

About the Circle

The Lieutenant Governor's Circle on Mental Health and Addiction is a charitable organization working to foster acceptance, promote awareness and give hope and comfort to those affected by mental illness and addiction by letting them know they are not alone.

Together with various Alberta organizations and initiatives, the Circle works to further knowledge of the topic and foster an open and ongoing public conversation about mental health and addiction.

The True Awards are a key component of the Circle programs and are designed to shine a light on the positive work taking place across the province in the area of mental health and addiction.

Learn more at www.lgcircle.ca

The Award's Namesake

The True Spirit Award is named for Colonel [Ret'd] the Hon. Donald S. Ethell, former Lieutenant Governor of Alberta and founding patron of the LG's Circle on Mental Health and Addiction.

Lieutenant Governor Ethell's dedication to mental health grew out of his own experiences with post-traumatic stress disorder as well as his belief that no one should ever have to suffer in silence.



**The Lieutenant Governor's Circle
on Mental Health and Addiction**

The Donald S. Ethell Youth Award

Young Albertans are working to foster understanding in their communities and create places where it's safe to open up and talk about mental health.

Celebrate their accomplishments with a Youth Award nomination!

The Award

In addition to a certificate from the Circle and a letter of recognition from the Lieutenant Governor, recipients receive a \$1,000 cash award. Two recipients will be honoured at one of two annual Circle hosted or co-hosted events. They may also have the opportunity to take part in a public service announcement or feature on Shaw TV.

Criteria

The True Spirit Award is a youth recognition open to any Albertan age 25 or under. Award nominees will have demonstrated any or all of the following strengths:

- Created or contributed to programs that promote understanding of, and compassion for, those living with mental health and addiction concerns. The program could be in the classroom, school or community.
- Demonstrated innovation and creativity in their efforts to educate others about mental health and addiction and change attitudes for the better.
- Made a meaningful contribution to fundraising efforts related to mental health and addiction programs.
- Used their own lived experience with mental health and/or addiction to inspire others.
- Served as a strong positive example for others to follow by consistently modeling caring and compassionate attitudes toward others.

Timelines

Deadline for nominations for the True Spirit Award is June 30, 2018.

Nomination Form for the Donald S. Ethell Youth Award

Nominee:

Individual

Group

Name:

Mailing address:

Phone:

E-mail:

Age:

Nominator:

Name:

Relationship to nominee:

Mailing address:

Phone:

E-mail:

Date nomination submitted:

Guidelines:

- Nominations can be submitted by an individual or an organization.
- In addition to the completed nomination form, nominators should include a written submission (500 words) and one letter of support. It may include up to two additional letters or other supporting documents (media items, certificates of achievement, thank you letters, etc.)
- Self-nominations are not accepted.
- Members of the LG's Circle Board of Directors are not eligible to make a nomination.
- Nominations will be held for consideration for up to one year.



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Submit your nomination by email to : execdir@lgcirclealberta.ca