

# MENTAL ILLNESS

**General Adult Audiences; See Also: MENTAL ILLNESS & THE FAMILY**

**Depression: Fighting the Dragon:** (Video 1545) 2002; 45 min

Audience: adults and families

Synopsis: This program features personal stories, interspersed with comments on the disorder and new research in brain mapping from a number of professionals, including Dr. Anthony Levitt of the Sunnybrook Health Sciences Centre in Toronto, Dr. Gary Hasey of McMaster University, Dr. Vivek Kusamakar of Dalhousie University and Dr. Helen Mayberg, a neuroscientist with the Rotman Research Institute in Toronto. It is argued that the stigma surrounding mental illness often contributes to people attempting to hide their depression from others. Education aimed at enhancing social awareness is crucial to effectively addressing this potentially fatal illness, states Michael Wilson. Canada's former Finance Minister breaks the silence by sharing his own experience with his son who suffered with depression that eventually led to suicide.

**Different from You** (Video 1624) 2002; 60 min

Audience: adult; post-secondary students

Synopsis: In the 1970's there were 35,000 people in California mental institutions. Today almost all have been discharged into the community, but the promise of services to help them re-integrate into society has turned out to be an empty one. As elsewhere in the United States, people with psychiatric disorders make up a majority of the homeless. Milt Kogan, a family physician at the City of Angels Hospital in Los Angeles, is responsible for the medical management of mentally ill patients who are living on the streets or in the city's inadequate board and care facilities. On his medical rounds, he tends to the needs of clients with schizophrenia, bipolar disorder and other major mental illnesses. The testimony of the mentally ill homeless illustrates how patients cope with their symptoms, as well as with drug abuse and social stigma. Kogan also visits some successful self-help programs as well as board and care facilities. Interviews with mental health professionals offer additional perspective.

**Electroconvulsive Therapy: Information for Patients and their Families**

(Video 2468) 1998; 15 min

Audience: general adult, GP viewing in the library; CAMH staff loans only

Synopsis: ECT therapy is often feared and misunderstood. This perception was reinforced by frequent and indiscriminate use in the past and in feature films that deal with superficially mental illness and "shock treatments." Certainly the treatment technique has been misapplied. This patient information video aims to clarify this picture. By presenting the current perspective on the on the therapeutic applications of ECT, including demonstrations reduced patient anxiety about the procedure is anticipated. There is a discussion of after effects including the nature and extent of memory loss and the extent and frequency of treatment.

**First Break** (Video 2249) 1997; 51 min

Audience: senior secondary students; adults

Synopsis: The title refers to the first episode of mental illness and for most people this occurs in late teens or early twenties. The three young people in this program, along with their families discuss their experiences and deal with the misconceptions about mental illness. The impact of these disorders on the family is clearly evident. Three different metal disorders are presented. Simon was diagnosed with schizophrenia, Ariadne has bipolar disorder and Shely had a single psychotic episode. The nature and frequency of illness is discussed, as is the prospect of recovery.

**From Madhouse to Our House** (DVD 1653) 2005; 25 min

The Consumer/Survivor Initiatives (CSI) model transforms the way people with mental health concerns are supported. Geoff Nelson, a professor of psychology at Wilfred Laurier University and the principal investigator of a five-year study of CSI states, "...individuals who have experienced mental health issues have developed their own organizations, ones that are

operated exclusively by and for mental health consumer/survivors." *From Madhouse to Our House* provides access to the study's results and seeks to introduce Consumer-Survivor Initiatives to a wider audience. The DVD includes historical background on how society has responded to people with mental health problems, how treatments have changed and the impact of deinstitutionalization. The development of CSI in Ontario is reviewed showing the results of the research project on CSI that was conducted in late 1990s and first half of 2000. Like the research, the DVD draws heavily on the experiences of consumer/survivors and social-service providers.

