

Mental Wellness Videos

**Available from the Idaho RADAR Network Center
Video/DVD Lending Library
Revised October 1, 2009**

The ABC's of Eating Disorders

Eating disorders are epidemic and misunderstood today in America. Education is one of the only preventative means to fight these diseases. This educational piece covers the many faces of eating disorders and the devastating effects on the lives of real people. In the video anorexics, bulimics, and the often maligned compulsive overeaters share their intimate experiences. The interviews captivate and allow the viewer into the minds and lives of someone with an eating disorder. Health professionals also explain the facts on the diseases, how to recognize them, what causes eating disorders, and how to recover. Some experts estimate that 50% of women will have eating disorders at some point in their lives, and almost as many men. They also estimate that at any given time 20-30% of the population is suffering from an eating disorder. This piece aims to raise awareness, let people know they are not alone, encourage recovery and love and acceptance of our bodies.

Jr. High School/Adult 32 min. 2004 DVD-6403

Are the Kids Alright? [HOPE TO ORDER]

This searing documentary examines the crisis in mental health care for children and adolescents at risk. With unprecedented access to families, to the courts, and to psychiatric and correctional institutions, the filmmakers followed several families to document the tragic results of a catastrophic decline in the availability of appropriate mental health services for young people. From everyday family and developmental stresses to severe, clinical mental illness, these families are struggling to get the supports they need, but there is very little help available to them. *Educational Media Reviews Online – Highly Recommended.*

Adult 57 min. 2004 DVD-

Beyond the Blues: Child and Youth Depression [HOPE TO ORDER]

Statistics reveal that depression in children and youth is on the rise. In fact, it has increased by one-third in the past 30 years. Untreated depression costs a teenager in many ways: lost educational opportunities, lost social opportunities and lost time. Through the personal stories of three young people, this compelling documentary traces the journey of depression, from early signs and symptoms, to assessment, diagnosis and treatment. The documentary also helps shatter some stereotypes. This powerful 3-part series on child and youth mental health sheds light on the current situation and offers practical tools to understanding the problems and knowing where to find solutions. Depressed kids don't just have a bad attitude--they have an illness. And the illness is treatable.

High School 56 min. 2004 DVD-

Bodytalk: Teens Talk About Their Bodies, Eating Disorders and Activism

BodyTalk is a video on body acceptance issues for 9 to 18-year-old girls and boys. Our philosophy in producing *BodyTalk* is the belief that the best way to reach teens is through the voices of their peers. Girls and boys from diverse ethnic backgrounds and a range of socio-economic status and body sizes discuss the messages they receive from media, family, and friends about their bodies and eating patterns. This documentary focuses on their resulting struggles, how they resist and change, and how they heal.

Ages 9-18 28 min. 1999 V-6400

Body Trust: Undieting Your Way to Health and Happiness

American women are finally realizing that diets don't work and looking for positive ways to approach their eating and their weight. *Body Trust* is the first video of the "anti-diet" movement that is sweeping the country – a caring, sensitive way to look great and feel great, whatever your size, shape or weight. With *Body Trust*, you can get off the diet roller coaster and break free from crazy diets, compulsive workouts, and body hate.

High School/Adult 60 min. 1993 V-6401

Cathy Rigby on Eating Disorders

As experts in the field of treatment for eating disorders, College Hospital presents an insight to the process of recovery in treating anorexia nervosa and bulimia. Narrated by Cathy Rigby McCoy, herself a former bulimic, this video is intended as an educational assist for mental health professionals in working with patients, for sufferers themselves and their families. By concentrating on the process of recovery, it will help give those suffering from this debilitating and tragic illness the understanding and perspective they will need to help break the eating disorder cycle.

Adult 30 min. 1990 V-6402

Co-Occurring Disorders: Mental Health & Drugs

Co-Occurring Disorders: Mental Health & Drugs has been designed primarily for clients who have a dual diagnosis and secondarily for those involved in the treatment of these disorders that need a deeper understanding of this common phenomenon. By first examining the mental illnesses that are part of a dual diagnosis (e.g., schizophrenia, bipolar, depression) and then showing how psychoactive drug use can aggravate or induce these illnesses, the video helps explain the relationship between the two conditions. Related issues such as the difficulty of giving an accurate diagnosis, self-medication with street drugs, the use of psychiatric medications to control the illnesses, and the problems of relapse are discussed. Interactions from a dual diagnosis group as well as from many clients with co-occurring disorders emphasize not only the difficulties of treating co-occurring disorders but also show how clients can function in society and gain hope through effective treatment.

Adult 36 min. 2004 V-51 or DVD-51

Depression: Out of the Shadows [HOPE TO ORDER]

A lot of Americans are keeping an important, possibly deadly secret. The National Institute of Mental Health reports that approximately 18.8 million American adults have a depressive disorder. The disease is not discriminating, seeping into all age, race, gender, and socioeconomic groups. Depression stalls careers, strains relationships, and sometimes ends lives. Through the voices and stories of people living with depression, the film provides a portrait of the disease never before seen on American television. Along with consumers, *DEPRESSION: Out of the Shadows* also follows acclaimed scientists as they describe the latest neurological research and groundbreaking new treatments for depression. Following the film, broadcast journalist Jane Pauley will host a 30-minute roundtable discussion titled *TAKE ONE STEP: Caring for Depression, with Jane Pauley* in which nationally acclaimed experts will offer advice on recognizing and treating depression.

