



FILM

SCREENING

TOOLKIT



Thank you for your interest in hosting a screening of our short documentary film. Inside you will find everything that you need to make your event a success.

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Background

In 2018, This Is My Brave partnered with award-winning documentary filmmaker Beth Murphy to create the mini-documentary: ***This Is My Brave – shining a light on mental illness to end stigma.***

The mini-doc follows four storytellers from the May 2018 cast of This Is My Brave The Show – Boston from auditions through their performance, capturing the many ways This Is My Brave is making a difference in the lives of people who have been inspired by the organization. The documentary also shares Co-Founder Jennifer Marshall's own journey with mental illness and how she came to found This Is My Brave.

Titled ***This Is My Brave – shining a light on mental illness to end stigma***, the mini-doc aims to educate viewers on several types of mental illnesses and addiction, as well as the various pathways to recovery through the stories shared on stage and in additional footage and interviews. This Is My Brave hopes viewers will be brave enough to start conversations with their family members, friends, colleagues, neighbors, and others, breaking down the stigma surrounding mental illness and addiction.

We sincerely thank you for your desire to join us in this mission.

Keep in mind

This guide was put together for you as a resource to plan your own screening of This Is My Brave's short film. Please don't let this information overwhelm you. The bulk of what is recommended here is for larger events, however, you decide whether to make it a small, intimate gathering, or a larger community event - it's completely up to you. These are simply suggestions for organizing the screening you decide to create and we are grateful for your support in getting our message out to your circles.

YOU'VE DECIDED TO HOST A SCREENING

Congratulations! This is a very brave step and we thank you!

Finding the Right Venue:

First, **consider the size** of your screening group. Would you like it to be a small and intimate gathering, a large community event, or something in between? Your answer to this question will determine the type of venue you should select.

Possible venues include a local movie theater, church, community center, high school or university, library or private home.

You will need the space for **at least 2-3 hours** (30 minutes for set-up, 30 minutes for welcoming guests, 30 minutes for screening, 30 minutes for discussion and 30 minutes for breakdown).

Venue should have reliable access to **hi-speed internet**. Ask if they have a projector, large screen, cables, speakers.

Who Should I Invite to the Event?

Consider how many people your venue will comfortably hold. Know your maximum.

Invite guests of all backgrounds and ages (teens and older) – friends, neighbors, co-workers, community activists and leaders, student groups, school personnel, members of faith communities. This is My Brave appeals to a broad range of audiences and a diverse audience presents opportunities for interesting discussion after the show.

Send invitations the old-fashioned way, via e-mail or using an online tool such as e-vite. If you would welcome anyone and have the space, consider posting the event on facebook or meetup.

Don't Forget to include **the date, time and address of the venue** on any invitation and reminders. Ask for **RSVPs**.

How Do I Prepare for the Event?

Practice, practice, practice! Well in advance of your screening, be sure to do a test run with the venue to be certain that everything is working as required and that all equipment is functional and accessible.

Ask friends to serve on a Screening Committee with you. They can help with promotional tasks, preparation for the screening and with welcoming guests at the event.

Recruit one or two Mental Health Professionals to be in attendance at the event. It will be important to have a professional present for the following:

- In the event that any content of the film triggers a member of your audience.
- After the film, should a question of mental health norms and practices come up.

Review the Checklist provided. It offers you a step-by-step guide of things to do from the moment you decide to host your event up until the wrap up of your event in the week that follows.

CHECKLIST FOR SCREENING SUCCESS

Three Months before the event:

- Reserve the Venue for the screening (Use enclosed template)
- Brainstorm on Guest List based on venue size
- Form a Committee
- Engage 1-2 Mental Health Professionals:
- Create and Distribute a Press Release about the screening (optional)

Two Months before the event:

- Reserve any equipment required for the screening
- Do a test run with the venue
- Collect flyers from local Mental Health orgs to share at the event

One Month before the event:

- Send Invitations
- Promote your event-use this trailer:
<https://thisismybrave.org/documentary/>
- Use Social Media - Facebook, Instagram, Twitter
- Create Flyers to post on local bulletin boards at coffee shops or community centers
- Get listed on online events calendars

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doesn't
work

Three Weeks before the event:

- Prepare Remarks and Discussion Questions for the event
- Preview the documentary with your Committee
- Prepare Program for the screening
- Assign Tasks within your Committee. Possible jobs may be:
 - Greeters (set up welcome table and greet guests as they arrive; encourage all to sign in)
 - Technical Manager (confirm set up and oversee technology throughout screening; troubleshoot if necessary)
 - Photographer (we'd love to receive images of your screening to share with our social networks!)
 - Host
 - Moderator

One to Two Weeks before the event:

- Confirm Guest List - follow up with those who have not yet replied
- Print off or gather any materials that will be used for the event, including:
 - Program (optional)
 - This is My Brave Information/National Resource Document (pg 11-12)
 - Flyers representing Local Mental Health Resources
 - Sign-In Sheet (see Appendix, please send to us electronically or a hard copy after the screening)

Day of Event:

60 minutes prior to showtime: Be at Venue for set up

30 minutes prior to showtime: Be prepared to Greet guests, make introductions, encourage sign-ins, distribute programs

At Showtime: Welcome all Guests, share your prepared remarks

Show Film

After Film: Lead the discussion

Following the Event:

- Send Thank You's to all your guests
- Check in with This Is My Brave!

AFTER THE SCREENING

We want to hear about your experience. Please contact us to share what you heard, what you learned and your overall impressions of the event. This feedback is very valuable to us.

Please share your feedback with Erin Gallagher, Program Manager - erin.gallagher@thisismybrave.org

RECOMMENDATIONS

Due to the sensitive nature of the topics covered in this documentary, we recommend particular care be paid to the following:

Audience Age:

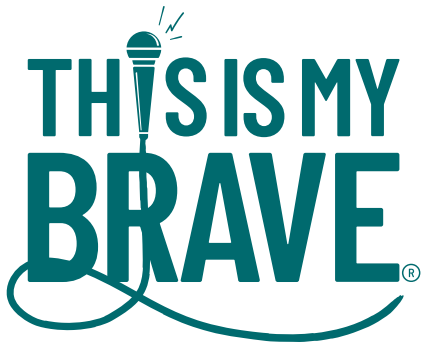
This film is not recommended for children under the age of 14.

Concern for the Audience:

Some topics discussed in this film may trigger audience members. In anticipation of this, we recommend that you enlist the help of a mental health professional who would agree to attend the screening and be introduced during your Opening Remarks as someone who is available to be consulted should that occur. Ask this person to sit in a seat that is easily accessible.

Professional Expertise:

During the discussion after the film, questions may arise that can only be addressed responsibly by an expert. For this reason we recommend that you have a trained mental health professional present who is prepared to speak up, if necessary, either as a panelist or as a member of the audience.



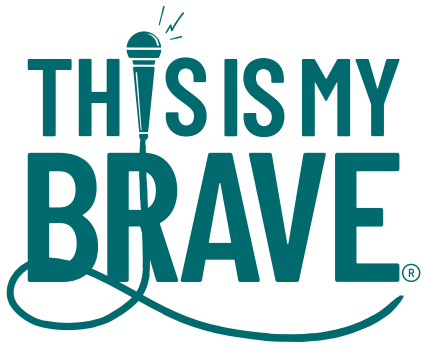
MENTAL HEALTH PROFESSIONAL CONTACTS

Name of Professional	
Practice Name	
Phone Number (office)	
Phone Number (cell)	
E-mail Address	

Name of Professional	
Practice Name	
Phone Number (office)	
Phone Number (cell)	
E-mail Address	

Name of Professional	
Practice Name	
Phone Number (office)	
Phone Number (cell)	
E-mail Address	