**Hurry Tomorrow** (Video 2300) 1975; 77 min (*Classic documentary*)

Audience: general adult; health professionals

Note: disturbing contents

Synopsis: A cautionary tale, this documentary was shot in the Metropolitan State Hospital in Los Angeles California. A psychiatric hospital, where the film maker was able to capture freely the routine daily life of a large group of male patients who have little to do but smoke cigarettes and wander about while waiting for their medications. What the film reveals is a brutal and capricious regime that holds patients against their will, forcibly restraining and administering medications. The camera shows intimate portraits of clinical meeting where the fate of some patients is decided abruptly or where patients are overwhelmed with confrontational interrogations. No assessment is done beyond this, if the police brought someone to the state hospital that is enough. Despite attempts by hospital authorities to block its release, the documentary led to an inquiry and reform of the state hospital system.

**Introducing TJ** (Video 1400) 2000; 27 min

Audience: adult

Synopsis: Therapeutic Jurisprudence represents an approach to meeting the needs of mentally ill people confronting a judicial system which frequently sends them to jail for minor offences when they would be better served by referrals to mental health programs. Featuring Judge Ginger Lerner-Wren of Fort Lauderdale, Florida, this video examines the first Mental Health Court in the U.S. This video focuses on "TJ" as an example of how the system works. Under the judge's direction, people suffering from severe mental disorders are separated out from the general criminal population and given referrals to therapy, rehabilitation, and housing.

**Jacques Lacan** (Video 2330) 2001; 63 min

Audience: adult

Synopsis: Psychiatrist, psychoanalyst, sometimes referred to as the French Freud, Jacques Lacan wrote and lectured from 1953 to 1979, initiating a resurgence of psychoanalysis in France. Known best as a theorist, some issues are raised around his problems in analysis with actual patients. Lacan's career is traced and his importance highlighted by references to the works of philosophers Jacques Derrida and Christian Jambet. Commentary by psychoanalysts Jean-Bertrand Pontalis, Juliet Mitchell, and Mario Belo refer to Lacan's theoretical analysis of the western family, the contradictions of love, and the illusions of the French Revolution.

**Medical Video Library: Mental Health, 1987**

This is a series patient and family information videos on issues in mental health. Though aimed at general audiences the programs may also be of use by senior secondary and post secondary students. These programs were all produced in 1987 and are each approximately 10 minutes long. Because of the 1987 production date there may not be information on all medications currently prescribed.

- **Adaptation to Ageing** (Video 2428) 10 min. Ageing is normally a gradual process and most people have physical and mental capacity for their lifetime. Various misconceptions about ageing are examined and activities and lifestyle changes are discussed that can contribute to a full independent life.
- **Depression: Medication Effects** (Video 2433) 10 min. Treatment of this mental disorder is often very successful and a variety of medications are available. The program describes various prescribed medications, their common side effects and signs that may indicate a problem.

Because some medications take time to affect mood, compliance is stressed to allow the medication time to work.

