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DISCUSSION & EVENT GUIDE FOR SCHOOLS



KEN BURNS PRESENTS

HIDING

Y O U T H

IN

M E N T A L

PLAIN

I L L N E S S

SIGHT

A FILM BY **ERIK EWERS & CHRISTOPHER LOREN EWERS**

"As a society, we continue to test the resiliency of youth without truly understanding how the stresses of today, including this unprecedented pandemic, are impacting them. Erik and Christopher and their team set out to listen and learn from America's young people, documenting their experiences and allowing them to share how they are identifying new ways to address mental health challenges. It is a remarkable journey that captures the unique voices of these young people as they navigate an extraordinarily difficult era in our country's history."

—Ken Burns, Executive Producer



Through this guide, we hope that we're able to point you to resources, tools, partners and suggestions that allow you to create the engagement opportunities that truly connect, invigorate and inspire your school community!

USING THIS GUIDE

The goal of this guide is to help educators facilitate conversations and create engagement opportunities around **HIDING IN PLAIN SIGHT**.

The issues surrounding mental illness are extraordinarily complex; the risk factors are daunting, the economics bewildering, the politics contentious. Public policy, research, and education can help. But the most important step—and often the most difficult one—is to start talking about it. Through the broadcast and streaming of this film and the work that you are doing in your community, we can help to ignite this conversation.

HIDING IN PLAIN SIGHT gives educators an opportunity to consider the importance of destigmatizing youth mental illness. Understanding the complexities of this topic and promoting dialogue to help educators engage students. WETA has created resources, national partnerships and screeners for you to use in schools and other education spaces.

INTRODUCTION

HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS features first-person accounts from more than 20 young people, ranging in age from 11 to 27, who live with mental health conditions, as well as parents, teachers, friends, healthcare providers in their lives, and independent mental health experts.

The film presents an unvarnished window into daily life with mental health challenges, from seemingly insurmountable obstacles to stories of hope and resilience. Through the experiences of these young people, the film confronts the issues of stigma, discrimination, awareness, and silence, and, in doing so, help advance a shift in the public perception of mental health concerns today.

HIDING IN PLAIN SIGHT premiered on PBS in two parts on June 27 and 28, 2022, and is streaming on the PBS website and video app. Check local listings. The full film is also available for educators from the **HIDING IN PLAIN SIGHT** Collection in PBS LearningMedia pbslearningmedia.org/collection/plainsight/.

Accompanying the series is an engagement program, providing opportunities for communities to come together to destigmatize the mental health crisis among youth in America. We invite you to take part in this campaign by supporting conversations and engagement opportunities in your community—from lived experiences, public policy, research, education and more. This guide is filled with tools to help you plan for screenings and spark discussions. We hope it will support a deeper understanding into the complex issues of youth mental illness and the importance of awareness and empathy. Thank you for looking at ways to engage your community!

We invite you to visit the website at pbs.org/plainsight and join the conversation using **#PlainSightPBS** on social media.

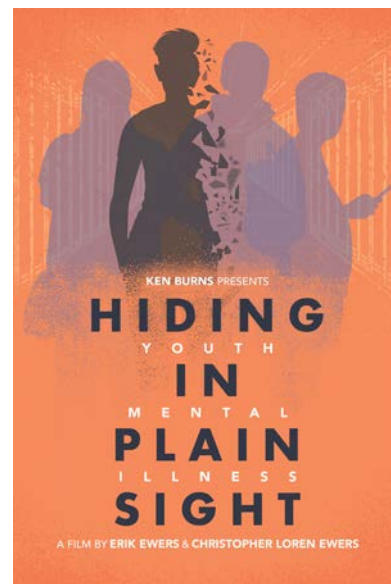


SERIES DESCRIPTION

Mental illness is a significant global health crisis—as pervasive as cancer, diabetes, and heart disease—but it often exists in secret and is endured in isolation. It's the place where sadness leaves off and depression begins; where anticipation becomes anxiety, enthusiasm becomes mania, and habit becomes addiction; the place where simply living becomes painful. There are people struggling with mental illness all over the world: in remote rural communities, small towns, and major cities; in schools, the workplace, and in our homes. It is, in fact, a disease—a complicated one that has been a part of the human condition for thousands of years. Left undiagnosed, mental illness can last a lifetime. Left untreated, it can lead to addiction, homelessness, prison, or even death.

The issues surrounding mental illness are extraordinarily complex; the risk factors are daunting, the economics bewildering, the politics contentious. Public policy, research, and education can help. But the most important step—and often the most difficult one—is to start talking about it. **HIDING IN PLAIN SIGHT**, a two-part, four-hour film, will begin that conversation. Through first-person accounts, the film will present an unvarnished window into the issues associated with mental illness and the seemingly insurmountable obstacles that those who live with it face daily. The film will confront the issues of stigma, discrimination, awareness, and silence, and, in doing so, help advance a major shift in the public perception of mental illness today.

Executive produced by Ken Burns, co-directed by Erik Ewers and Christopher Loren Ewers, produced by Julie Coffman, and written by David Blistein.



AIR DATES

HIDING IN PLAIN SIGHT premiered on PBS in two parts on June 27 and 28, 2022, and is streaming on the PBS website and video app. Check local listings.

WEBSITE & SOCIAL MEDIA

- pbs.org/plainsight
- [WellBeings.org/plainsight](https://wellbeings.org/plainsight)
- [#PlainSightPBS](https://twitter.com/PlainSightPBS)
- [#WellBeings](https://twitter.com/WellBeings)

Download the Social Media Toolkit at: thesocialpresskit.com/plainsight



Kee Dunning is a licensed clinical mental-health therapist in Billings, Montana.

PHOTO COURTESY OF CHRISTOPHER LOREN EWERS

EPISODE DESCRIPTIONS

EPISODE 1: THE STORM

The Storm focuses on more than twenty young people who provide an intimate look at what it's like to experience the symptoms of mental illness, from depression to addiction to suicide ideation. The film includes insights from families, providers, and advocates and explores the impact of childhood trauma, stigma, and social media.

