

Shining a Light on Mental Health & Addictions

North East LHIN Supports *Shadows of the Mind Film Festival 2017*

February 27, 2017 -- The North East Local Health Integrated Network (NE LHIN) is sponsoring two films and facilitating two panel discussions – one on postpartum mood disorders and the other on the role we all have in supporting people in our communities with mental illnesses -- at the *Shadows of the Mind Film Festival* in Sault Ste. Marie.

“Shadows of the Mind Film Festival has been a key touchstone here in the Sault for 18 years, providing an opportunity to raise awareness on mental health issues through film,” said Mike O’Shea, Senior Mental Health and Addictions Officer with the North East LHIN. “The North East LHIN has been sponsoring French language films and other films at the festival as a way to serve the needs of our Francophone residents and continue to shed a light on stigma that many people face in their journey with mental illness.”

As health system manager for Northeastern Ontario, the North East LHIN is working on improving access to mental health services and increasing coordination of care for people with mental health challenges. The LHIN would like to acknowledge the work of the You Are Not Alone (YANA) committee members in working to bring the documentary, *the Dark Side of the Full Moon*, to the festival.

Shining a Light on Postpartum Mood Disorders (sponsored by the NE LHIN)

What: *Dark Side of the Full Moon* documentary and a Short Film on Postpartum Disorders (by the Community Counselling Centre of Nipissing and the Northern Postpartum Mood Disorders Strategy)

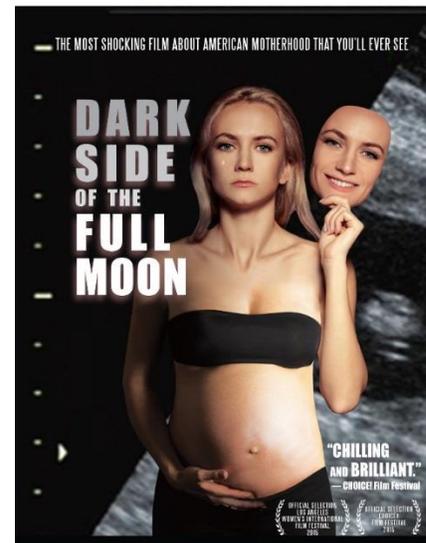
Panel Discussion: Facilitated by NE LHIN Mental Health and Addictions Officer Shana Calixte with the YANA Project

When: 1:30, March 1

Where: Grand Theatre

Admission: By donation

About: This documentary, tells the intimate story of maternal mental health complications as well as the failings within the medical community to effectively screen, refer, and treat the more than 1.3 million mothers suffering each year in the United States.



Shining a Light on the Role of Communities (sponsored by Algoma Public Health)

What: *God Knows Where I Am*, introduced by director Todd Wider

When: 1 p.m., March 3

Panel Discussion: Led by NE LHIN Senior Mental Health and Addictions Officer Mike O'Shea on how communities can supporting those with mental illness.

Where: Grand Theatre

Admission: By donation

About: The body of a homeless woman is found in an abandoned New Hampshire farmhouse. Beside the body, lies a diary that documents a journey of starvation and the loss of sanity, but told with beauty, humor, and spirituality. As her story unfolds from different perspectives, including her own, we learn about our systemic failure to protect those who cannot protect themselves.

Shining a Light on Families (sponsored by the NE LHIN)

What: *The Bélier Family* (French with subtitles)

When: 12:15 p.m., March 4

Where: Grand Theatre

Admission: \$11 for students and \$13 for adults

About: The Belier family are like any family except for some unique challenges that they face. Paula Belier, was born to deaf parents and has a younger deaf brother. Being fluent in sign language and French, she acts as the family interpreter and bridge to the outside world. This film has won 11 international awards.



-30-

For more information on the Shadows of the Mind Film Festival: www.shadowsfilmfest.com

For more information on the North East LHIN: Contact Lara Bradley, North East LHIN Communications Officer, at 705-674-1492 or lara.bradley@lhins.on.ca

Connect with the NE LHIN / Suivez le RLISS du N.-E. sur



www.nelhin.on.ca