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WWW.BURIEDABOVEGROUND.TV

Sales, Distribution, Press & Publicity Materials

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"Powerful. BURIED ABOVE GROUND will contribute to reshaping the way our society thinks about mental health issues. It will help move viewers and help dispel the myths and misconceptions about PTSD."

ROSALYNN CARTER, Former First Lady
The Carter Center

"BURIED ABOVE GROUND is a not-to-be-missed, honest and realistic documentary ride that transports viewers into the lives of three very different people affected by PTSD. It powerfully depicts the daily battles they face to confront and recover from traumatic events."

PAUL GIONFRIDDO, President/CEO Mental Health America (MHA)

"BURIED ABOVE GROUND sheds a much needed lens on mental health, the complexity of PTSD, and the diverse struggles individuals face on a daily basis."

NAOMI RANZ-SCHLEIFER, Chair APHA Global Public Health Film Festival

"BURIED ABOVE GROUND brings to light PTSD in a real and powerful way, helps dispel stigmas associated with trauma, and allows the audience to see the humanity of those suffering from PTSD."

EDWIN MARTICORENA, U.S. Army Veteran, Deputy Executive Director Veterans Transition Center

"This seminal work forces the viewer to recognize the pervasiveness of trauma across identities and experiences, and consequently, the common humanity of those who suffer from it. Ben Selkow takes us into the darker spaces of the emotional self, yet still provides deeply inspiring examples through his chosen subjects that there is light to be found."

JIMMIE BRIGGS, Co-Founder/Executive Director
Man Up Campaign

"Ben is clearly an artist. His storytelling style is quite powerful. The film will surely pull on your heartstrings. But most importantly, It will give you hope. The kind of hope you will never forget, or leave behind."

KEVIN HINES, Storyteller, Author, Advocate, Filmmaker Author of *Cracked Not Broken* & Director of *The Ripple Effect* 

"BURIED ABOVE GROUND is an intimate and powerful film that naturally generates honest conversations about PTSD and mental-health issues. The dialogue that followed the film's presentation in Monterey County was as intense and as inspiring as the movie itself, a testament to Ben Selkow's vision."

JOE LIVERNOIS, President NAMI Monterey County

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### **SHORT SYNOPSIS**

What would you do if the worst thing that ever happened to you felt like it kept happening? Over six years, BURIED ABOVE GROUND explores this question and the road to recovery through the eyes of three post-traumatic stress disorder (PTSD) survivors.

BURIED ABOVE GROUND goes on an inspirational journey with three people trying to recover from post-traumatic stress disorder (PTSD) – Luis, an Iraq War veteran, along with his service dog Tuesday; Erundina, a survivor of domestic violence; and Ashley, an evacuee from Hurricane Katrina. BURIED ABOVE GROUND explores its subjects' lives over six years, gaining access to their home life, therapy sessions, and communities as they try to unburden themselves from the crippling lock of their past traumas. The personal battles fought by Luis, Ashley and Erundina illuminate a global health condition that is misunderstood, underreported and often left untreated.

### WHAT IS POST-TRAUMATIC STRESS DISORDER (PTSD)?

via The Mayo Clinic

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event or events — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Many people who go through traumatic events have difficulty adjusting and coping for a while, but they don't have PTSD — with time and good self-care, they usually get better. But if the symptoms get worse or last for months or even years and interfere with your functioning, you may have PTSD. Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

### **Symptoms**

- Post-traumatic stress disorder symptoms may start within three months of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships.
- PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, or changes in emotional reactions.