EPISODE 2: RESILIENCE

Young people and their family and friends talk about how they came to acknowledge and accept the reality of their mental illnesses and, most importantly, start talking about them. They describe their work with providers to determine a diagnosis and the treatments they received, and the added stigma of racial or gender discrimination. Throughout, the young people inspire with their resilience and hope.



Co-directors Erik and Christopher Ewers and Producer Julie Coffman
at a recording session for **HIDING IN PLAIN SIGHT** in NYC.

PHOTO COURTESY OF CHRISTOPHER LOREN EWERS

MEET THE CREATORS

HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS was executive produced by Ken Burns, co-directed by Erik Ewers and Christopher Loren Ewers, produced by Julie Coffman, and written by David Blistein. In addition to this film, the team continues to work on another **HIDING IN PLAIN SIGHT** film for PBS exploring America's mental health crisis throughout life.

KEN BURNS EXECUTIVE PRODUCER

Ken Burns has been making documentary films for over forty years. Since the Academy Award nominated *Brooklyn Bridge* in 1981, Ken has gone on to direct and produce some of the most acclaimed historical documentaries ever made, including **THE CIVIL WAR**, **BASEBALL**, **JAZZ**, **THE WAR**, **THE NATIONAL PARKS: AMERICA'S BEST IDEA**, **THE ROOSEVELTS: AN INTIMATE HISTORY**, **JACKIE ROBINSON**, **THE VIETNAM WAR**, **COUNTRY MUSIC** and **MUHAMMAD ALI**, and **BENJAMIN FRANKLIN**.

Future film projects include **THE U.S. AND THE HOLOCAUST**, **THE AMERICAN BUFFALO**, **LEONARDO DA VINCI**, **THE AMERICAN REVOLUTION**, **EMANCIPATION TO EXODUS**, and **LBJ & THE GREAT SOCIETY**, among others.

Ken's films have been honored with dozens of major awards, including sixteen Emmy Awards, two Grammy Awards and two Oscar nominations; and in September of 2008, at the News & Documentary Emmy Awards, Ken was honored by the Academy of Television Arts & Sciences with a Lifetime Achievement Award.

ERIK EWERS CO-DIRECTOR AND EDITOR

Erik Ewers has worked with documentary filmmaker Ken Burns for more than 30 years, including nearly all of his single and multi-episodic films. He currently serves as Ken's senior editor and as co-director and editor of Ewers Brothers Productions, a preferred collaborative company in the co-creation of Ken's films. Erik has been nominated for more than seven personal and program Emmy Awards and has won one editing Emmy and three program Emmys, as well as two prestigious ACE Eddie Award nominations and one ACE win for "Best Edited Documentary of 2015." Erik is an expert in all aspects of filmmaking, having served as music producer, writer, director, film producer, picture editor, and sound effects, music, and dialogue editor. In 2015, Erik collaborated with Ken to create the two-hour PBS film **THE MAYO CLINIC: FAITH, HOPE, SCIENCE**, serving as producer, director and editor.

CHRISTOPHER LOREN EWERS

CO-DIRECTOR AND DIRECTOR OF PHOTOGRAPHY

Christopher Loren Ewers has been working behind the camera for over 20 years. He studied cinematography at Boston University and photojournalism at the New England School of Photography, and has traveled the world exploring the human experience through the lens. His eclectic work includes a variety of subjects, formats and collaborators, from national networks like NBC and PBS to Fortune 500 brands like Apple, Coca-Cola, and IBM and to nonprofit organizations like the American Academy of Arts and Sciences and the Clinton Global Initiative.

However, it's the unique mix of Chris's film and journalism backgrounds that puts documentary filmmaking at the center of his work. His cinematography has been featured in each of Ken's films since **THE VIETNAM WAR**. Working with Ken as executive producer, Chris co-directed and served as Director of Photography on feature length documentary, **THE MAYO CLINIC: FAITH, HOPE, SCIENCE**, broadcast nationally on PBS in September 2018.

JULIE COFFMAN PRODUCER

Julie Coffman is the producer of **HIDING IN PLAIN SIGHT**. Julie graduated from Savannah College of Art and Design and worked as a graphic designer for ten years before joining Ewers Brothers Productions. At EBP, she has produced numerous films including: **COKE ZERO: SAM'S STORY**; **AMERICAN ACADEMY OF ARTS AND SCIENCES**; **THE RESIDUE YEARS** (based on the novel by Mitchell Jackson); **COLBY COLLEGE**; and **WALDEN**.

In 2015 she joined Florentine Films in collaboration with EBP and Ken Burns. She produced **THE MAYO CLINIC: FAITH, HOPE, SCIENCE**, a feature length documentary which premiered on PBS in 2018.

DAVID BLISTEIN WRITER

David Blistein spent 25 years as the owner and creative director of a regional advertising agency in Vermont, after which he began writing non-fiction books and documentaries. He was a writer on the PBS documentaries **CANCER: THE EMPEROR OF ALL MALADIES** (2015) and **THE GENE: AN INTIMATE HISTORY** (2019). He also wrote the award winning **THE MAYO CLINIC: FAITH, HOPE, SCIENCE** (2018), produced by Ewers Brothers Productions and Florentine Films.

David co-wrote *Grover Cleveland Again!* with Ken Burns (2016)—a book about the American presidents for young adults—and is the author of *David's Inferno* (2013), which combines memoir with essays on how manic-depression is diagnosed and treated. Most recently, he wrote *Opium: The Agony and Ecstasy of Earth's Most Powerful Flower* with John Halpern, MD.



Alexis is a college student from the Chippewa tribe in North Dakota.

PHOTO COURTESY OF CHRISTOPHER LOREN EWERS

FEATURED IN THE FILM

HIDING IN PLAIN SIGHT features first-person accounts from more than 20 young people, ranging in age from 11 to 27, who live with mental health conditions, as well as parents, teachers, friends, healthcare providers in their lives, and independent mental health experts. Below is a list of the interviewees featured in **HIDING IN PLAIN SIGHT**, beginning with the youth and their family members and followed by professionals.

This list is alphabetical by first name. In keeping with the documentary, we are sharing the first names of the youth interviewees only, followed by family members that also appear in the documentary.