- **Depression** (Video 2435) This common disorder of varying severity affects large numbers of people. Depression is defined and symptoms outlined prognosis and treatments are discussed.
- **Adolescent Depression** (Video 2436) 10 min. Adolescence is a time of great change. This program presents information on the nature of this change, the warning signs of unusual mood or attitude changes and the importance of intervention where serious problems are developing. The problem of suicide is also discussed.
- **The Hyperactive Child** (Video 2440) 10 min. Children are often very active, but hyperactivity can result in problems at school and home. The signs and symptoms are outlined and medications are discussed.
- **Schizophrenia: Family Understanding** (Video 2441) 10 min. This illness can often prove disruptive to the family, but this program emphasises the important role the family can play in supporting some one who is in treatment. There is an outline of some problems that can be anticipated and dealt with.
- **Schizophrenia: Use and Side Effects of Medication** (Video 2442) 10 min. This complex disorder is often best treated with medication. Medication also may have unpleasant side effects that can discourage the patient from complying with use. This program outlines what to expect and steps that can be take to reduce discomfort and maintain compliance.
- **Anorexia Nervosa** (Video 2443) 10 min This eating disorder is marked by an obsession with body image and apparent weight and can lead to severe medical consequences. The program discusses the facts of the illness, it's causes and therapies that may be used in treatment.
- **Anxiety/Panic Disorder** (Video 2444) 10 min. This disorder can lead to situations where a sufferer will avoid certain settings or become housebound, unable to work or have normal social relations. The program presents possible causes, treatments and the use of medication.
- **Alzheimer's Disease** (Video 2448) 10 min This degenerative brain disease results in the gradual loss of mental ability, memory and muscle control. Families who try to provide care for this kind of patient may face many problems and this program gives a basic outline of necessary steps and precautions to make the home a safe environment. Home care providers need to have emotional support, assistance in caring and occasional relief from responsibility.
- **Anxiety/Panic Disorder - Medication Effects** (Video 2449) 10 min. This companion tape to Anxiety/Panic Disorders discusses medications, their side effects and presents some methods for reducing discomfort.

**Meds** (DVD 1675) 2006; 29 min

Audience: adult

Synopsis: The ten people in this offer their insights on their experience with mental illness and its treatment. Areas cover medication side effects, both medical and psychological, symptoms of illness, and how medications help. The issues around discontinuing medication are presented that include social pressure, (you're not really sick) and anti-medication ideas (the pills are bad for you). Both beginning to feel better and avoiding side effects are often strong reasons. Lack of motivation may lead some to simply forget to take medication. The program concludes with a review of other strategies for maintaining wellness.

**Mysteries of the Mind** (Video 2084) 1991; 45 min

Audience: general adult

Synopsis: Three examples of mental disorders are presented here, along with medical commentary and discussion of treatments. The first deals with manic-depression, now called bipolar disorder. **Nancy** has a rapid cycle and can move from deep depression to elation in a disturbing and uncontrollable manner that made it impossible to have a normal life. She attempted suicide because of the unbearable nature of the disease and her marriage ended in divorce. Eventually she was able to get help and uses medication to control the mood swings and is able to speak poignantly about her disorder. **Kevin** has obsessive-compulsive disorder. His dream to become a professional boxer has been diverted because of his paralysing fear of contamination. We witness him go through a number of harrowing cognitive-behavioural

desensitising exercises. He had been prescribed fluoxetine but without success. When he leaves the hospital his mind is flooded with intrusive memories of treatment. By the time he reaches home he is unable to enter his house because he is overwhelmed with the feeling of contamination. The anxiety is so powerful that he smashes his fists into a brick wall using the pain to seek relief. **John** is alcoholic and grew up in an alcoholic home. He drank heavily for many years and had problems with the law and work. He was able to find relief by making a commitment to sobriety with AA.

**Opposite Action: Changing Emotions You Want to Change** (Video & DVD 1465) 2000; 26 min

Audience: health professionals; BPD clients

Synopsis: This program, Opposite Action, was developed specifically for the use of clients in therapy for Borderline Personality Disorder. Marsha Linehan narrates the step-by-step process of Dialectical Behaviour Therapy (DBT) for people who wish to change specific emotional states. Somewhat similar to a cognitive behavioural model, Opposite Action requires the client to approach the feared or troublesome situation and learn to let go of inappropriate emotional responses. Other skills to be learned are mindfulness -focussing awareness in the moment; interpersonal effectiveness -assertiveness; distress tolerance -self soothing techniques to help avoid dysfunctional reactions.

### **Oppression 1997-2000**

Audience: adult

Available in French, dubbed for English

Series Synopsis: This group of titles, a Canadian production originally produced in French, are structured alike and run about 52 minutes each. They contain testimonials from people in treatment and their efforts to maintain wellness, their families, with varying amounts of commentary from professionals.