VENUE INFORMATION FORM

Name of Venue	
Venue Address	
Manager Name	
Manager Phone Numbers	
Date of Event	
Time of Screening <small>(screening will take 60 minutes, including discussion)</small>	
Time Reserved <small>(60 mins before, 60 mins after)</small>	
Equipment Available for Use	<input type="checkbox"/> High-Speed Internet <input type="checkbox"/> Projector <input type="checkbox"/> Screen <input type="checkbox"/> Speakers <input type="checkbox"/> Connecting Cables <input type="checkbox"/> Table <input type="checkbox"/> Table cloth
Trial Run Date and Time	
Notes	



In 2018, This Is My Brave partnered with award-winning documentary filmmaker [Beth Murphy](#) to create the mini-documentary: ***This Is My Brave - shining a light on mental illness to end stigma***. The mini-doc, produced by Principle Pictures, follows four storytellers from the May 2018 cast of This Is My Brave The Show – Boston from auditions through their performance, capturing the many ways This Is My Brave is making a difference in the lives of people who have been inspired by the organization. The documentary also shares Co-Founder Jennifer Marshall’s own journey with mental illness and how she came to found This Is My Brave.

FROM FILM SCREENING TO MENTAL HEALTH SCREENING

Taking a mental health screening is one of the quickest and easiest ways to determine whether one is experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible. This Is My Brave is proud to partner with Mental Health America to raise awareness of their free and confidential online screening tools. Visit <https://bit.ly/MHSCREEN> today!

What follows is a Discussion Guide and a compilation of Resources based on topics covered in the film. More resources are available on our website’s **Find Help** page:

<https://thisismybrave.org/resources/>

DISCUSSION GUIDE

1. What is the message of this film?
2. Did you learn anything from this film or the actions of the characters? **Discuss.**
3. Was there anything you didn't understand about the film or the actions of the characters? **What was that?**
4. What did you like best about the film? **Why?**
5. What did you like least about the film? **Why?**
6. Did anything that happened in this film remind you of something that has occurred in your own life or that you have seen occur to others?
7. Are the film's messages about mental health issues and recovery portrayed realistically and/or accurately? **If not, why?**
8. As you watched the story progress, what were you thinking?
9. If you had a chance to ask a character in this film a question, what would it be?
10. Did you come to respect any of the characters in this movie? **Who was it and why** did you come to respect that character?
11. In what ways are the characteristics of the main characters like your own or those of someone you know?
12. Would you recommend this film to your friends and/or family?

RESOURCE GUIDE

A compilation of Resources based on topics covered in the film.



THE NATIONAL SUICIDE PREVENTION LIFELINE

[SUICIDEPREVENTIONLIFELINE.ORG](https://www.suicidepreventionlifeline.org)

1-800-273-TALK (8255)

AVAILABLE 24 HOURS EVERYDAY

CRISIS TEXT LINE |

CRISIS TEXT LINE

[WWW.CRISISTEXTLINE.ORG](https://www.crisistextline.org)

TEXT BRAVE TO 741-741

FOR FREE, 24/7 CRISIS SUPPORT



RAPE, ABUSE AND INCEST NATIONAL NETWORK

[WWW.RAINN.ORG](https://www.rainn.org)

CALL 1-800-656-HOPE (4673)

PREGNANCY & INFANT LOSS DIRECTORY

[WWW.PREGNANCYLOSSDIRECTORY.COM](https://www.pregnancylossdirectory.com)

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PTSD ALLIANCE

[WWW.PTSDALLIANCE.ORG](https://www.ptsdalliance.org)



NATIONAL CENTER FOR PTSD

[WWW.PTSD.VA.GOV](https://www.ptsd.va.gov)



DEPRESSION & BIPOLAR SUPPORT ALLIANCE

[WWW.DBSALLIANCE.ORG](https://www.dbsalliance.org)



AMERICAN FOUNDATION FOR SUICIDE PREVENTION

[WWW.AFSP.ORG](https://www.afsp.org)



NATIONAL ALLIANCE ON MENTAL ILLNESS

[WWW.NAMI.ORG](https://www.nami.org)