High School/Adult 90 min. 2008 DVD-

Depression: True Stories [HOPE TO ORDER]

Depression is a treatable, not shameful, illness. Professional basketball player Chamique Holdsclaw and other young adults describe living with – and recovering from – depression. Their powerful stories show how early diagnosis and treatment can transform and save lives.

Recommended for grades 6 through college, parents, and other caregivers. 26 min. 2007 DVD-

Drug Education for Teens Series/Teenage Depression & Suicide, v. 11 (cc)

Being a teenager is a huge challenge, and while it's normal for teenagers to feel sad or stressed, there can be times in a teen's life when sadness engulfs them. While "depression" is a normal human emotion, when feelings of depression persist for a lengthy period and interfere with a person's ability to function, it becomes a mental health issue. In *Teenage Depression & Suicide*, students will get the lowdown on the causes, symptoms and treatments available for those suffering from depression, outfitting students with the necessary tools to deal with both friends and themselves.

Junior High School/High School 23 min. 2003 V-81 or DVD-81

Fighting Their Fears: Child and Youth Anxiety [HOPE TO ORDER]

Anxiety motivates us to get things done, but for some people, anxiety is not a driver. For many children, anxiety disrupts everyday life, interfering with their ability to make friends or go to school. Through interviews with experts and three young people, this compelling documentary outlines the causes, symptoms and treatments for anxiety disorders and emphasizes the importance of early identification and intervention. In all of these stories there is hope.

Middle School-Adult 56 min. 2004 DVD-

Hearts & Minds: Teens and Mental Illness

"Hearts & Minds: Teens and Mental Illness" dispels myths and decreases the stigma surrounding mental illnesses. Through the eyes of four young people, the video shows what it is like to have a mental illness and what types of treatments help. The program explains the signs and symptoms of mental illness and reinforces the need to ask for help. Students will also learn how society has viewed mental illness through the ages. An enclosed teacher's guide suggests follow-up activities.

High School 27 min. 2000 V-6001

In Our Own Voice

This Idaho Public Television production follows the lives of six Idahoans diagnosed with severe and persistent mental illness. The documentary, produced with a grant from the Idaho Department of Health and Welfare, shows how schizophrenia, manic depression and depression strikes those from all walks of life.

Adult 60 min. 2001 V-6002

Inside Out [HOPE TO ORDER]

Bulimia is on the rise, both nationally and internationally. Yet it is often portrayed in the media almost as a joke, as a kind of "extreme" dieting practiced by models, socialites, and others obsessed with their appearance. It's seen as a rich, white girl's disorder, an illness "heroically" overcome by Jane Fonda, Princess Di, Demi Moore. In reality, this eating disorder can be as hard to overcome as any addiction — and it can be a killer. Many of the estimated five to ten million Americans with active eating disorders will die an untimely death from complications which can include cardiac arrest. It affects both men and women, from all walks of life, and is frequently linked to other factors including depression and other mental illnesses, sexuality and gender concerns, and family dynamics. Biochemical causes are suspected in at least some cases. This documentary takes us into the lives of women and men who are struggling to cope with bulimia and its consequences on their health, on their work and play, and on their relationships. It combines interviews and observational footage of each of them, and their family members and partners, with abstract imagery and an original score evoking the feelings of compulsion, confusion, and desperation endemic to the disorder — but also of humor and the hope of recovery.

High School/Adult 56 min. 2002 DVD-

Reality Matters: Taking Care of Me

Health is not just about physical bodies. How we feel about ourselves is just as important. In a world that celebrates looks, achievement, money and possessions, it's our emotional health — who we are on the inside — that will ultimately determine our happiness. The teen years are an especially vulnerable time filled with questioning and self-doubt as well as a great deal of stress. This video will explore the many influences and experiences that shape an individual's emotional health, as well as specific tools for managing stress and maintaining a positive self-image.

Grades 6-up 24 min. 2003 V-5086 or DVD-5086

Recovering Bodies: Overcoming Eating Disorders

Eating disorders among the young are a serious public health concern. In *Recovering Bodies* the stories and testimonies of seven college students show the wide range of pressures that can lead to disordered eating, as well as the variety of psychological and physical symptoms involved. Full of useful information about successful recovery and healing strategies and with the expert commentary of professionals, *Recovering Bodies* should become a standard tool of health education in any curriculum.

High School/Adult 34 min. 1997 V-6404

The Science of Mental Illness/Like Any Other Kid (Lesson 5) (cc)

Students watch a video of people telling about their experiences with a mental illness. Through a class discussion, students compare and contrast the life stories they saw to reinforce how mental illnesses are biological illnesses that affect a person's thoughts, feelings, and behaviors but that can be treated so that individuals can function effectively in their everyday lives. Workbook included.