#### **Intrusive memories**

- Symptoms of intrusive memories may include:
- Recurrent, unwanted distressing memories of the traumatic event
- Reliving the traumatic event as if it were happening again (flashbacks)
- Upsetting dreams about the traumatic event
- Severe emotional distress or physical reactions to reminders of the event

#### **Avoidance**

- Symptoms of avoidance may include:
- Trying to avoid thinking or talking about the traumatic event
- Avoiding places, activities or people that remind you of the traumatic event

#### Negative changes in thinking and mood

- Symptoms of negative changes in thinking and mood may include:
- Negative feelings about yourself or other people
- Inability to experience positive emotions
- Feeling emotionally numb
- Lack of interest in activities you once enjoyed
- Hopelessness about the future
- Memory problems, including not remembering important aspects of the traumatic event
- Difficulty maintaining close relationships

### **Changes in emotional reactions**

- Symptoms of changes in emotional reactions (also called arousal symptoms) may include:
- Irritability, angry outbursts or aggressive behavior
- Always being on guard for danger

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- Overwhelming guilt or shame
- Self-destructive behavior, such as drinking too much or driving too fast
- Trouble concentrating
- Trouble sleeping
- Being easily startled or frightened

### **Intensity of symptoms**

PTSD symptoms can vary in intensity over time. You may have more PTSD symptoms
when you're stressed in general, or when you run into reminders of what you went
through. For example, you may hear a car backfire and relive combat experiences. Or you
may see a report on the news about a sexual assault and feel overcome by memories of
your own assault.

#### When to see a doctor

• If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to your health care professional. Get treatment as soon as possible to help prevent PTSD symptoms from getting worse.

### If you have suicidal thoughts

- If you or someone you know is having suicidal thoughts, get help right away through one or more of these resources:
- Reach out to a close friend or loved one.
- Contact a minister, a spiritual leader or someone in your faith community.
- Call a suicide hotline number in the United States, call the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) to reach a trained counselor. Use that same number and press 1 to reach the Veterans Crisis Line.

### **LONG SYNOPSIS**

BURIED ABOVE GROUND follows three Americans who are fighting ongoing battles with PTSD -- Luis, a combat veteran and author who has emerged as a leading advocate for PTSD awareness; Erundina, a survivor of child abuse and domestic violence who has battled addiction and relapse for many years; and, Ashley, a New Orleans resident whose home was destroyed by Hurricane Katrina and returned to confront the aftermath.

In 2015, a vast majority of Americans are familiar with PTSD as a phenomenon that impacts large numbers of military veterans who have fought in Iraq or Afghanistan. For this reason, the film starts with laser focus on Luis's journey, establishing a master narrative that capitalizes on the public's better understanding of the relationship between combat trauma and PTSD. Through Luis's arc, we learn about the symptoms of PTSD that turn his daily life into a personal prison -- acute anxiety, flashbacks, severe depression, hypervigilance, dissociation, suicidality, emotional numbness, isolation, and often substance abuse.

From there, one remarkable soldier's story helps us dive into the ways that PTSD symptoms devastate the lives of other trauma survivors like Erundina and Ashley who are far less visible in the culture yet make up the majority of PTSD patients. While it's stunning that 8% of people in the United States will develop PTSD, it is perhaps more striking that the private survivors of sexual assault, domestic and community violence, child abuse, and natural disasters are not included in public conversations about this massive public health problem.

For this reason, BURIED ABOVE GROUND embeds deeply and equally inside the lives of its three subjects over an unprecedented six year journey. Using subjective framing, observational footage, intimate interviews, the film unfolds with Luis, Erundina, and Ashley essentially narrating their own stories. Scenes provide intimate and chilling access to powerful moments that illustrate how the road to recovery is long and fraught with obstacles. Their therapy sessions, home life, and efforts to embrace community come together to provide an unmatched lens on a complex and often chronic disorder.

Slowly, with fits and starts, each of the three subjects begins 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 a mental health advocate. In the wake of evacuating Hurricane Katrina, Ashley returns to New Orleans to rebuild herself, her home, and her city. After a lifetime of abuse, Erundina wages an ongoing war for her sobriety, while putting herself through college and repairing the relationship with her estranged son.

In the end, the storytelling landscape of BURIED ABOVE GROUND is focused on the chronic concerns of PTSD and is rewarded by the observation of nuanced gains in Luis, Erundina and Ashley's respective paths toward recovery. We witness three compelling individuals and their longitudinal arcs build on one other — interwoven stories that become one powerful narrative that illuminates a global health condition that is misunderstood, underreported and too often left untreated.