Oppression est une collection de documentaires sur la maladie mentale. Chaque documentaire est un amalgame, d'une part, du vécu d'individus malades, mais en progression, qui nous révèlent l'univers oppressant qui est le leur, et d'autre part, du connu scientifique acquis et en mouvance concernant ces maladies. Ces documentaires scientifiques se caractérisent par l'universalité de leurs problématiques et par la durabilité des contenus qui y sont traités selon une perspective historique ou par l'exposition de points de vue essentiels, depuis longtemps discutés mais non périmés à ce jour.

• **The Torment of Schizophrenia** (Video 1596.1) With an occurrence of one per hundred, mostly beginning in youth, schizophrenia remains one of psychiatry's greatest therapeutic challenges. Computer animations of the brain are used to illustrate ideas of the illness, while case studies and expert commentary provide current understanding of schizophrenia. Its causes and warning signs, current treatments, and its effects on the lives of those who have it are discussed. The phases of psychosis are described, positive and negative, and cognitive symptoms are defined. In addition, approaches to mainstreaming patients are addressed.

• **Attention Deficit Disorder** (Video 1596.2) ADD, the "concentration deficiency," may show with or without hyperactivity, is a problem that affects both children and adults. Experts present information about what is and what is not a deficiency. They also highlight the presentation, the difficulties in identification of the disorder and associated risks when medical attention is not readily available. Also covered are strategies that may be useful in coping with this mental disorder that can be reduced while never completely cured with age.

• **Post-Traumatic Stress** (Video 1596.3)

Caution: This program contains very graphic images and may not be suitable for young or sensitive viewers. Post-traumatic stress disorder can develop as a result of exposure to unusual or extreme situations that threaten the physical integrity of a person. This documentary explores the concept of PTSD in a woman victimized for some twenty years, by a violent husband; a mother whose child, victim of street gang violence died of leukemia; a female bank employee, victim of two armed robberies; a soldier serving during the recent Balkan wars in former Yugoslavia. The program shows that while varied stress symptoms are evident the problem can be diagnosed and treated.

- **Obsessive-Compulsive Disorder** (Video 1596.4) Those who have OCD are often well aware of their condition and despite this recognition, the individual persists with compulsive behaviours. The disorder may affect anyone and as many as one adult out of forty currently has some aspects of OCD, usually involving both obsessions and compulsions. Compulsive behaviour may involve excessive in hand washing, checking, collecting or ordering and arranging and be problematic when it begins to affect everyday life.
- **Pathological Gambling** (Video 1596.5) Pathological gambling seen as an illness is characterized by persistent and recurrent patterns of problem gambling behavior. Uncontrollable gambling can display features of addiction and may be a symptom of personal problems, including psychiatric illnesses. Problem gamblers in this video have difficulty controlling their gambling behaviour and have recognized how their gambling has led to personal, family and occupational difficulties. Also discussed are therapies used in treatment programs for problem gamblers.
- **Autism** (Video 1596.6) Seen here as one of the most common development disabilities, autism is the result of a neurological disorder that affects the functioning of the brain. Through personal accounts of parents and teachers, a presentation is made on how autism impacts the normal development of children's social interaction and communications skills and how they may have difficulties participating in social activities. An outline is presented on coping mechanisms and strategies that deal with the various manifestations of the disability may help reduce some of the symptoms or even change associated behaviours.
- **Panic and Agoraphobia** (Video 1596.7) Panic disorder may strike nearly two percent of the population and is twice as common in women as in men. People with panic disorder have feelings of terror that appear suddenly and repeatedly. Panic disorder may evolve to include phobias, sometimes leading to avoidance of places or situations where panic attacks have occurred. Agoraphobia is sometime associated with panic leading to potentially severe restrictions on movements to safe or limited areas. Treatments are discussed including cognitive-behavioural therapy (CBT) and medication.

### **Trouble in Mind, 1998**

Audience: general adult

Synopsis: This thirteen part broadcast series covers major issues in mental health, with each video approximately 30 minutes in duration. They include commentaries by patients and health professionals to give a general, but accurate picture of common diseases and disorders of the mind.