Alexis, 21 ■ Alexis talks about the prevalence of mental illness in Native American communities and her own struggles to find support to address her depression and feelings of isolation. Alexis' and her community's struggles are stories that are relatable throughout communities across the nation.

Amethyst, 17 ■ The trauma of Amethyst's father's death and subsequent custody issues triggered a series of bipolar episodes.

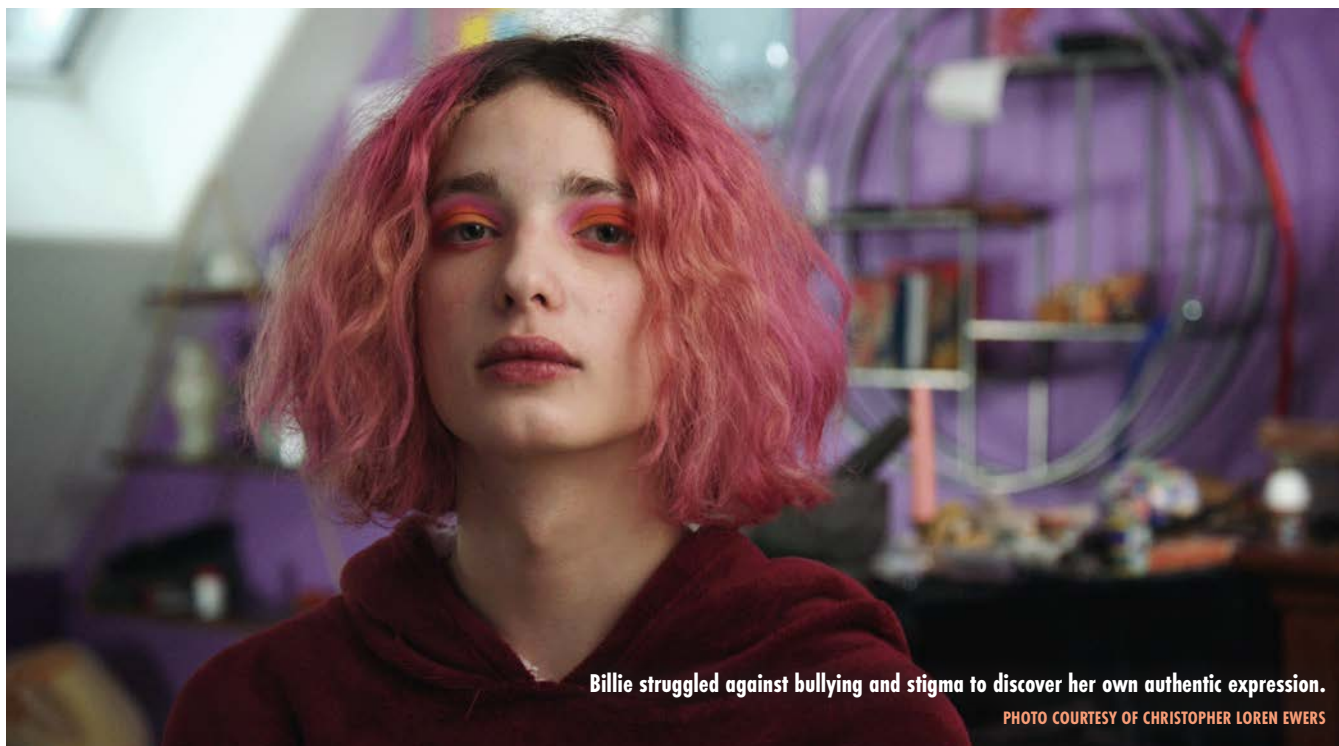
Amethyst's mother, Melanie ■ Amethyst's mother Melanie talks about the ongoing challenges of helping Amethyst deal with her bipolar and Melanie's struggles to manage Amethyst's swings between mania and depression.

Angel, 17 ■ Angel's reaction to the death of a close friend helps him recognize the underlying mental challenges that he's been coping with for many years.

FEATURED IN THE FILM, CONTINUED

Anna, 15 ■ Anna attributes her extreme anxiety in large part to the stress of her parents' divorce and her father's alcoholism.

Ava, 14 ■ Ava talks about how the pressures of adolescence, including social media, have contributed not only to her own mental challenges, but also the prevalence of depression and suicide ideation in teenagers today.



Billie, 17 ■ One of the most perceptive young people in the film, Billie talks about how the stigma of gender differences combined with innate brain chemistry can lead to severe mental health concerns, including her own experiences with anxiety, depression and eating disorders.

Collin, 17 ■ Collin experienced the anguish of a friend's suicide, which propelled him and his friends to reflect on their own mental health challenges, as well as create opportunities to help others. Throughout the film, Collin is extremely articulate about how brain chemistry combined with modern-day stresses have led to a major increase of mental health challenges in his peers.

Gabe, 14 ■ Neglected as an infant, Gabe continues to struggle with anger issues and other types of impulse control in his adopted family.

Gabe's mother, Darla ■ Gabe's adoptive mom Darla describes his early childhood and its ongoing impact on his difficulties today. She also talks about the value of family therapy.

Gabe's father, Ray ■ Ray talks about the pain of being the parent of a child who needs inpatient psychiatric treatment and the work that it takes to help Gabe get better.

FEATURED IN THE FILM, CONTINUED

Julie, 50 ■ Julie tells her own poignant story of her slide into self-harm and criminal behavior, how it affected her child, Leah, and their common struggle to heal their relationship.

Kevin, 40 ■ Kevin presents a stark and poignant look at the bewildering world of psychosis and how ill-equipped the justice system is to deal with crimes committed by people who are only “guilty” of having a mental illness.

Kevin's father, Pete ■ Desperate to help his son, Pete learned how the criminal justice system is often ill-equipped to respond appropriately to people with mental illness. He is the author of *Crazy: A Father's Search Through America's Mental Health Madness*.

Leah, 27 ■ Leah's experiences demonstrate the effect that instability, lack of support, and a parent with serious addiction issues can have on a young person's life—the conflict between anger at a parent and the genetic propensity to follow her down the same road.

Lucas, 17 ■ After hiding his anxiety and anger issues for years, the suicide of a close friend inspires Lucas to begin speaking with his peers about mental illness.

