C. Behrent (Eds.), *Foucault and neoliberalism* (pp. 1-5). Polity Press.

**Scholarly or Peer-Reviewed Journal Article** (*APA Publication Manual, Section 10.1*)

**Standard information required (in order):**

1. Author, A. A. (Last name, Initial[s])
2. (Year of publication).
3. Title of the article. (**not** in italics)
4. *Title of the Journal*, (in italics)
5. *Volume number*(Issue number), (volume number is in italics; issue number is in parenthesis)
6. First page number - Last page number.
7. DOI (include if given; for more see APA Publication Manual, Section 10.1; use the format <https://doi.org/xx.xxxx...>)

Examples:

**One author:**

Miller, J. R. (2019). Research and outcomes at the Truth and Reconciliation Commission. *The Canadian Historical Review*, 100(2), 163-181. <https://doi.org/10.3138/chr.2018-0048>

**Two authors:**

Wildschut, G., & Mayers, P. M. (2019). Conflict, complicity, and challenges: Reflections on the South African Truth and Reconciliation Commission health sector hearing. *Journal of Nursing Scholarship*, 51(3), 299-307. <https://doi.org/10.1111/jnu.12438>

**Three to twenty authors:**

Restall, G., Gerlach, A., Valavaara, K., & Phenix, A. (2016). The Truth and Reconciliation Commission's calls to action: How will occupational therapists respond? *Canadian Journal of Occupational Therapy*, 83(5), 264-266.  
<https://doi.org/10.1177/0008417416678850>

**YouTube or other Online Video** (*APA Publication Manual, Section 10.12.90*)

For other audiovisual works (e.g., documentary and feature films, television series, etc.) see APA Publication Manual, Section 10.12.

**Standard information required (in order):**

1. Author/Artist.
2. (Year, Month Day of creation or upload).
3. *Title*. (in italics)
4. [Type of work]. (i.e., video)
5. Site name. (YouTube, Vimeo, TED Conferences)
6. URL

***Examples:***

Lilly Singh. (2018, July 5). *Grammar police in real life*. [Video]. Youtube.  
<https://www.youtube.com/watch?v=160NsA8-j3M>

Meslin, D. (2010, October). *The antidote to apathy*. [Video]. TEDxToronto.  
[https://www.ted.com/talks/dave\\_meslin\\_the\\_antidote\\_to\\_apathy](https://www.ted.com/talks/dave_meslin_the_antidote_to_apathy)

**Need more support?**

- Visit the [Humber Writing Centre](#)
- Refer to Publication Manual of the APA, 7<sup>th</sup> Edition (available at Humber Libraries)
- Humber Libraries' APA page ([library.humber.ca/apa-mla](http://library.humber.ca/apa-mla))