



Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #: [415-655-0003](tel: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

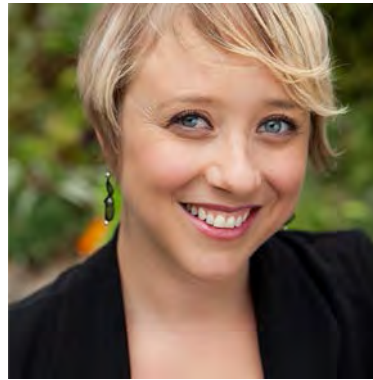
California School-Based Health Alliance
September 28, 2016

@artwithimpact
#SubvertSigma

Great to meet you!



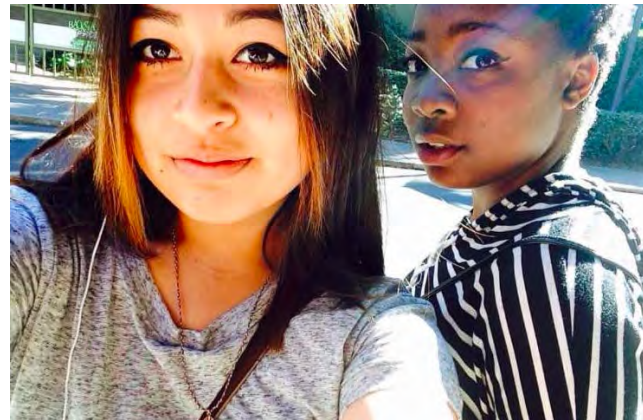
Molly Baldrige



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!



What is 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

Judgment

Shame

Fear

**Treatment
avoidance
or delays**

**Suffering
in silence**

**Perpetuation
of falsehoods**



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



Art as Social Change



OLIVE



Anosognosia

By Leesa Kim
AWI Winner, 2016

Workshops



High School Students

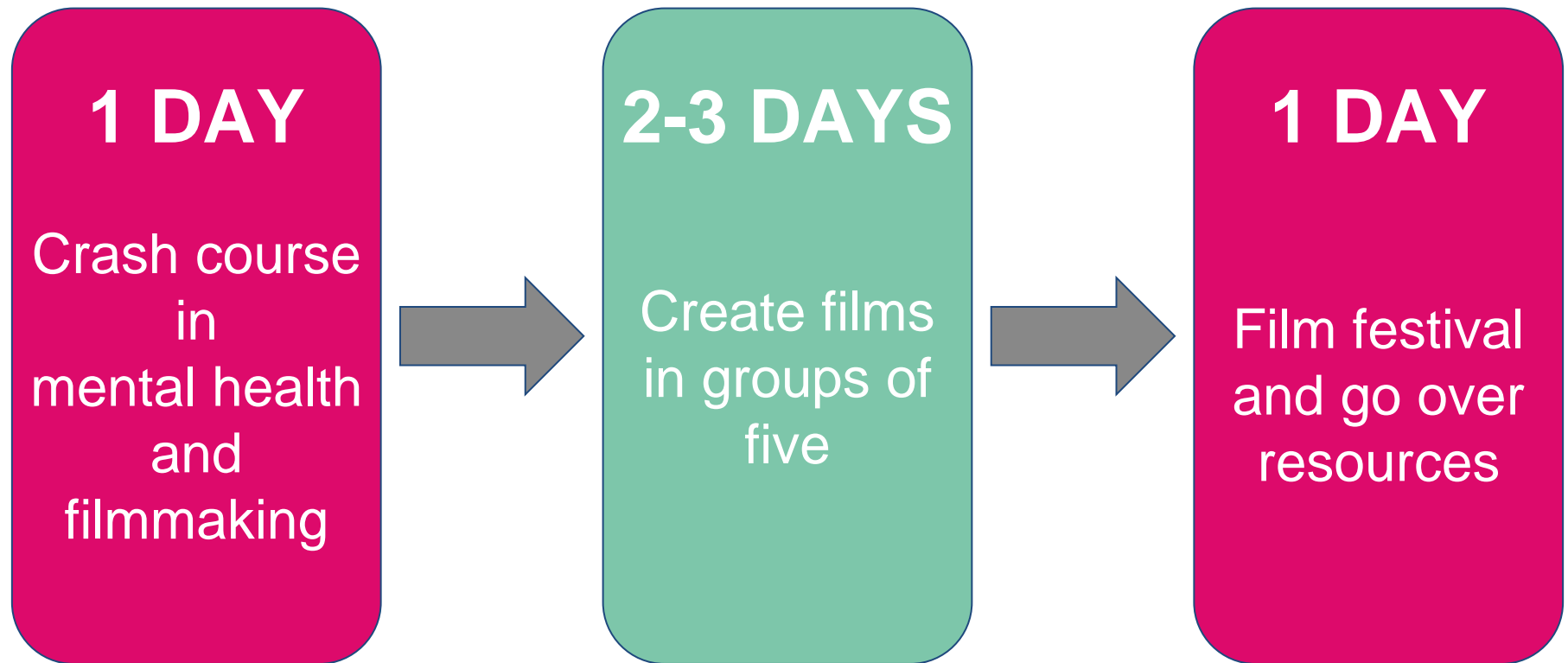


In the words of the great Oscar Wilde:



“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



Most of the learning is sneaky / informal



Films With Impact: Alone in a Crowd

Poly High School
May 2015

Films With Impact: Sticks and Stones

San Diego Met High School
October 2014

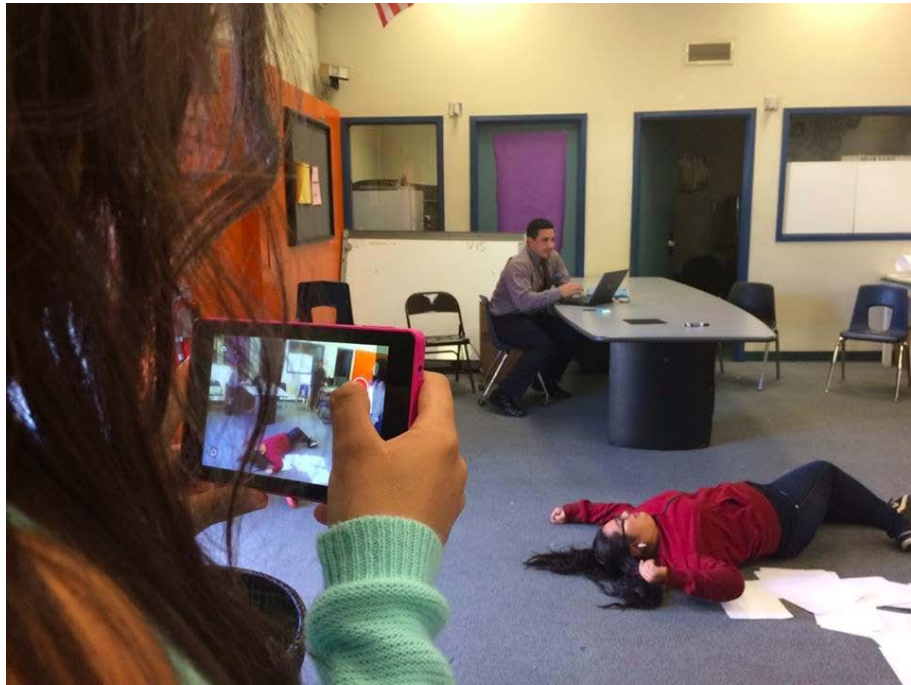
Films With Impact: Anxiety

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 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:

@artwithimpact