Lydia, 15 ■ Lydia began struggling with addiction and depression after her father relapsed when she was in the sixth grade—despite the support from a loving and stable family. Lydia has spent more than a year total in a series of rehab centers including one in the wilderness. Her story is emblematic of what it's like to grow up in a family with a multi-generational history of addiction and suicide.

Lydia's father, Erick ■ Lydia's father Erick, having struggled with his own addictions talks openly about the pain of watching his child deal with the same issues and trying to find a therapeutic approach that works.

Maclayn, 11 ■ The youngest person in the film, Maclayn began to have thoughts of suicide when only nine years old because of bullying, self isolation and identity struggles.

Maclayn's father, Joe ■ Joe and Mary are powerful voices for the need to provide better care for young people—even pre-adolescents—facing confusing and disturbing feelings of isolation and suicide ideation.

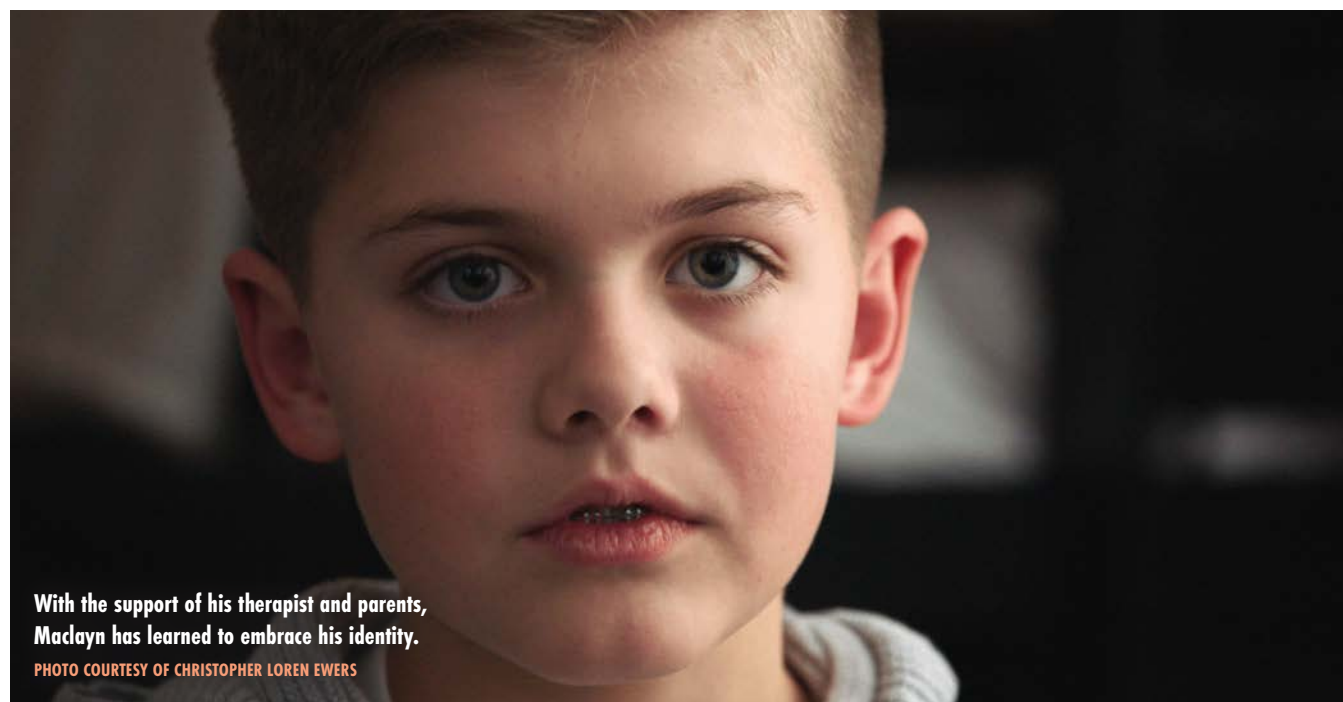
Maclayn's mother, Mary ■ Mary and Joe do a remarkable job of exemplifying the need of parents to work together to support a child whose troubles they find difficult to understand and a healthcare system that seems almost impossible to navigate.

Makalynn, 24 ■ Makalynn talks about how, after years of extreme behavior, she was finally diagnosed with bipolar disorder and accepted her need for medication to treat it.

Morgan, 26 ■ Morgan's story shows how young people suffering from mental illness can mask it from their friends and how their desperation can lead to suicide attempts. Her experiences in different mental-health institutions show just how, in some places, little actual treatment is provided.

Owen, 17 ■ Spurred to action by a friend's suicide, Owen has become an effective advocate for improving the awareness of teachers, counselors, and school administrators about the signs of suicide ideation and appropriate responses.

FEATURED IN THE FILM, CONTINUED



Rick Bruno ■ While trying to deal with the indescribable pain of a child's suicide, Rick began to work with his son's friends to develop a powerful advocacy group to improve suicide awareness in schools.

Samantha, 20 ■ Articulate, insightful, and self-aware, Samantha describes her range of diagnoses and experiences with suicide ideation and inpatient care in a way that is extraordinarily down-to-earth and relatable.

Xavier, 14 ■ Xavier was subject to physical abuse when living with his dad, a veteran suffering from PTSD. As a young teen, he's become very withdrawn and finds refuge in skateboarding.

Xavier's sister, Amira, 17 ■ Amira shows the positive role siblings can play in the life of a young person dealing with mental illness.

Xavier's mother, Isabel ■ Having left an abusive relationship, Xavier's mom Isabel—who works in the mental-health field—lives with the fact that his PTSD is due, in large part, to exposure to domestic abuse.

Yaadieah, 23 ■ Yaadieah's underlying anxiety leads to serious body-image issues and an eating disorder when she tries to find her place in a largely-white university.

Yanerry, 18 ■ The hallucinations (shadows and voices) Yanerry experienced from childhood were exacerbated by sexual abuse and bullying. She talks about how she has learned to live with her condition—one of the most mysterious and difficult-to-treat diagnoses.