## **DIRECTOR'S STATEMENT**

In summarizing his PTSD experience, war veteran and former U.S. Army Captain Luis Carlos Montalván says in BURIED ABOVE GROUND, "A disproportionate amount of time is spent thinking about the past than your average person. That goes along very much with, what if the worst thing that ever happened to you, kept happening to you?" As I saw first-hand making this film, the impacts of PTSD are devastating. I am making this film because I want to contribute to a more compassionate public dialog around post-traumatic stress disorder (PTSD).

As a filmmaker, I have been dedicated to creating films about mental health issues since 2000, and even beyond. I first became interested in film after seeing my mother, a psychologist, being featured in the National Film Board of Canada documentary L'INTERDIT (1976), about an alternative commune for treating patients with schizophrenia. Before BURIED ABOVE GROUND, I made a film called A SUMMER IN THE CAGE about bipolar disorder that premiered on Sundance Channel. It went on to win many mental health media awards, but the most profound experiences were the numerous 200-person intimate screenings. Audience members courageously came forward to share their stories, ask advice, and begin to find community. There are another 25 million people in America and 450 million globally, often silently battling PTSD's symptoms. BURIED ABOVE GROUND follows three Americans: Luis, a veteran returning from service in Iraq with a Purple Heart; Ashley, a native of New Orleans who survived Hurricane Katrina; and Erundina, a victim of child abuse and domestic violence. By following multiple subjects with a range of traumas, the film aims to expand our society's growing knowledge of PTSD in the public theaters of trauma, such as war and natural disaster, to include a better understanding of the more private theaters of trauma, such as child abuse and domestic violence.

Artistically, I used an intimate and longitudinal storytelling process over six years in making BURIED ABOVE GROUND. The film follows the subjects through their therapy sessions and memories of triggers, flashbacks and disruptive thoughts. BURIED ABOVE GROUND follows the subjects from recollections of the traumatic experiences themselves, to the jubilant moments when they have broken free from the paralytic PTSD symptoms. The film is unique in that the camera stays with its subjects long after the triggering events and through to the varied journeys to recovery. Each person copes differently. There are no neat, Hollywood endings, but hope and inspiration come from Luis, Erundina and Ashley's resilience and effort to make better lives for themselves.

BURIED ABOVE GROUND takes the stories of those living with PTSD out of the shadows of stigma. The film hopes to create a united front for change in political, social and media communities using the personal story as a means to create pathways to broader communication, strengthen coalitions, and disrupt the crisis of connection facing the survivors and their families.

## **MISSION / VISION STATEMENT**

**THE BURIED ABOVE GROUND PROJECT'S** mission is to raise awareness and compassion about PTSD, disrupt the crisis of connection, empower audiences, and fight the effects of negative stigma.

**THE BURIED ABOVE GROUND 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 PROJECT understands that the lives of people recovering from PTSD are in the balance. PTSD affects 450+ million people globally, 8% of the population and is the 4<sup>th</sup> most common mental health condition in the world. 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.

THE BURIED ABOVE GROUND PROJECT seeks to align closely with national and local non-profits that do critical work in key areas of mental health. THE BURIED ABOVE GROUND PROJECT will look to disrupt the isolation that comes with the sweeping "crisis of connection" that has been brought on by PTSD. The project will create greater awareness of this exigent social issue, compassion and build stronger coalitions of advocates through various ongoing outreach, advocacy programs and initiatives. Themes that the BURIED ABOVE GROUND mission covers are putting a human face to PTSD; depicting several types of PTSD events, the symptoms, and the disruption of life by these symptoms; exploring how the narrative of the trauma can be reclaimed; illustrating the various paths to wellness, restoration of resiliency and recovery.

At the national level, the film will be used to create a forum for groups to work together, foster new partnerships and enhance their efforts to lobby for mental health resources to combat PTSD.

At the grassroots level, we want to partner with local groups of all varieties to create screenings and live discussion events. At these events, we intend to educate communities, as well as highlight local and national resources for mental health services. Through an interactive program, we will create more compassion for PTSD survivors, engage local leaders, generate press coverage to these stories, connect people via social media, and activate local communities to make their voices heard in local and national politics around mental health issues associated with PTSD.

PTSD is so complicated with a myriad of persistent symptomatic manifestations from anxiety to depression to substance abuse to suicidality. There are various routes to recovery and not every path is best for each individual. The campaign will promote an open dialogue to help people understand both the various causes of PTSD, as well as 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. 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. 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 2015, 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.

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-wining documentary films that cover important health topics such as Cystic Fibrosis, organ donation and transplantations, and HIV/AIDS.

## **KEY PERSONNEL**

### **BEN SELKOW | Director | Producer | Writer**

Ben Selkow is an award-winning, seventeen-year veteran documentary filmmaker and non-fiction television director and producer whose work has been exhibited on HBO, CNN, Sundance Channel, Discovery, Science, Pivot TV, Esquire Network, and at film festivals globally. His work focuses on social justice issues such as mental health disorders, women's maternal health and the connection between environmental destruction and mass conflict.

Ben's current film is "Buried Above Ground." The film goes on an inspirational journey with people trying to recover from post-traumatic stress disorder (PTSD) – Luis, an Iraq War veteran, along with his service dog Tuesday; Erundina, a survivor of domestic violence; and Ashley, an evacuee from Hurricane Katrina. "Buried Above Ground" explores its subjects' lives over six years, gaining access to their home life, therapy sessions, and efforts to rejoin their communities. With this film, he was selected for the 2010-2011 Rosalynn Carter Mental Health Journalism Fellowship. "Buried Above Ground" builds off his past work and longitudinal commitment to looking at mental health issues in a singular style. With Buried Above Ground", he observed the various paths to recovery of three subjects over six years. His previous film "A Summer in the Cage" (Sundance Channel, 2007) similarly looked at bipolar disorder. The film tells the story of a man in his mid-30's pre-diagnosis and observes his struggles with mania, depression and attempts at suicide over six years. "A Summer in the Cage" was nominated for a PRISM Award and won the 2009 Mental Health America (MHA) Media Award.

Presently, he is completing "Death by a Thousand Cuts", a documentary investigating deforestation and escalating tensions along the Haiti-Dominican Republic border. He was the director for all six episodes of a new CNN docu-series called "Believer" with best-selling author and religious scholar Reza Aslan. Other past works include: the Emmy and Peabody Award-winning docu-series "Anthony Bourdain: Parts Unknown" (CNN, Director/Producer, 2014), "Welcome to Fairfax" (Pivot, Executive Producer, 2014), "Get To Work" (Sundance Channel, Senior Story Producer, 2012), "Prayer for a Perfect Season" (HBO, Producer, 2011), the Steven Spielberg executive produced six-part series "Rising: Rebuilding Ground Zero (DreamWorksTV/Discovery Channel, 2011 - Emmy Award-winner), and "The Carrier" (Cinedigm/PBS World, Producer, 2011 - Tribeca Film Festival). Ben attended the prestigious Sundance Producer's Conference in 2003. Ben graduated from Wesleyan University's Film Studies Program and African-American Studies Program both with Honors.

IMDB http://www.imdb.com/name/nm0783248/
WEB http://www.34lukefilms.com
TWITTER @BenSelkow + @BAG DocFilm

### MARC SMOLOWITZ | Producer

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.

IMDB http://www.imdb.com/name/nm0810625/

#### JAMES LESTER | Editor

James Lester is a native New Yorker and an independent film director, producer, writer and editor. Lester was a series editor on AMC's "The Making of the Mob: New York." In 2014, he was a producer and senior editor on "Chicagoland," the acclaimed CNN original series from executive producer Robert Redford. That year Lester also co-wrote and directed "Tough Day," starring Kevin Bacon, a heralded PSA bringing awareness to child homelessness in New York City. Lester edited the HBO Sports documentary "Prayer for a Perfect Season." He also co-edited / co-shot the Grammy-nominated music film "The Greatest Ears in Town: The Arif Mardin Story." His own films have won awards at the New York Television Festival, the Jackson Hole Film Festival and have been featured on IFC. His editor resume includes programs for CBS, NBC, FOX, MSNBC, MTV, Discovery ID, Travel Channel, and Sundance. Before working in film, Lester studied music. He spent 10 years composing and playing in jazz bands as well as teaching piano, music theory, and jazz history at conservatories in New York. Lester is currently directing "Getting Naked," a feature documentary on New York City's vibrant burlesque scene.

