Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #: 415-655-0003, Access Code: 663 420 61
- Type questions in "chat box" located in the sidebar to the right.
- If you are having technical difficulties please be sure to address the panelists and we will do our best to help you.
- The webinar is being recorded.
- Supporting materials will be emailed to you and available on our website.
Lights, Camera, Mental Health! How Filmmaking Can Help Youth Thrive

California School-Based Health Alliance
September 28, 2016

@artwithimpact
#SubvertStigma
Great to meet you!

Molly Baldridge

Cary McQueen

Maya Grodman

Andrea Pelaez

Lanira Taylor
Here’s the Plan

10:00 - Intros
10:05 - We’re subverting stigma
10:20 - What is Films With Impact?
10:30 - Ideas for your classroom
10:40 - Connect with AWI
10:45 - Q&A
11:00 - Adjourn
Subvert Stigma!
Stigma is a negative stereotype that is:

1. Always false
2. Always negative
3. Can be internalized
Stigma around mental illness leads to:

- **Isolation**: Treatment avoidance or delays
- **Judgment**: Suffering in silence
- **Shame**: Perpetuation of falsehoods
- **Fear**
But, most of all...

Stigma is a cultural construct
A cultural construct feel like this:
But really, it’s this:
Our job:
Student Story: Stigma
High School Students
In the words of the great Oscar Wilde:

“Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth.”
Films With Impact: Program Description

1 DAY
Crash course in mental health and filmmaking

2-3 DAYS
Create films in groups of five

1 DAY
Film festival and go over resources
Most of the learning is sneaky / informal
Films With Impact: Sticks and Stones

San Diego Met High School
October 2014
Films With Impact: Anxiety

Monta Vista High School
February 2016
Student Story: Filmmaking
Using Film in the Classroom
Three Key Ingredients
Let students listen to their unconscious minds
Encourage them to use play as a tool for discovery.
Teach cool skills!
What outcomes can you expect?
Students are changing their minds

• **89%** of students said that as a result of this workshop they have a **better opinion of people with mental illness**
They’re changing their planned behavior

• **Half of all student served** said they are more likely to **reach out for help** for their own mental health

(8% already see a mental health professional)
Films With Impact: Outcomes

Mental health education
Films With Impact: Outcomes

Collaboration and learning
Films With Impact: Outcomes

Filmmaking and problem solving
Student Story: Outcomes
How to Connect with AWI

Online Library for Interactive Video and Engagement

Book a workshop:
• Maya Grodman, Program Manager
• maya@artwithimpact.org
• (617) 866-9446
Questions?
Thank you!

• Contact us:
  – Cary McQueen: cary@artwithimpact.org
  – Maya Grodman: maya@artwithimpact.org

• Follow AWI: