

SCREENING TOOLKIT



Dear Screening Host

Thank you for organizing a screening of BURIED ABOVE GROUND. We are so pleased that you're bringing the film to your community.

This toolkit has tips for organizing, promoting and facilitating a successful screening that will spark dialogue in your community.

Included in this Toolkit:

IMPORTANT information about the film and filmmakers

HOW TO Host your screening

PLANNING Your screening, including a suggested timeline

CHECKLIST and day of rundown

VITAL information about PTSD and specific trauma communities

DISCUSSION Questions

TAKE ACTION Items

RESOURCES

MORE INFO: [WEBSITE](#) | [TRAILER](#) | [IMDB](#)
FOLLOW US: [FACEBOOK](#) | [BLOG](#) | [TWITTER](#)

A 34lukefilms PRODUCTION
IN ASSOCIATION WITH 13thGEN

ABOUT THE FILM

In the feature-length documentary film **BURIED ABOVE GROUND**, we journey for six years with three Americans who are fighting ongoing battles for recovery with post-traumatic stress disorder (PTSD). The film takes what we are learning from the combat military experience with PTSD and broadens the storytelling landscape to include other forms of debilitating trauma that currently impacts over 450 million people worldwide. One powerful narrative plays, whereby the personal becomes polemic.

Meet Luis, a combat veteran who rallies as an advocate assisted by his service dog “Tuesday”; Erundina, a lifelong survivor of child abuse and domestic violence who fights addiction issues; and Ashley, a New Orleanian who lived through Hurricane Katrina and returns home to confront the aftermath.

Luis’s journey establishes a master narrative that capitalizes on the public’s emerging understanding of the relationship between combat trauma and PTSD. Through Luis’s arc, we learn about the hellish symptoms of PTSD -- acute anxiety, flashbacks, severe depression, dissociation, hypervigilance, emotional numbness, and isolation. From there, we see the ways that PTSD devastate the lives of other trauma survivors who are far less visible in the



culture: survivors of sexual assault, domestic violence, child abuse, and natural disasters.

BURIED ABOVE GROUND embeds in its three subjects' lives over a six year journey using subjective framing, vérité, interviews, and personal video archives. We gain access to their therapy sessions, home life, and efforts to embrace community, all while trying to unburden themselves from the crippling lock of their past traumas. Luis learns to cope through the bond he forms with his service dog Tuesday, and by becoming an advocate. In the wake of Hurricane Katrina, Ashley returns to New Orleans to rebuild herself, her home, and her city. After a lifetime of abuse, Erundina wages an ongoing fight for her sobriety, while putting herself through college and repairing the relationship with her son.

TABLE OF CONTENTS

FROM THE DIRECTOR ——— 2

MISSION STATEMENT ——— 4

PLAN YOUR EVENT ——— 8

DISCUSSION QUESTIONS ——— 13

ABOUT THE FILMMAKERS ——— 3

HOSTING A SCREENING ——— 7

PTSD ——— 10

RESOURCES ——— 14

FROM THE DIRECTOR

BURIED ABOVE GROUND is a mental health film and an unsentimental testimonial of courage that will serve as a tool of awareness for the American public and audiences internationally. At its heart, the documentary is an unflinching observational portrait of individuals trying to reclaim their everyday lives while being haunted by psychological demons. The film's aim is to give voice to those disempowered by PTSD in hopes that their stories will promote understanding and empathy. BURIED ABOVE GROUND is a dramatic feature documentary that can help our nation begin to undo the prevailing forces of silence - guilt, shame and stigma - that engulf the courageous people struggling to overcome this debilitating disorder.

I hope BURIED ABOVE GROUND will promote awareness about the true nature of PTSD while inspiring a public discourse on what we, as individuals and as communities, need to do to help combat the stigmas and guilt associated with this destructive illness. I think BURIED ABOVE GROUND can accomplish this goal because its themes will speak to a wide audience. To begin with, the film will connect with anyone living with PTSD. I also think interest in the film will extend to anyone in the ever-widening circle of people affected by PTSD, including family members and friends of those with PTSD, as well as mental health experts and caregivers who have dedicated their lives to treating people with mental disorders. In addition, the film's verité style, sympathetic characters and dramatic arc will help promote interest in the film from the growing documentary-watching public.