PROFESSIONALS FEATURED IN THE FILM

Listed in alphabetical order by last name

School counselor, Ricky Davidson ■ Forty years ago, Ricky Davidson was shooting heroin. Today he is a tireless school counselor who works effectively with students facing today's adolescents' critical mental health concerns including suicide ideation and drug abuse.

Therapist Kee Dunning ■ An inspiring therapist who works with young people and their families, Kee Dunning combines a realistic acknowledgment of the pain of mental challenges with an extraordinarily positive and creative approach to helping them.

Doctor Thomas Insel ■ Neuroscientist, Psychiatrist, and Former Director of the National Institute of Mental Health, Tom Insel is one of the country's leading experts on the state of mental healthcare in the United States today.

Advocate Patrick Kennedy ■ One of the country's leading advocates for legislative reform of the mental health-care system, former Congressman Patrick Kennedy's personal insights into addiction and mental illnesses helped make the disease more relatable for everyone—from people at his own 12-step meetings to political leaders across the world.

Peer support specialist, Walter

Thompson ■ One of the film's most inspiring interviewees, Walter has transformed the severe PTSD he suffered after warfare in the Middle East into a deep understanding of mental disorders and ways to emerge from the darkness, serving the mental health needs of inmates caught in Miami's criminal justice system.

Doctor Sarah Vinson ■ Compassionate, intelligent, and wise, Dr. Sarah Vinson provides extraordinary insight into the causes and treatment (or lack thereof) of mental illness among young people, including the particular challenges faced by people dealing with both society's attitudes toward the mentally ill and the stigma related to the person's race, culture, and/or gender identity.

Peer support specialist, Justin Volpe ■ Justin's journey through addiction and delusions to rock bottom in an inhumane inpatient mental-health facility is disturbing and is followed by an inspiring story of his return to sanity and subsequent work to help others in the mental-health and criminal-justice system.



Dr. Sarah Vinson is a Board Certified Child & Adolescent, Adult & Forensic Psychiatrist in Atlanta, Georgia.

PHOTO COURTESY OF CHRISTOPHER LOREN EWERS

RESOURCES

To help you create impactful engagement activities in your school, WETA has resources that can support your efforts.

WELL BEINGS

To help with the planning and execution of your activities, WETA is providing the following Well Beings resources:

[WellBeings.org](https://www.wellbeings.org)

The Well Beings campaign addresses the critical health needs in America through original broadcast and digital content, engagement campaigns, and impactful local events. Well Beings works to demystify and destigmatize health concerns through storytelling. The multi-year, multiplatform campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, educators, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health and well-being.



Well Beings Mental Health Language Guide

[wellbeings.org/languageguide](https://www.wellbeings.org/languageguide)

The Well Beings Mental Health Language Guide is designed to equip adults, regardless of their experience, with the language tools that they need to discuss mental health concerns with youth. In addition to the guide, readers will find a glossary, a list of other resources, and a calendar with important days, weeks, and months relative to mental health.

CONTINUE THE CONVERSATION ONLINE

HIDING IN PLAIN SIGHT gives us much to think about and students may want to connect with other young people after viewing the film. They may share their thoughts and utilize online discussions by using the hashtag **#PlainSightPBS**.

Educators, parents, caregivers and students are also encouraged to share their personal reflections, videos and photos on the We Are Well Beings Storywall by visiting: [wellbeings.org/share-your-story](https://www.wellbeings.org/share-your-story).



COMMUNITY PARTNERS



Use the **HIDING IN PLAIN SIGHT** film as an opportunity to build new or strengthen existing partnerships and to extend impact in your school community. In addition to relationships your school may have with the local PTA, libraries, and youth organizations, our partners can be relied on as experts to inform your classroom or school activities and support school events. Begin partnership outreach by connecting with youth organizations, mental health and health practitioners, counselors, libraries, local Humanities organizations, universities and colleges, and civic groups. Please contact us at info@wellbeings.org if you would like to connect with any of the organizations listed below.

NATIONAL PARTNERSHIPS

American Psychiatric Association Foundation

apafdn.org

Through the American Psychiatric Association Foundation's community-based programs, fellowships, awards and grants, APAF addresses critical mental health needs and direct resources where they are needed most. All of APAFs initiatives focus on one goal: A mentally healthy nation for all.

Active Minds

activeminds.org

Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. We are dedicated to saving lives and to building stronger families and communities. Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.

JED Foundation

jedfoundation.org

The JED Foundation is a non-profit organization that protects emotional health and prevents suicide for teens and young adults in the United States. In the toolkit, we will have access to their safe and effective messaging and best practices for mental health messaging and conversation. These tips outline how to talk about mental health concerns without causing harm.

National Alliance on Mental Illness (NAMI)

nami.org

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Mental Health First Aid

[mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)

Mental Health First Aid USA is managed, operated, and disseminated by the National Council for Mental Well-being. Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. National Council for Mental Wellbeing is a membership organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve.

National Federation of State Humanities Councils

[statehumanities.org](https://www.statehumanities.org)

WETA has a long-standing relationship with the national office and will help connect interested schools with state offices.

PBS Books

[pbsbooks.org](https://www.pbsbooks.org)

WETA is partnering with PBS Books to build and enhance working relationships between libraries, their local PBS stations, community organizations and schools. Libraries are great partners to share information.



PBS Newshour Student Reporting Labs (SRL)

[studentreportinglabs.org](https://www.studentreportinglabs.org)

PBS NewsHour Student Reporting Labs (SRL) is an award-winning youth media organization connecting classrooms and after school programs to the PBS NewsHour and local PBS stations. WETA is the proud home of Student Reporting Labs and delighted to help strengthen links between community organizations and SRL sites across the country. Now operating in 170 middle and high schools, SRL trains teenagers across the country to produce stories that highlight the achievements, challenges, and reality of today's youth. Through their work with a growing community of educators and new StoryMaker platform, SRL fosters the next generation of media creators by inspiring students to find their voice and engage in their communities.

Substance Abuse and Mental Health Administration (SAMHSA)

[samhsa.gov](https://www.samhsa.gov)

SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

The Steve Fund

[stevelfund.org](https://www.stevelfund.org)

The Steve Fund is the nation's leading organization focused on supporting the mental health and emotional well-being of young people of color. The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color.

