

***DEPRESSION: Out of the Shadows*** premiered on PBS nationwide May 21, 2008. Through the voices of families and individuals coping with the wide-ranging effects of depression, the film navigates the complex terrain of this disease. Highlighting the latest scientific research and innovative treatments, this documentary strives to offer greater awareness and diminish the stigma around a disorder that ultimately touches everyone.

Following the 90-minute documentary, broadcast journalist Jane Pauley hosts *Take One Step: Caring for Depression*, a 30-minute panel discussion with nationally-recognized mental health experts who offer practical help and hope for those attempting to identify, treat, or cope with depression.

### **Program Clips for DEPRESSION Screenings**

#### **1) THE MANY FACES OF DEPRESSION** *(approximately nine minutes in length)*

**Viewing on the Website: Chapter 1**

**Viewing on the DVD: Chapters 2 & 3**

Depression is an equal-opportunity disease, affecting all ages, races, genders, and socioeconomic groups. The disorder can take many forms, some of which are deadly. Meet award-winning author and depression expert Andrew Solomon, and use this chapter to introduce and define the disease.

#### **2) DEPRESSION IN ADOLESCENTS** *(approximately 12 minutes in length)*

**Viewing on the Website: Chapters 2 & 3**

**Viewing on the DVD: Chapters 4, 5, & 6**

Adolescence is an emotional time, filled with experimentation, discovery, and change. Thus, it is difficult for parents and other concerned adults to tell if youngsters are displaying typical growing pains or depression. Join teenagers and their families as they discuss their experiences with depression, learn about scientific advances that allow researchers to more intricately study the adolescent brain, and combat suicide.

#### **3) POSTPARTUM DEPRESSION** *(approximately 4 minutes)*

**Viewing on the Website: Chapter 4**

**Viewing on the DVD: Chapter 7**

Welcoming a new child into the world is a highlight for most families. However, the hormonal shifts of pregnancy and childbirth can trigger post-partum depression, a disease experienced by approximately 10-15% of all new mothers. Listen to Ellie's story about her experience with the disease, including her quest to find adequate treatments. This chapter offers a strong basis for a discussion about local mental health resources for women and families.

#### **4) TRAUMA, STRESS AND DEPRESSION** *(approximately 10 minutes)*

**Viewing on the Website: Chapter 5**

**Viewing on the DVD: Chapters 8, & midway through 9**

Early childhood trauma cuts deep, sometimes setting the stage for lifelong challenges. Explore Shep and Jiwe's narratives about the family and social dynamics

they experienced as youngsters, and discuss the dynamic between genetics, environment, and mental health.

**5) COMMON DEPRESSION** (*approximately 3 minutes*)

**Viewing on the Website: Chapter 6**

**Viewing on the DVD: Midway through Chapter 9 & 10**

Terrie and Philip had it all: successful businesses, impressive titles, and elite clients. They also had depression. Terrie shares her battle with the disorder, and talks about the denial of depression inherent in the African American community. Philip exposes the secrecy around depression within the corporate world, and relates his decision to go public with his illness. This segment offers an excellent springboard to discussing depression's stigma.

**6) THE PROMISE OF TREATMENT** (*approximately 15 minutes*)

**Viewing on the Website: Chapters 7 & 8**

**Viewing on the DVD: Chapters 11, 12 & 13**

Although depression is surprisingly widespread, it is also eminently treatable. Andrew displays his regimen, which includes pills, therapy, and exercise. Hart, Emma, and their families talk about their journey to identify the medications and therapists best suited to their needs. Researchers discuss their attempts to find faster-acting treatments, which will offer much-needed, immediate relief. This chapter offers fodder for discussions on the vast array of treatments, and the hope they offer.

**7) ELECTROSHOCK TREATMENT** (*approximately 7 minutes*)

**Viewing on the Website: Chapter 9**

**Viewing on the DVD: Chapter 14**

Popular culture has often portrayed electroshock therapy (ECT) as a harsh, almost barbaric method of addressing depression. In reality, ECT often offers hope to patients who have not responded to other therapies, and is particularly helpful for the elderly. This chapter provides the opportunity to discuss long-held stereotypes about ECT and other treatments, and to talk about depression within the senior population.

**8) EXPERIMENTAL TREATMENTS** (*approximately 7 minutes*)

**Viewing on the Website: Chapter 10**

**Viewing on the DVD: Chapter 15**

Pioneering scientists and researchers are discovering new methods to help people with treatment-resistant depression. A procedure called deep brain stimulation allowed Deanna, a nurse and mother long hospitalized for depression, to reclaim her life. Use this chapter to stimulate discussion on new treatments and resources, both in the news and within your community.

**9) RECOVERY** (*approximately 11 minutes*)

**Viewing on the Website: Chapter 11**

**Viewing on the DVD: Chapters 16, 17 & 18**

The good news: there *is* a light at the end of the tunnel for people recovering from depression. Philip and Terrie show how helping others has increased their own well-

being, and Ellie works with her therapist to prepare for a healthy second pregnancy. This chapter can prompt a rich discussion on maintaining mental health through various methods, including talk therapy, social connection, exercise, and more.

**10) FINAL THOUGHTS** (*approximately 10 minutes*)

**Viewing on the Website: Chapter 12**

**Viewing on the DVD: Chapter 19**

As depression becomes less stigmatized, awareness about the disease increases in the workplace, on campus, in families, and across the country. Use this summary chapter to explore how participants can raise awareness about depression within their communities.