



U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
Substance Abuse and Mental Health  
Services Administration  
Center for Mental Health Services

## International Spotlight On ...

### Summary

### Movie Monday

#### ***Brief Description***

Begun in 1993 by a mental health consumer, *Movie Monday* is a weekly film series offered in the auditorium of a psychiatric hospital. The series is designed for people with mental illnesses, their families, and the general public. It features a mix of films to educate people and break down the stigma of mental illness, addiction, and other subjects. *Movie Monday* creates opportunities for interaction, discussion, and entertainment for individuals with mental illnesses, their family and friends, and the general public. It is supported by donations from moviegoers and agencies such as Vancouver Island Health Authority and Canada Council for the Arts.

#### ***Situation***

The recovery process for people with mental illnesses can be filled with periods of loneliness and boredom. People with mental illnesses may withdraw from their loved ones, friends, and activities, and they may have trouble finding a safe, nonjudgmental place to interact with others. Research has demonstrated that positive interactions lead to a higher rate of success in recovery.

#### ***Solution***

*Movie Monday* provides a safe, nonjudgmental setting where individuals with mental illnesses can be entertained and can interact with others and help counter stigma. Films shown during the series vary, but many aim to stimulate discussion among viewers. Special guests aid this discussion by expanding on film topics. *Movie Monday* also has incorporated the presentation of consumer-created films and other works of art prior to the main feature.

*Movie Monday* outlines the following distinct goals:

- To use film/video to provide education about the issues of mental illnesses and recovery.
- To promote and encourage creative expression in film/video by providing a venue to present the artistic works of filmmakers, particularly those with mental illnesses.

- To encourage an understanding of mental illnesses through the use of film/video and to provide outreach to the general public and to individuals and families struggling with mental illnesses by inviting them into Victoria's psychiatric hospital for a positive, educational purpose.
- To develop and advance cooperation between mental health service providers and mental health service consumers, their families, and individuals who are living with mental illnesses within the community.
- To provide supportive opportunities for people recovering from mental illnesses to volunteer in activities.
- To advance accurate information, and to provide a forum for discussion on mental health issues and, in particular, to advance such information from the perspective of those who have experienced mental illnesses.
- To provide services to the public, regardless of income or mental and physical conditions.

### ***Results***

*Movie Monday* has helped to counter stigma by providing a safe place where open communication about mental illnesses and related subjects can take place. It also creates opportunities for community involvement by mental health consumers who wish to volunteer their time. *Movie Monday* has received many awards and recognitions, including being honored as a Best Practice in British Columbia's mental health system.

### ***Contact***

For further information about this program, contact Bruce Saunders via e-mail at [bruces@islandnet.com](mailto:bruces@islandnet.com) or visit the program's Web site at [www.islandnet.com/mm](http://www.islandnet.com/mm).

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