Ben M. Selkow

Director Ben Selkow

ABOUT THE FILMMAKERS

BEN SELKOW | Director | Producer | Writer



<http://www.imdb.com/name/nm0783248/>

<https://twitter.com/benselkow>

<https://www.facebook.com/ben.selkow?fref=ts>

Ben Selkow is an award-winning filmmaker whose work has been featured on HBO, CNN, Sundance Channel, Discovery, Science, Pivot TV, Esquire Network and at film festivals globally. Ben's directorial debut came with "A Summer in the Cage" which premiered on Sundance Channel and was nominated for a Prism Award. Ben also is producing "Death by a Thousand Cuts," a documentary investigating deforestation and rising ethnic tensions along the Haiti-Dominican Republic border. He produced "Prayer for a Perfect Season" for HBO and "The Carrier" which premiered at the Tribeca Film Festival. With "Buried Above Ground," Ben was a Mental Health Journalism fellow at the Carter Center in Atlanta, GA. His varied unscripted television credits include directing and producing episodes of the Emmy Award-winning "Anthony Bourdain: Parts Unknown" for CNN, and executive producing "Welcome to Fairfax" for Pivot TV. Ben graduated with Honors from Wesleyan University's Film Studies and African-American Studies Programs.

MARC SMOLOWITZ | Producer



<http://www.imdb.com/name/nm0810625/>

<https://twitter.com/marcsmolowitz>

<https://www.facebook.com/marc.smolowitz?fref=ts>

Marc Smolowitz is a multi-award winning director, producer and executive producer with 25 years of experience across all aspects of the entertainment and media business. His career focus has been powerful social issue filmmaking across all genres. His long list of credits includes films that have screened at top-tier festivals - Sundance, Berlinale, AFI Docs, IDFA, Tokyo, Melbourne, among others - and been released worldwide theatrically, across all forms of television, and on VOD/Digital. Select titles including: "The Nine" (Producer, 2016), "Buried Above Ground" (Producer, 2015), "Desert Migration" (Producer, 2015), "Black Is Blue" (Producer, 2014), "Heaven Adores You" (Producer, 2014), "Havana Curveball" (Exec. Producer, 2014), "The Campaign" (Producer, 2013), "Keep The Promise: The Global Fight Against AIDS," narrated by Margaret Cho (Director/Producer, 2013), "The Power Of Two" (Director/Producer, 2011) "Still Around" (Exec. Producer/Collaborating Director, 2011), "The Weather Underground" (Producer, 2003), "Trembling Before G-d" (Producer, 2001). In recent years, he was the Producer at TellyTopia, a Silicon Valley start-up specializing in interactive television, IP-TV and VOD products for cable & satellite companies. In the 1990s, he was widely known as the President & Founder of Turbulent Arts -- a boutique, indie film distribution and sales company based in San Francisco that ranked as the 26th largest film company in North America, 14th among independents, at its peak in 1998. Today, he works full-time as an independent filmmaker, while maintaining a thriving consulting practice called 13th Gen that guides filmmakers through key stages of development, fundraising, production, post, completion, and distribution.

MISSION STATEMENT

THE BURIED ABOVE GROUND MEDIA PROJECT'S MISSION IS TO RAISE AWARENESS AND COMPASSION SURROUNDING THE MENTAL HEALTH CONDITION OF PTSD, DISRUPT THE CRISIS OF CONNECTION THAT LIMITS RECOVERY, EMPOWER AUDIENCES TO BE PROACTIVE IN BUILDING COMMUNITY, AND FIGHT THE EFFECTS OF STIGMA.

THE BURIED ABOVE GROUND MEDIA PROJECT is a multi-media advocacy and film project that seeks to bring public awareness around post-traumatic stress disorder (PTSD). THE BURIED ABOVE GROUND MEDIA PROJECT understands that the lives of 450+ million people worldwide with Post-Traumatic Stress Disorder are in the balance. In response, we will use the power of documentary film and related forms of storytelling to unite communities around a common goal -- to empower those who have been adversely impacted by PTSD in its many forms while also working to combat the social stigma that surrounds it. By aligning closely with national and local non-profits that do critical work in key areas of mental health, THE BURIED ABOVE GROUND MEDIA PROJECT will look to disrupt the isolation that comes with the sweeping "crisis of connection" that has been brought on by PTSD and create greater awareness of this exigent social issue, compassion and communication for the varied communities involved, and a stronger coalition of advocates through two types of programs and initiatives:

- LIVE EVENTS - The core of the program is creating community at the grassroots level through live events that feature the documentary film -- BURIED ABOVE GROUND. These events will include screenings and talkbacks with the director, subjects featured in the film, leading advocates and researchers, and people with lived experience who have survivor's stories that will inspire others to openly address the trauma in their lives. The BURIED ABOVE GROUND MEDIA PROJECT also will provide step-by-step toolkits to empower grassroots organization, local affiliates and advocates to host their own screening events at

whatever scale or budget they can afford. The project will look to create minimal barriers of entry to participation. Events will focus on putting a human face on PTSD, bringing together like-minded stakeholders who can help take the film's message of recovery "off-the-screen" and into communities, as well by activating local and national leadership. The goal is to help to build and strengthen coalitions that will advance the greater cause of community recovery and resiliency. Bringing people together, sharing stories and disrupting the cycles of isolation that are too often associated with PTSD symptoms (as patient or caregiver) is the power of the live event.



- DIGITAL OUTREACH - The BURIED ABOVE GROUND PROJECT intends to create a dynamic DVD and digital package that will include a wide-range of assets, such as the full feature-length version of the film, the three storylines separated into individual short films for trauma-specific educational and advocacy partner use, deleted scenes, as well as an interview with renowned psychiatrist and clinician Dr. Charles R. Marmar, chair of the Department of Psychiatry at the NYU Langone Medical Center. By having DVD's and digital packages broken out into the various storylines, educational institutions, groups, and non-profits can scale and customize their screening and teaching experience to the core issues of their missions or focuses, as well as create a program of various time lengths.

MISSION STATEMENT

- **ONLINE COMMUNITIES** - Creating community in the digital world and online sphere through interactive, web-based experiences that build upon the stories featured in BURIED ABOVE GROUND and others. These efforts will take full advantage of the robust social potential that is currently available online by activating people on important topics, policy initiatives, and advocacy goals. By creating an Internet hub for partnership resources, community action, and story sharing, this hub will also help people break their cycle of isolation and loneliness through simple online interactions that can scale into deeper forms of engagement, including getting support, referrals, and advice when needed.

The campaign will promote an openness to not only understanding the various causes of PTSD, but also the various paths of treatment and recovery.

At the national level, with the film, we will create a forum for groups to work together, foster new partnerships and create a platform for various existing advocacy groups to come together to improve communication as social/political leverage in efforts of lobbying and education campaigns for mental health resources, reduction of stigma (and thus isolation), Themes that the BURIED ABOVE GROUND mission covers are elucidating putting a human face to PTSD by depicting what are some of the causes of PTSD, the symptoms in the aftermath of a traumatic event, the disruption in life by these symptoms, reclaiming the narrative of the trauma, illustrating the various paths to wellness, restoration of resiliency and recovery.

At the grassroots level, we want to partner with local groups of all varieties to create screening and live discussion events to educate communities, highlight local and national resources for mental health services, through an interactive program create more compassion for PTSD survivors and their +4, engage and



educate local leaders, generate press coverage to these stories, connect groups/individuals via social media, and activate local communities to make their voices heard around mental health issues associated with PTSD. PTSD is complicated, with a myriad of persistent symptomatic manifestations, from anxiety, to depression, to substance abuse, to suicidal ideation. There are various routes to recovery and not every path is best for each individual. The campaign will promote an openness to not only understanding the various causes of PTSD but also the various paths of treatment and recovery.

Much of Director/Producer Ben Selkow's documentary work has been focused squarely on stories about disenfranchised groups, with an eye toward high-impact narratives that shed light on important issues that surround health and illness. With "The Carrier" (2011), he focused on HIV/AIDS. With "A Summer In The Cage" (2007), he focused on bipolar disorder and suicide. His latest project -- BURIED ABOVE GROUND -- continues his commitment to powerful, personal storytelling in this important sub-genre with strong universal resonance.

As a society, we are beginning to understand the connections between military service and PTSD, but there has never been a film that shows the parallels of other types of trauma that often catalyze the same disorders. Further, no film has endeavored to follow its subjects for six years in an elongated study. In this way, BURIED ABOVE GROUND is poised to take public conversations about PTSD in important new directions. With respect to its three main subjects, the film provides great opportunities to activate large constituent-based audiences and groups that care deeply about each of the issues at hand.

MISSION STATEMENT

The net effect will be a more clearly drawn understanding of the emotional and psychological costs of PTSD in its varied forms, a push towards coalition building amongst the various stakeholder groups affected by PTSD (groups that support trauma as a result of domestic and intimate partner violence, sexual assault/rape, military service, child abuse, community violence, natural and man-made disaster, terrorism, first-response, as well as correlative groups highlighting accompanying issues such as suicide, substance abuse, and homelessness).

In 2014, the communities affected by PTSD are massive, and the statistics are staggering. There are twenty-two veterans committing suicide each day, with a Veterans Administration under enormous scrutiny and in need of overhaul, especially as we seem poised to continue our nation's longest running wars in Iraq and Afghanistan. Climate change is producing devastating global natural disasters with 20% of victims developing PTSD symptoms. And, an estimated 1 in 10 of all women will develop PTSD in their lifetime. The overall impact of PTSD on families, not to mention the \$42 billion dollar economic blow to workforce productivity and on the health care system, make this issue an exigent one.



BURIED ABOVE GROUND

With the above in mind, the marketing and distribution phase for BURIED ABOVE GROUND will be designed to unleash the film's incredible potential to have a national impact on public conversations about its key issues. The combined experience of the producers in outreach and engagement on social issue documentaries is extensive, with Ben Selkow maintaining an impressive network of national relationships in the film's varied communities of interest, and Marc Smolowitz having overseen several highly successful national campaigns for award-winning documentary films that cover important health topics such as Cystic Fibrosis, organ donation and transplantations, and HIV/AIDS.

HOST A SCREENING

TIPS ON HOSTING YOUR OWN SCREENING



- **FIND A PARTNER** - By working with a partner organization or department, you increase your potential audience, expand your ability to promote and amplify the conversation around PTSD. This partner might be a nonprofit, community group or student organization. Welcome them to distribute their materials at your event and sign up new members. If you'd like help brainstorming potential partners in your community, let us know.

- **CHOOSE A VENUE** - Make sure your venue can comfortably fit as many people as you expect to attend. This can range from the living room of your home to a large auditorium. Check the A/V equipment ahead of time and make sure you can block all windows if you're hosting a daytime event. If you plan to have snacks at your event, make sure your venue allows food to be served.

- **ORGANIZE A POST-SCREENING CONVERSATION** - Hosting a moderated discussion after *BURIED ABOVE GROUND* has proven to be the best way to increase turnout, further explore the issues in the film, and spark interesting conversation among your community. Possible panelists include service providers, healthcare professionals, authors, academics and people with lived experience. We suggest you have a moderator for this panel

who can encourage equal sharing between audience members and panelists, as many people in the audience will likely have first-hand experience with the disease.

- **TECH CHECK** - Double-check the DVD and your A/V equipment at least 2-3 days before your event. If you have any trouble with the DVD, please let us know with enough time to ship you a replacement. Good sound and picture (and comfortable seating) makes a big difference in how engaged your audience will be, so take the time to calibrate your projector and check sound levels before your event begins.

- **CONTINUE THE CONVERSATION** - When you know how many people will attend, print out enough materials for attendees. Hand these out as your audience is arriving and be sure to leave dedicated time at the end of the discussion for audience members to fill them out.

- **OFFER EATS** - Providing food at your screening encourages people to attend and encourages people to stay through the entire event. This can range from popcorn at the theater to a full dinner provided to guests. Make sure you know what you are offering, when it will arrive, and if your venue allows food to be served.

PLANNING YOUR EVENT

THE BASICS The first step is to arrange a venue for your screening that will accommodate the number of participants you expect. Depending on your goals, this could be a private home, a classroom, a youth center, or a theater.

You will need:

- A television or projector with a screen that is big enough for everyone to see.
- A DVD-player, computer, or professional theater projector.
- A copy of the DVD or access to the online version and internet access
- Sound system (so that dialogue can be heard in the back of your venue). Make sure to test the system prior to the screening.
- Seating that allows everyone a good view of the screen, and can be adjusted to allow for a discussion after the film.
- Information table where you can place sign-in sheets, pens, and evaluations.

Helpful Tip: To avoid technical problems, make sure to preview the entire film and test your player and audio system well before the event.

SPREADING THE WORD Two tools for publicizing the event are available for download at:

1. A flyer template for your event.
2. A press release template for your event.

At least 30 days before your event, post your screening on community calendars, bulletins, newsletters, email lists, and social networking sites that target the participants you would like to have attend the event. Use our flyer template to create printed flyers to post in areas frequented by the audience you are trying to reach.

If you are planning a large event, share your plans with local newspapers, radio and TV stations by customizing the press release template available on our website.

SCHEDULING YOUR EVENT

3-4 WEEKS PRIOR

- Create your own e-blast using the downloadable email flyer.
- Send a “save-the-date” e-blast to your list.
- Make a Facebook event. Invite your networks.
- Customize the downloadable mini-poster with your screening information. Hang it where your target audience spends time: school or organization bulletin boards, cafes, public libraries, community bulletin boards, etc.
- Confirm equipment for screening the DVD. You’ll need a player and a large TV, or a projector screen, and sound system. TUGG handles arrangements for screenings in theaters.
- Announce your screening on social media (using sample social media posts as a guide).
- Secure food for reception, if you will have one.
- Draft agenda and vet with co-sponsoring partners.

2 WEEKS PRIOR

- Resend email blast to your target audience. Use the downloadable email flyer template as a start, or create your own using information from our press kit and downloadable photos. We suggest sending one announcement two weeks before your event and another several days prior.
- Continue posting to social media.

SEVERAL DAYS PRIOR

- Test your projection system to make sure everything is working correctly. Be sure that the screen is high enough so that everyone can read the subtitles!
- Send third round of email blasts.
- Post again to social media.
- Finalize agenda. Make sure you leave adequate time for questions and discussion.
- Copy handouts, including literature from your organization or co-sponsors and the downloadable TAKE ACTION handout.

PLANNING YOUR EVENT

CHECKLIST & RUNDOWN

1. Order Screening Copy (Blu-ray or DVD) - Make sure we have your shipping information
2. Confirm date/time/location/venue capacity
3. Confirm screening details with your panelists and moderator
4. Contact your venue manager regarding any special needs you'll have for your event (make sure they have the required A/V needs, and that the room can get completely dark)
5. Email out invitations three weeks before your event
6. Email a reminder one day before your event
7. Once you have received the DVD, make sure it plays on the system you will be using for your event
8. Print out materials
9. Arrive at your venue 45 minutes early
10. Greet your guests as they arrive and distribute handouts
11. Enjoy the film!

TIMING YOUR EVENT

Below are our suggested timelines that can help you in planning the timing of your event.

1. Greet attendees. Collect the signed informed consent form. Hand out pre-test as participants enter and collect when finished. (*Optional 10 minutes*)
2. Briefly introduce the film. (*10 minutes*)
 - Thank any partners who helped make the event possible. For example, thank the community center that is hosting the event, donors, volunteers, etc.
 - Let everyone know that the film will last approximately 80 minutes and that there will be a discussion of approximately half an hour following the film. Note what time you expect to leave.
 - Invite people to stay after the film for the facilitated discussion.



3. View the film (*76 minutes*)
4. Facilitate group discussion. If you need assistance, see a selection of possible discussion questions listed on page 13 (*30-45 minutes*)
5. Hand out survey and collect (*Optional 10 minutes*)
6. Thank the audience for attending the event, and provide closing remarks and a call to action (*10 minutes*)
 - Distribute the take action information on page 13 to inform your audience on how they can get involved.

POST-TRAUMATIC STRESS DISORDER

POST-TRAUMATIC STRESS DISORDER PTSD is a devastating anxiety disorder that develops after exposure to a serious traumatic event such as a rape, kidnapping, domestic assault, car accident, plane crash, terrorist attack, bombing, or natural disaster. Approximately 7%-8% of people in the United States will develop PTSD while the lifetime prevalence of the disorder amongst combat veterans and rape victims is even higher, ranging from 10% to as high as 30%. The symptoms of PTSD can include flashbacks, long-term severe depression, dissociation, emotional numbness, avoidance, substance abuse, suicide, dislocation, and social retreat.



FROM THE NATIONAL INSTITUTE OF MENTAL HEALTH

<http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

- DIAGNOSING AN ILLNESS - It's natural to be afraid when you're in danger. It's natural to be upset when something bad happens to you or someone you know. But if you feel afraid and upset weeks or months later, it's time to talk with your doctor. You might have post-traumatic stress disorder.

- WHAT IS POST-TRAUMATIC STRESS DISORDER, OR PTSD? -

PTSD is a real illness. You can get PTSD after living through or seeing a dangerous event, such as war, a hurricane, or bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you. If you have PTSD, you can get treatment and feel better.

- WHO GETS PTSD? - PTSD can happen to anyone at any age. Children get PTSD too. You don't have to be physically hurt to get PTSD. You can get it after you see other people, such as a friend or family member, get hurt.

- WHAT CAUSES PTSD? - Living through or seeing something that's upsetting and dangerous can cause PTSD. This can include:

- Being a victim of or seeing violence
- The death or serious illness of a loved one
- War or combat
- Car accidents and plane crashes
- Hurricanes, tornadoes, and fires
- Violent crimes, like a robbery or shooting
- There are many other things that can cause PTSD. Talk to your doctor if you are troubled by something that happened to you or someone you care about

- HOW DO I KNOW IF I HAVE PTSD? - Your doctor can help you find out. Call your doctor if you have any of these problems:

- Bad dreams
- Flashbacks, or feeling like the scary event is happening again
- Scary thoughts you can't control
- Staying away from places and things that remind you of what happened
- Feeling worried, guilty, or sad
- Feeling alone
- Trouble sleeping
- Feeling on edge
- Angry outbursts
- Thoughts of hurting yourself or others
- Children who have PTSD may show other types of problems. These can include:
 - Behaving like they did when they were younger
 - Being unable to talk
 - Complaining of stomach problems or headaches a lot
 - Refusing to go places or play with friends

POST-TRAUMATIC STRESS DISORDER

- **WHEN DOES PTSD START?** - PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later.

PTSD can happen to anyone at any age. You don't have to be physically hurt to get PTSD. You can get it after you see other people, such as a friend or family member, get hurt.

- **HOW CAN I GET BETTER?** - PTSD can be treated. A doctor or mental health professional who has experience in treating people with PTSD can help you. Treatment may include "talk" therapy, medication, or both. Treatment might take 6 to 12 weeks. For some people, it takes longer. Treatment is not the same for everyone. What works for you might not work for someone else.

