

# 21<sup>st</sup> Annual BrainStorm Poetry Contest

## Rules & Regulations

The contest is open internationally to people with lived experience of madness/mental health challenges/mental illness/neurodivergence. The contest opens January 1, 2023 and closes on February 28, 2023. All entries must be received before 5PM on February 28, 2023, and payment must arrive with entry. Entries will not be returned.

Poetry about the experience of madness is welcomed; however, all subjects are acceptable. Poems are judged on poetic merit: originality, creativity, how well it changed or provoked readers' thoughts, how well it was written, the effective use of imagery and sound devices, writing mechanics, and whether the poem imparted a sensation after it was read—the last a critical factor in the final round of judging.

The top three winning poems will be published in the Spring 2023 issue of *Open Minds Quarterly*. Winners will receive a copy of the issue of *Open Minds Quarterly* in which their work appears. The top three winners will also receive monetary awards: \$250 for First Place; \$150 for Second Place; \$75 for Third Place. Entries receiving Honourable Mentions will be published in the Spring 2023 issue of *Open Minds Quarterly* and receive the regular contributor honorarium if one is awarded. All non-winners will be entered in a random draw to win a free one-year subscription to *Open Minds Quarterly*.

The judges' decisions are final. Monetary prizes will be awarded in Canadian dollars. Authors retain all rights to their work.

To be eligible, each entry must:

- be original, unpublished work;
- be written in English;
- be accompanied by one entry form for every three poems entered;
- arrive with your entry fee;
- NOT include a name on the page (put your name only on the accompanying entry form);
- be written legibly or typed;
- be no more than 30 lines in length;
- not include any drawings or images;
- arrive at NISA by 5:00 p.m. on February 28;
- arrive by the online submission form, surface mail, or hand delivery, (no faxes or e-mails);
- if submitted by mail, be printed on 8.5" x 11" or A4 paper, one poem per page

Poems are not eligible if:

- they have already been published by or accepted for publication in *Open Minds Quarterly* or elsewhere;
- the rules listed above are not followed;
- entry fee payment is returned due to insufficient funds.

NISA staff and board members are ineligible for entry. Disqualified entrants will not be notified of disqualification.

Entry Fee

The entry fee is \$12 CAD for up to three poems. For mailed entries: Do not send cash in the mail. Cheques or money orders must be made payable to NISA or Northern Initiative for Social Action. Credit card payments can be sent via PayPal.com to info@nisa.on.ca, and please include your payment confirmation with your mailed entry form.

## BPC Mail Entry Form

This form can accompany up to three poems. Please fill out an additional form for every three poems you submit. Find copies of this form or submit at:

www.openmindsquarterly.com

name: \_\_\_\_\_

phone: \_\_\_\_\_

address: \_\_\_\_\_

email: \_\_\_\_\_

title(s) of poems (up to three):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I have read the contest rules and regulations. I understand that I must be a person with lived experience of mental health challenges to enter this contest. By entering this contest, I give NISA and *Open Minds Quarterly* permission to publish my entry and name if my poetry wins.

Signed,

(your name) \_\_\_\_\_ (date) \_\_\_\_\_

Mail form with your poems and entry fee to:

BrainStorm Poetry Contest  
c/o Northern Initiative for Social Action  
36 Elgin Street, Second Floor  
Sudbury ON P3C 5B4 CANADA

Make sure cheques are made out to NISA!