<http://science-education.nih.gov/supplements/nih5/Mental/default.htm>

Grades 6-8 24 min. 2004 DVD-6003

Self-Esteem: Building Strengths (In the Mix Series)

Three key strengths -- physical, mental, and emotional -- are important to a healthy self-esteem. In this episode, *In the Mix* follows teens as they participate in a special strength-building program of challenging activities and workshops. On hand are experts to answer questions, and celebrity role models such as athletes Tiffeny Millbrett and Lisa Leslie, who give personal advice on setting goals, coping with mistakes, negative thinking, bullying, choosing friends, dealing with emotions, problem solving and other big issues. Guys and girls also speak out about the pressure to fit in and other stresses.

Grades 7-12 30 min. 2002 DVD-5087

Slim Hopes: Advertising & the Obsession with Thinness

Jean Kilbourne's award-winning video offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on women's health. Addressing the relationship between these images and the obsession of girls and women with dieting and thinness, *Slim Hopes* offers a new way to think about life-threatening eating disorders such as anorexia and bulimia, and a well-documented critical perspective on the social impact of advertising.

Slim Hopes is a lively and engaging program suitable for a wide range of audiences at high schools, colleges and universities. Using over 150 ads, it informs as it entertains, allowing viewers to build an analytic framework for considering the impact of advertising on women's health.

High School/Adult 30 min. 1994 DVD-5120

Surviving High School (cc)

Surviving High School is a searing exploration of the stress that high school kids experience as they try to fit in and be accepted by their peers – no matter what the cost. This video unfolds like a real-life version of *The Breakfast Club* as eleven teens struggling to “fit in” exemplify the ever-growing problems of isolation, extreme dieting, steroid use, depression, and suicidal thoughts. An additional inspiration is an appearance by Keena Turner, a former San Francisco 49er, who talks to teens about how he became a Super Bowl champion without the use of steroids; Magali Amadei, a former model, recounts her painful battle with an eating disorder. Viewers are given an in-depth look at these teens’ lives and are allowed to observe as they reveal their true selves to each other. The program dares these teens to define what it means to “survive” on their own campus by finding a solution to the bullying, harassment, and exclusion that have been tearing their school apart. Like the previous Teen Files specials, this program will raise awareness about these vital issues and motivate teenagers to face the truth about modern-day pressures. By urging teens across the country to make positive changes in how they perceive themselves and how they treat others, *Surviving High School* is a compelling and invaluable resource for kids and parents alike.

Junior High School/Senior High School 90 min. 2000 V-

Teens Dealing with Death

Maybe it’s hearing about friends, driving home from a dance, who get into a car wreck that no one survives. Or a fellow student—the one who wears a bandanna to hide what chemotherapy has done to her hair—one day fails to show up for homeroom. Or an announcement over the school’s PA system: “There will be a memorial service this afternoon…” For many young people, this will be their first exposure to death. How can teachers and school administrators help guide them through the experience? This program features Camp Comfort Zone, in Virginia, where viewers meet teens who have come to spend a weekend of talking, enjoying the outdoors, and sharing their grief over someone they’ve lost. The stories range from suicide, to sudden death, to terminal illness, and as the camp weekend progresses, viewers see how veteran campers help first-timers release their feelings. As healing and personal growth continue, an amazingly positive spirit, in most cases, actually overshadows the sadness. *Teens Dealing with Death* includes expert advice from Dr. Elena Lister, clinical assistant professor of psychiatry at Cornell University Medical College, New York City, and the collaborating psychoanalyst at the Columbia Psychoanalytic Center as well as the co-author of *I Will Remember You: A Guidebook Through Grief For Teens*. Dr. Lister shares her own personal experience of losing her daughter and offers suggestions on where teens can go for support and help in their communities.

Grades 6-12 29 min. 2004 V-5088 or DVD-5088

Through My Eyes

“Through My Eyes” features Mecklenburg County (North Carolina) teens and their families sharing their own emotional and mental health challenges, and how they are able to draw on their successes to overcome these challenges. The film also aims to stamp out stigma, raise awareness and improve community-wide support for youth who struggle with various challenges. Those challenges could range from anxiety disorders, depression, eating disorders, ADD, ADHD and others.

High School 28 min. 2007 DVD-6004

True Life/I Have Schizophrenia [HOPE TO ORDER]

On this episode of True Life we follow Josh, Amber and Ben as they try and lead normal lives despite being diagnosed schizophrenics.

High School min. 200? DVD-

What a Difference a Friend Makes/web site

The Substance Abuse and Mental Health Services Administration (SAMHSA) launched the Mental Health Campaign for Mental Health Recovery to encourage, educate, and inspire people between 18 and 25 to support their friends who are experiencing mental health problems. The prevalence of serious mental health conditions in this age group is almost double that of the general population, yet young people have the lowest rate of help-seeking behaviors. This group has a high potential to minimize future disability if social acceptance is broadened and they receive the right support and services early on.

<http://www.whatadifference.samhsa.gov/index.html>