

# **INSIGHTS:** Silver Screen Insights into Mental Health

## **A New Course from Movie Monday**

### **Bi-weekly Thursday evenings - starting October 10, 2013**

Film can be a powerful carrier of ideas about extremes of human experience. Over ten evenings we will watch selected films and explore mental illness and recovery through guided learning and guest speakers. Feature films and documentaries with discussable themes and characters will be followed by interactive discussions featuring guests with clinical and experiential perspectives to share in our discussions and learnings.

How might on-screen characters help us understand these challenging conditions in clinical practice and in personal recovery? The series is intended for the general public as well as those working within hospital and community-based mental health services.

**Facilitators:** **Bruce Saunders**, who brings his personal experiences including 20 years of presenting films through his Movie Monday program and **Eileen Greene**, RN., M Ed, Educator Psychiatric Mental Health, Nursing Faculty, Camosun College/University of Victoria.

**Dates:** Bi-weekly starting October 10, 2013 to March 6, 2014 (with a holiday break).

**Time:** 7:00pm

**Location:** VIHA's new theatre in the Patient Care Centre (Room 169).  
1952 Bay Street (at Richmond)

**Cost: \$65 for the full series. \$40 for 5 or \$25 for 3 sessions punch card.**

Payment by Paypal (link on site\*) or cheque. A confirmation of attendance can be provided for applicable continuing education credit programs.

**Registration:** [moviemonday@islandnet.com](mailto:moviemonday@islandnet.com) for registration and inquiries.

**Further information:** \*[www.moviemonday.ca](http://www.moviemonday.ca)

#### **Preliminary Schedule** (subject to adjustments)

**Oct 10: HIDDEN PICTURES** – The series begins on World Mental Health Day and we will be showing the worldwide launch of Dr. Delaney Ruston's film that looks at attitudes about mental illness in India, China, France, Africa, and Ruston's own USA and her hometown children's school in Seattle.  
[www.unlistedfilm.com/hidden-pictures.html](http://www.unlistedfilm.com/hidden-pictures.html)

**Oct 24: MR JONES** – An entertaining and insightful bipolar portrayal with lots to consider about professional ethics.  
[http://en.wikipedia.org/wiki/Mr.\\_Jones\\_\(film\)](http://en.wikipedia.org/wiki/Mr._Jones_(film))  
[www.artistdirect.com/video/mr-jones/56576](http://www.artistdirect.com/video/mr-jones/56576)

**Nov 7: COMPLETELY CUCKOO** – About the making of and impact of the classic film One Flew over the Cuckoo's Nest. People are encouraged to watch the feature film One Flew over the Cuckoo's Nest and/or read the original Ken Kesey book ahead of seeing this documentary as the metamorphosis from one to the other is fascinating and the background of the documentary.  
[www.littlereview.com/goddesslouise/movies/cuckoo4.htm](http://www.littlereview.com/goddesslouise/movies/cuckoo4.htm)



**Nov 21: OUT OF THE SHADOW**– A filmmaker follows the course of her mother, who has schizophrenia, having spent a lifetime in a 'revolving door' of treatment and homelessness, finally getting life under control.  
[www.outoftheshadow.com/](http://www.outoftheshadow.com/)



**Dec 5: STUART SAVES HIS FAMILY** – Now US senator Al Franken with a light look at mental health and addiction in a year of his and his zany family's life. Humorous but mental health wise – and with a Christmas tie-in at the end. Based on the book by Franken, *You're Good Enough, You're Smart Enough, and Doggone It, People Like You* and his earnest, neurotic, but lovable Saturday Night Live character Stuart Smalley.  
[http://en.wikipedia.org/wiki/Stuart\\_Saves\\_His\\_Family](http://en.wikipedia.org/wiki/Stuart_Saves_His_Family)  
[http://en.wikipedia.org/wiki/Stuart\\_Smalley](http://en.wikipedia.org/wiki/Stuart_Smalley)

===== Winter Holidays Break =====

**Jan 9: THE BEAVER** - A depressed man latches on to a hand puppet as his guide and spokesman.  
[www.youtube.com/watch?v=DOSOWNS3jts](http://www.youtube.com/watch?v=DOSOWNS3jts)



**Jan 23: WHAT ABOUT BOB?** – A comedy with Bill Murray and (now out bipolar) Richard Dreyfuss exploring the patient/psychiatrist relationship (gone sideways). [www.youtube.com/watch?v=ptmP1lziJw4](http://www.youtube.com/watch?v=ptmP1lziJw4)



**Feb 6: PATIENT VOICES** - A collection of short impactful video pieces chosen as inspiring teaching devices and an intro to several leaders in the mental health recovery movement.



**Feb 20: FETCHING CODY** – Uses magic realism in telling a Vancouver Downtown Eastside story of addictions and investigates in a novel way what contributes to an addiction.  
[www.imdb.com/title/tt0475271/](http://www.imdb.com/title/tt0475271/)



**Mar 6: WILLIAM KURELEK'S THE MAZE** – Kurelek, a revered Canadian artist who went through a deep depression touching on psychosis, explores the roots of his crisis and recovery. A newly reworked version of a 40+ year old documentary that is an artwork in itself.  
[www.themazemovie.com](http://www.themazemovie.com) <http://kurelek.ca/>