Trevor Project

thetrevorproject.org

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

WE.org

we.org

WE Well-being is a program that empowers youth and families with tools and resources to promote their own well-being and the well-being of their community.

WeRNative

wernative.org

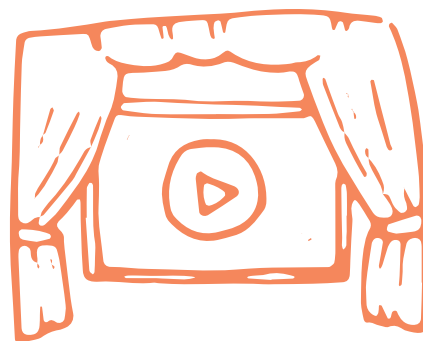
WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. WeRNative strives to promote holistic health and positive growth in local communities and the nation at large.

OTHER PARTNERS AND SPONSORS

- Otsuka ■ otsukapatientssupport.com
- Kaiser Permanente ■ thrivingschools.kaiserpermanente.org
- Bank of America ■ bankofamerica.com
- Liberty Mutual Insurance ■ libertymutual.com
- Movember ■ movember.com
- Mental Health Services Oversight & Accountability Commission ■ mhsoac.ca.gov
- Meadows Mental Health Policy Institute ■ mmhpi.org
- XQ Institute ■ xqsuperschool.org
- Sutter Health ■ sutterhealth.org/about/mental-health
- One Mind ■ onemindpsyberguide.org
- CALL TO MIND at American Public Media ■ calltomindnow.org
- Mental Health America ■ mhanational.org
- National Council for Mental Wellbeing ■ thenationalcouncil.org
- Athletes for Hope ■ athletesforhope.org
- Find Your Anchor ■ findyouranchor.us
- Well Being Trust ■ wellbeingtrust.org
- Embark Behavioral Health ■ embarkbh.com
- Peg's Foundation ■ pegsfoundation.org
- Inseparable ■ inseparable.us



SETTING UP A SCREENING



COMMUNITY PARTNERS

For a screening event in your school, engage local partners who may be able to speak about their expertise at your school and/or provide advice when planning your event. Your audience may include students, teachers, parents and guardians, caregivers, the PTA, local librarians and others who are closely connected to your school.

FACILITATION TIPS

If you are hosting a large school assembly or event that includes a screening of the film and panel discussion or town hall, recruit a host or moderator who can facilitate an interesting discussion, draw out answers from the panel that are suitable for the audience, and keep your students engaged. The role of the host is to keep the discussion moving while remaining neutral. Your host need not be an expert in the field, but rather someone who can facilitate discussion and create a safe environment where the students and participants feel free to speak their thoughts and pose questions. A good host should plan on previewing the screener in advance to prepare. Journalists and local reporters can make for excellent moderators and help keep the conversation on track. Local public media stations are excellent resources for unbiased journalists and reporters.

PANELISTS

Recruit local experts and invite them to participate in a panel discussion or Q&A about issues brought up in the screener or that are particularly relevant to your students and school community. It is critical for this topic to include a diverse range of speakers and youth voices. WETA can help facilitate introductions to appropriate partners, and to young people in your community who may be available to share their life experiences.

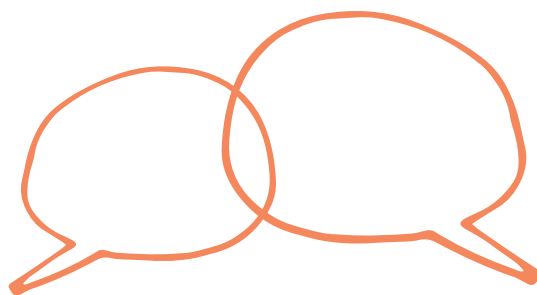
PROVIDE RESOURCES THROUGHOUT THE SCREENING

Discussing topics like mental health can stir up feelings and anxiety for some people - especially young people. Throughout your event, please highlight resources for people who may be struggling. The **Crisis Text Line (text HELLO to 741741)**, or the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)** are national services that are free and available 24 hours a day, seven days a week. You may have local resources to highlight as well.

POST-SCREENING

Allow for time for participants and/or students to mingle after the screening, to informally continue the conversation and connect with each other. If the screening was a school assembly, teachers may elect to conduct short discussions among students when they return to their classrooms.

SCREENERS & DISCUSSION QUESTIONS



WETA has several screening reels with excerpts from the series for schools to utilize. Below you'll find suggested questions that can be used to engage panels and participants, to serve as a springboard for discussion. Some of these questions are better suited for an adult audience (such as a PTA event) and others with student audiences. Please take care to work with professionals and mental health organizations in your community to help create the best questions for your audience. To request access to the **HIDING IN PLAIN SIGHT** screeners, please visit: bit.ly/HIPSScreenerReg-Schools

General questions about mental health:

- What does “mental health” mean to you?
- How can we reduce or eliminate the stigma around mental health?
- How does learning that mental illness is a health condition, just like any other health condition, change the way you think about mental illness?
- What experiences in your life, your school, your work, your time with friends or your family inform your understanding of mental health?
- What is the impact of mental health in your community? Or how has your community been impacted by mental health challenges?
- Does religion or culture, or some other aspect of identity or background, influence how you think about mental health? If so, how?
- How do you care for or consider your mental and emotional health? What is the impact of that?

Conversations with therapists, counselors or mental health care professionals:

- What are some of the signs of when a young person may be dealing with depression and/or anxiety?
- What actions could you take to help someone who is exhibiting possible mental health challenges?
- What should someone do if they're worried about their mental health? Or about the mental health of someone they care about?
- When should adults seek help on behalf of a young person? What steps should they take?
- How can adults create safe spaces for young people to talk about mental health?
- How can youth create safe spaces for their peers to talk about mental health?
- If a parent has a concern that their child may be participating in bullying, what are helpful ways to address that behavior? (Can also be edited to include concerns that the child has been bullied)
- What are the differences between normal behaviors and feelings and mental illness? (i.e. feeling sadness vs. depression, not feeling hungry vs. anorexia, etc.)?
- As a society/community/school, what can we do to better meet youth mental health needs?
- What type of challenges do you see in young people compared to adults? Does that dictate how you treat them?
- How does social media affect us and the mental health of teenagers?
- How did the pandemic affect mental health?
- How do you find a therapist? What resources are available to assist with finding a good match?