Drinking alcohol or using other drugs will not help PTSD go away and may even make it worse.

- **FACTS ABOUT PTSD** -

- PTSD can affect anyone at any age
- Millions of Americans get PTSD every year
- Many war veterans have had PTSD
- Women tend to get PTSD more often than men
- PTSD can be treated. You can feel better

- **DON'T HURT YOURSELF** - You are not alone. Get help if you are thinking about hurting yourself. Call your doctor. Call 911 if you need urgent help.

Talk to a trained counselor at the National Suicide Prevention Lifeline at:

1-800-273-TALK (8255)

TTY: 1-800-799-4TTY (4889)



POST-TRAUMATIC STRESS DISORDER

PTSD IN THE FILM

MILITARY PTSD

- **PTSD SYMPTOMS LATER IN LIFE** - Many older Veterans find they have PTSD symptoms even 50 or more years after their wartime experience. Some symptoms of PTSD include having nightmares or feeling like you are reliving the event, avoiding situations that remind you of the event, being easily startled, and loss of interest in activities. There are a number of reasons why symptoms of PTSD may increase with age. Having retired from work may make your symptoms feel worse, because you have more time to think and fewer things to distract you from your memories. Or, having medical problems and feeling like you are not as strong as you used to be also can increase symptoms. You may find that bad news on the television and scenes from current wars bring back bad memories.

PTSD symptoms can occur soon after a traumatic experience, but this is not always the case.

You may have tried in the past to cope with stress by using alcohol or other substances. Then if you stop drinking late in life, without another, healthier way of coping, this can make PTSD symptoms seem worse.

Some Veterans begin to have PTSD symptoms soon after they return from war. These symptoms may last until older age. Other Veterans don't have PTSD symptoms until later in life. For some Veterans, PTSD symptoms can be high right after their war experience, go down over the years, and then worsen again later in life.

DOMESTIC VIOLENCE

Intimate partner violence (IPV) occurs when a current or former partner (such as a spouse, boyfriend, or girlfriend) harms, threatens to harm, or stalks you. IPV is a form of domestic violence, which is a broader term that refers to any violence or aggression taking place within a family home. Domestic violence includes child abuse, elder abuse, and other forms of interpersonal abuse.

COMMUNITY VIOLENCE

Community violence includes many events. It might be a stranger using physical threat or direct violence to take something or hurt someone. It can also be violence between family members, close partners, colleagues or peers. These events may include cruel acts such as being shot, raped, stabbed, or beaten.

Most of the attention from media and research is on community violence that involves adults. However, many children and teens face violence in their neighborhoods and schools. Such violence can have effects on children.

NATURAL DISASTERS

Sudden traumatic events or disaster can lead to injury, death, and psychological distress. Events in the media can also trigger reminders to past events.



DISCUSSION QUESTIONS

DISCUSSION GUIDE QUESTIONS

For the end of your event

- How many people in the room have been touched by PTSD?
- How can friends and family best support those living with PTSD?
- How does stigma impact those living with PTSD to seek services?
- How can a service dog help someone with PTSD?



- How do you think talking about an issue can help you or your loved one?
- Have you experienced trauma? What helped you move through that trauma?
- We watch Luis, Erundina and Ashley regain independence. How have you or people you know regained independence living with PTSD?
- How can you create a safe space where people can feel safe sharing their struggles?

- MILITARY -

- Have you found support through the VA or other support systems?
- In the film, Luis found support with his service dog, Tuesday. How many have service animals? Have you thought about getting a service dog?
- What unexpected resources have you found to be helpful?
- *(For friends and family)* What has been effective for you to support your loved one?

- NATURAL DISASTERS -

- In the film, Ashley found support at ArtEgg to rebuild her home and life. Do you have an "ArtEgg" that has supported you?
- ArtEgg inspired Ashley to move forward. Where have you found inspiration?
- What unexpected resources have you found to be helpful?
- *(For friends and family)* What has been effective for you to support your loved one?