- **Post-Traumatic Stress Disorder** 2272.1
- **Attention Deficit hyperactivity Disorder** 2272.2
- **Alzheimer's Disease** 2272.3
- **Depression** 2272.4
- **Schizophrenia** 2272.5
- **Delirium** 2272.6
- **Panic Disorder** 2272.7
- **Postpartum Depression** 2272.8
- **Psychosomatic Disorder** 2272.9
- **Obsessive-Compulsive Disorder** 2272.10
- **Anti-Social Personality Disorder** 2272.11
- **Bipolar Disorder** 2272.12

This program focuses on the manic phase of the disorder.

- **Eating Disorders** 2272.13

### **Understanding the Dream World: Moving Beyond Freud** (Video 2305) 2305; 13 min

Audience: general adult

Synopsis: This Jim Lehrer "News Hour" briefly examines dream interpretation from the classical psychoanalytic approach developed by Sigmund Freud and the current biological model of brain function. Interviewer Terence Smith speaks with psychoanalyst Robert Pyles and psychobiologist Robert Stickgold. Each perspective is presented and areas of controversies are addressed as

Smith attempts to encourage debate. There is in fact a great deal of concurrence and hope for a future where greater understanding of the human mind will provide a synthesis of biology and psychology.

**Untangling the Mind: The Legacy of Heinz Lehmann** (Video 1415) 1999; 54 min

Audience: post-secondary students; health professionals

Synopsis: Heinz Lehmann decided to become a psychiatrist after reading the works of Freud. He started his practice at the Verdun Hospital for the Incurably Insane and in later years referred to the conditions as a "snake pit." The East House was the worst, a back ward for patients with no hope of recovery. Lehmann started a program there where patients would be exposed to a great deal of human attention as well as physical activity and art-play with mud and finger paints. After six months the patients showed marked improvement, but at the discontinuance of the program all relapsed. The only other treatments available were electroshock (ECT) and lobotomy, both of which are illustrated using historic films. In discussions with an assistant, Gorman Hanrahan, the fabled idea of a "magic bullet" medication is mentioned. Within months that medication, Chlorpromazine, was available. One of the problems with the result of effective medication use was that large numbers of former inpatients were released into the community with no social support. The story moves on from Lehmann's introduction of this medication to North America to a general discussion of the biological basis of mental illness. There are commentaries from Fred Goodwin on medication and E. Fuller Torrey on the place of genetics and other factors in the development of illness.

**When the Mind Causes Pain** (Video 2529) 2004; 20 min

Audience:

Synopsis: Recent studies have clarified the relationship between physical pain and emotional pain. Among patients with depression, eighty percent first present to their doctors exclusively with physical symptoms. The most common are: joint and back pain, fatigue, insomnia, dizziness and headaches. In this video, the impact of physical symptoms on work, social life and family life were explored. Rollin Gallagher, M.D., M.P.H., President of the American Board of Pain Medicine, explains the physiology of pain. Aaron Beck, M.D., suggests treatment strategies to reduce the symptoms of anxiety and depression and relieve the body pains that these illnesses can cause. Judith Beck Ph.D. is featured with a patient using cognitive techniques for pain and depression management.

**Within these Walls** (Video 2237) 1996; 30 min

Audience: general adult; psychiatric survivors

Synopsis: Produced with the support of local and national mental health organisations and the Riverview Hospital, this video presents the perspectives, thoughts and experiences of a diverse group of people hospitalised for mental illnesses. Their combined experience reflects the changes of the mental health system and also some of the abuses of the hospitals and of the social misuses of the hospital system. Anita was admitted to hospital at 12, Bill at 14, both misdiagnosed and over-medicated for years; Jeanne and Jill on the other hand benefited from treatment. Some of the others who report their experiences seem to have had no mental health problem or were treated in a hospital that could not support their needs.