IMDB <a href="http://www.imdb.com/name/nm2890902/">http://www.imdb.com/name/nm2890902/</a> WEB <a href="http://www.jameslesterfilms.com">http://www.jameslesterfilms.com</a>

### FLÁVIA DE SOUZA I Editor

Flávia de Souza recently edited "Song of Lahore" for directors Sharmeen Obaid-Chinoy and Andy Schocken which premiered at the 2015 TriBeCa Film Festival. Previously, she co-edited "Mala Mala" for Killer Films. Previously, Flávia edited the Academy Award®-nominated short documentary film, "Open Heart" (2012) for director Kief Davidson. She was the editor of "The Carrier," which premiered at the 2011 Tribeca Film Festival. She co-edited "In 500 Words Or Less," which premiered at the Austin Film Festival in 2009. Flávia also edited "When The Spirits Dance Mambo," which premiered at the Havana International Film Festival in 2003. Flávia's television experience includes editing work for National Geographic, ESPN, TLC and Discovery Networks.

IMDB <a href="http://www.imdb.com/name/nm2518750/">http://www.imdb.com/name/nm2518750/</a>

### TIM KVASNOSKY I Composer

Tim Kvasnosky is a composer and music producer based in Los Angeles. This spring, his score for the Gus Van Sant produced film "I Am Michael", starring James Franco premiered at the 2015 Sundance and Berlin Film Festival. He also composed the music for the Pivot TV docuseries "Welcome to Fairfax" in the fall of 2014 marking his first collaboration with director Ben Selkow, who was an executive producer of the series. As a record producer, he has scored for countless labels, artists and projects, and he scored four top 5 Billboard Club play hits. His recent electronic project "Tiny Hearts" was featured last year on NPR's "Here and Now." In addition to film and TV work, he has written commercial projects for clients such as Nike, VW and Target.

IMDB <a href="http://www.imdb.com/name/nm1436187/">http://www.imdb.com/name/nm1436187/</a>

### JOEDAN OKUN I Co-Producer

Joedan Okun is the co-producer of "Buried Above Ground." Joedan has over 10 years of experience working as a producer and post-production specialist on a variety of feature documentaries. He was a producer on Maggie Betts' documentary "The Carrier," an intimate look at prevention of mother to child HIV transmission that premiered in competition at the Tribeca Film Festival before being broadcast on PBS World and released by Cinedigm Entertainment. He also worked as the associate producer on Ben Selkow's "A Summer in the Cage," a feature-length documentary that aired on the Sundance Channel. As a post-production specialist, Joedan most recently worked on Matthew Heineman's "Cartel Land" which won multiple awards at the 2015 Sundance Film Festival and will be distributed by A&E Indie Films. He also oversaw the post-production of Frederic Tcheng's "Dior and I" which debuted at the 2014 Tribeca Film Festival and was released theatrically by The Orchard.

IMDB http://www.imdb.com/name/nm2945906/

### **CREDITS**

Director I Producer I Writer BEN SELKOW

**Producer**MARC SMOLOWITZ

**Editors**JAMES LESTER
FLÁVIA DE SOUZA

Cinematographers ARTEM AGAFONOV BEN SELKOW RUDY VALDEZ

> Co-Producer JOEDAN OKUN

**Executive Producer**GALT NIEDERHOFFER

Music by
TIM KVASNOSKY

Featuring
ASHLEY BOUDREAUX
ERUNDINA LOPEZ
LUIS CARLOS MONTALVÁN
AND TUESDAY

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