- Cost and availability are some of the biggest hurdles to someone seeking help. What resources or advice do you have for someone facing these challenges?
- What do you believe is important for anyone to be aware of if they know someone with a mental health issue?

Questions focusing on BIPOC mental health:

- Are their barriers to BIPOC young people getting treatment?
- Does the type of mental illness vary among racially diverse groups? Is mental illness impacted by the environment in which someone grows up?
- Is there still a stigma in the Latinx community around mental illness?
- How can we promote emotional, psychological, social well-being within our BIPOC youth?
- How can we support BIPOC youth mental health in the wake of racial violence?

Questions for those who have had mental health treatment:

- What prompted you to get treatment?
- What can you say to someone who is struggling? How do you initiate a conversation?
- How did/does the pandemic affect your mental health? Or the mental health of those around you?

Conversations with youth:

- How do you talk with your peers about mental health?
- As an adult, how can I open up a conversation with my student/child/friend about their mental health?
- What, if anything, do you do to support your own mental health and well being?
- What advice do you have for adults who want to support the younger people in their lives who are experiencing mental health challenges?
- What can parents/teachers/caregivers do to support youth mental health?
- What are some of the best websites/podcasts/tv shows/etc. that you think help explain/talk about/portray youth mental health?



Hiding In Plain Sight: Youth Mental Illness preview screening and discussion at the U.S. Capitol Visitors Center featuring opening remarks from Speaker Nancy Pelosi
 Left to right: Saundra Jaine, MA, PsyD, LPC; Makalynn Powell; Dee Dunning; Maclayn Clark; Christopher Ewers; and Billie Henderson

PHOTO CREDIT ©RISDON PHOTOGRAPH

EDUCATIONAL RESOURCES



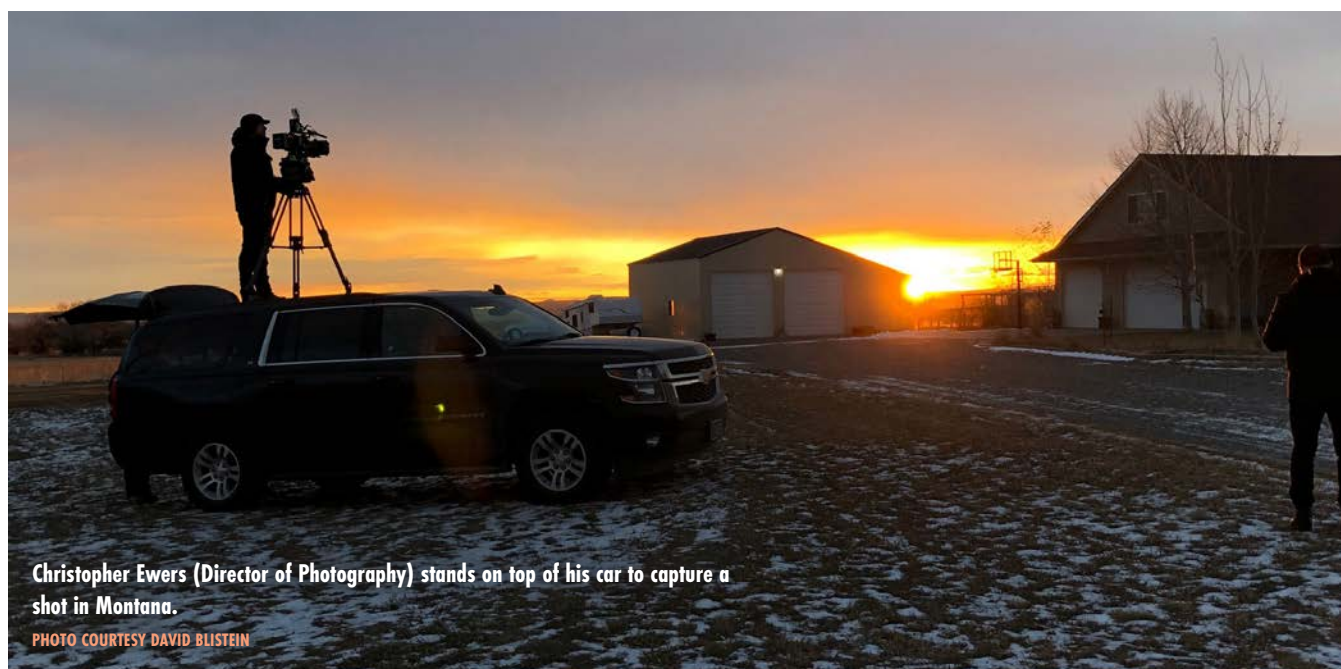
WELL BEINGS EDUCATOR TOOLKIT

To supplement the content in **HIDING IN PLAIN SIGHT**, WETA is creating the Well Beings Educator Toolkit. This toolkit is curated for all educators who interact with young people (i.e. teachers, administrators, district professionals, support staff, and more). The toolkit includes a variety of resources including the full **HIDING IN PLAIN SIGHT** film and film clips, lesson plans, mental health first aid training, professional development, workbooks and discussion guides, arts and performance assets for classrooms, help-lines and access to support, and resources to support caregivers' own mental health.

Materials are available in various formats including downloadable PDFs, printable posters, art files, infographics, videos, PowerPoint decks and much more. Each asset will have links to our partner websites for further exploration. The complete toolkit is in development and expected to launch in fall 2022. The Toolkit and all related education information can be found here: wellbeings.org/education.

PBS LEARNINGMEDIA

To support educators, PBS LearningMedia will have a suite of educational assets around **HIDING IN PLAIN SIGHT**. Themes include: anxiety, depression, suicide and suicidal ideations, bullying and cyberbullying, grief, spotting warning signs, and more. Links to the educational assets will be shared when published in fall 2022.



Christopher Ewers (Director of Photography) stands on top of his car to capture a shot in Montana.

PHOTO COURTESY DAVID BLISTEIN

READING LIST

Want to learn more about this topic or share resources with your students and education colleagues? Here's a list of books and resources for youth mental health and wellness.