- DOMESTIC & COMMUNITY VIOLENCE -

- In the film, Erundina finds support in recovery groups. Where have you found support?
- Erundina went back to school and mended the relationship with her son. What has inspired you to move your life forward?
- What unexpected resources have you found to be helpful?
- *(For friends and family)* What has been effective for you to support your loved one?

TAKE ACTION

Below are some helpful resources to get involved with activism in the PTSD community

EQUALITY NOW

<http://www.equalitynow.org/>

Working with grassroots organizations and activists, Equality Now seeks to protect and promote the human rights of women and girls all over the world by documenting violence and discrimination against women and mobilizing efforts to stop these abuses.

NATIONAL CENTER ON DOMESTIC AND SEXUAL VIOLENCE

<http://www.ncdsv.org/>

A national training organization, NCDsv works to influence national policy and provides customized training and consultation to professionals working in fields that might influence domestic violence.

RESOURCES

Below you'll find helpful resources for more information about PTSD. This list includes further information about finding help for yourself or loved ones, including a variety of emergency hotlines.

American Psychiatric Association (APA)
Phone: (703) 907- 7300
www.healthyminds.org

American Psychological Association (APA)
Phone: (800) 374-2721
www.apa.org

Anxiety Disorders Association of America (ADAA)
Phone: (240) 485-1001
www.adaa.org

Freedom from Fear (FFF)
Phone: (718) 351-1717
www.freedomfromfear.org

Gift from Within (GFW)
Phone: (207) 236-8858
www.giftfromwithin.org

International Society for Traumatic Stress Studies (ISTSS)
Phone: (847) 480- 9028
www.istss.org

National Alliance on Mental Illness (NAMI)
Phone: (800) 950-NAMI (6264)
www.nami.org

National Center for Post-traumatic Stress Disorder (NCPTSD)
Phone: (802) 296-5132
<http://www.ptsd.va.gov/>

National Center for Victims of Crime (NCVC)
Phone: (202) 467-8700
www.ncvc.org

National Institute of Mental Health (NIMH)
Phone: (866) 615-6464
www.nimh.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)
Phone: (800)-789-2647
www.samhsa.gov/vets/

The Sidran Traumatic Stress Institute
Phone: (410) 825-8888
www.sidran.org

Suicide Hotline
Phone: 1-800-273-TALK (8255)
1-800-799-4TTY (4889) (TTY)
<http://www.suicidepreventionlifeline.org/>

MILITARY PTSD

National Center for PTSD
Veterans Crisis Line: 1-800-273-8255
Combat Call Center: 1-877-927-8387
Women Veterans: 1-855- 829-6636
VA Benefits 1-800-827-1000
<http://www.ptsd.va.gov/>

Screening for Mental Health (For Military)
Phone: (781) 239-0071
www.militarymentalhealth.org

DOMESTIC & COMMUNITY VIOLENCE

Asian & Pacific Islander Institute on Domestic Violence
Phone: (415) 568-3315
<http://www.apiidv.org/>

Child Welfare League of America
Phone: (202) 688-4200
<http://www.cwla.org/>

Manavi: Services for South Asian Women
Phone: (732) 435-1414
<http://www.manavi.org/>

National Domestic Violence Hotline
Phone: 1-800-799-7233
1-800-787-3224 (TTY)
<http://www.thehotline.org/>

Rape, Abuse and Incest National Network (RAINN)
Phone: 800-655-HOPE
<http://www.rainn.org>

NATURAL DISASTERS

United States 211 Information and Referral Systems
<http://www.211us.org/>

Many US States now have a 2-1-1 referral phone line. By dialing 211, any state resident is provided with information regarding a variety of state and community services available to them.

**DON'T
RUSH
HOME**

Some viewers might experience triggers from events depicted in the film. Viewers can always leave the theater, but please remind them to stabilize first, and engage the rest of the audience before leaving.