BOOKS*



- [**The Age of Anxiety**](#) by W.H. Auden
- [**Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America**](#) by Robert Whitaker
- [**Building Happier Kids**](#) by Hansa Bhargava, MD, FAAP
- [**The Center Cannot Hold, My Journey Through Madness**](#) by Elyn R. Saks
- [**Children and Childhood in Western Society Since 1500**](#) by Hugh Cunningham
- [**A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction**](#) by Patrick Kennedy and Stephen Fried
- [**Darkness Visible**](#) by William Styron
- [**David's Inferno, My Journey through the Dark Woods of Depression**](#) by David Blstein
- [**Healing: Our Path from Mental Illness to Mental Health**](#) by Thomas Insel
- [**The History of Childhood**](#) by James Marten
- [**I Never Promised You a Rose Garden**](#) by Hannah Green
- [**January First**](#) by Michael Schofield
- [**Lost Connections**](#) by Johann Hari
- [**The Mad Among Us, A History of the Care of America's Mentally Ill**](#) by Gerald N. Grob
- [**Madhouse, A Tragic Tale of Megalomania and Modern Medicine**](#) by Andrew Scull
- [**Madness in Civilization**](#) by Andrew Scull
- [**Mental Health in America: A Reference Handbook**](#) by Donna Kemp
- [**Mental Illness**](#) by Victoria Sherrow
- [**Mind Fixers, Psychiatry's Troubled Search for The Biology of Mental Illness**](#) by Anne Harrington
- [**Never Broken: Songs Are Only Half the Story**](#) by Jewel
- [**Never Enough: The Neuroscience and Experience of Addiction**](#) by Judith Grisel
- [**Night Falls Fast: Understanding Suicide**](#) by Kay Redfield Jamison
- [**The Noonday Demon**](#) by Andrew Solomon
- [**No One Cares About Crazy People**](#) by Ron Powers
- [**Psyche On The Skin, A History of Self-Harm**](#) by Sarah Chaney
- [**Psychiatry and Its Discontents**](#) by Andrew Scull
- [**Stay: A History of Suicide and the Philosophies Against It**](#) by Jennifer Michael Hecht
- [**Social \(In\)justice and Mental Health**](#) Edited by Ruth S Shim, MD, MPH and Sarah Y. Vinson, MD, EDS
- [**The Teenage Brain**](#) by Frances Jensen
- [**Ten Days in A Mad-House**](#) by Nellie Bly
- [**An Unquiet Mind, A Memoir of Moods and Madness**](#) by Kay Redfield Jamison
- [**You Are Not Alone**](#) by Kenneth Duckworth, MD
- [**Your Fantastic Elastic Brain, Stretch It, Shape It**](#) by JoAnn Deak, PhD & Sarah Ackerly

*Titles are hyperlinked

INSTITUTIONS

- [President Biden's Proclamation—April 2022](#)
- [CDC—Adolescent and School Health](#)
- [Youth.gov](#)



ONLINE RESOURCES

Help is available for you, your family, students, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here.

This list of resources is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

- [Active Minds](#)
- [American Academy of Child and Adolescent Psychiatry](#)
- [American Psychiatric Association Foundation](#)
- [Black Emotional and Mental Health \(BEAM\)](#)
- [Black Mental Health Alliance \(BMHA\)](#)
- [Call to Mind](#)
- [CredibleMind & Well Being Trust](#)
- [Dana Foundation](#)
- [Depression & Bipolar Support Alliance](#)
- [Hersh Foundation - Mental Health College Sense](#)
- [Hope Squad](#)
- [JED Foundation](#)
- [Juvenile Bipolar Research Foundation](#)
- [Kaiser Permanente](#)
- [Movember Conversations](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [One Mind Psyberguide](#)
- [Otsuka Patient Support](#)
- [Sutter Health](#)
- [The Steve Fund](#)
- [Strong 365](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [The Trevor Project](#)
- [The Youth Mental Health Project: The Parent Support Network™](#)
- [This Is My Brave](#)
- [Well Beings](#)
- [The Well Being Trust](#)
- [Work2BeWell](#)



SUPPORTERS & PARTNERS

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Support is provided by Otsuka, Kaiser Permanente, Bank of America, Liberty Mutual Insurance, American Psychiatric Association Foundation, Movember, National Alliance on Mental Illness, Dana Foundation, Dauten Family Foundation, The Hersch Foundation, Mental Health Services Oversight & Accountability Commission, Meadows Mental Health Policy Institute, XQ Institute, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, Jackson Family Enterprises, John C. & Katherine M. Morris Foundation, The Arthur Vining Davis Foundations, and Pritzker Traubert Foundation.

Outreach and Engagement Partners include One Mind, CALL TO MIND at American Public Media, PBS News-Hour Student Reporting Labs, WE Organization, Forbes, PEOPLE, Mental Health America, National Council for Mental Wellbeing, The Steve Fund, The Jed Foundation, Athletes for Hope, Find Your Anchor, Well Being Trust, Embark Behavioral Health, Peg's Foundation, and Inseparable.

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If you are in crisis, or experiencing thoughts of suicide, please text the Crisis Text Line (text HELLO to 741741) 23
or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Both services are free and available 24 hours a day, seven days a week.



Xavier is enthusiastic about the opportunity to share his story to help others.

PHOTO COURTESY OF CHRISTOPHER LOREN EWERS

PRODUCTION CREDIT

KEN BURNS PRESENTS HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS, A FILM BY ERIK EWERS AND CHRISTOPHER LOREN EWERS is a production of Florentine Films, Ewers Brothers Productions, and WETA Washington, D.C. Executive producer Ken Burns. Directed by Erik Ewers and Christopher Loren Ewers. Written by David Blistein. Produced by Julie Coffman. Co-produced by Susan Shumaker, Erik Ewers, Christopher Loren Ewers, and David Blistein. Executive producers for WETA are John F. Wilson and Tom Chiodo. WETA producer Kate Kelly. WETA production management by Jim Corbley. Senior consulting producer Garen Staglin. Music by David Cieri. Narrated by Peter Coyote.



This engagement guide was written by Amy Labenski and Stefanie Malone.

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