



Transitions-Mental Health Association Presents *The Shaken Tree: Families Living with Mental Illness*

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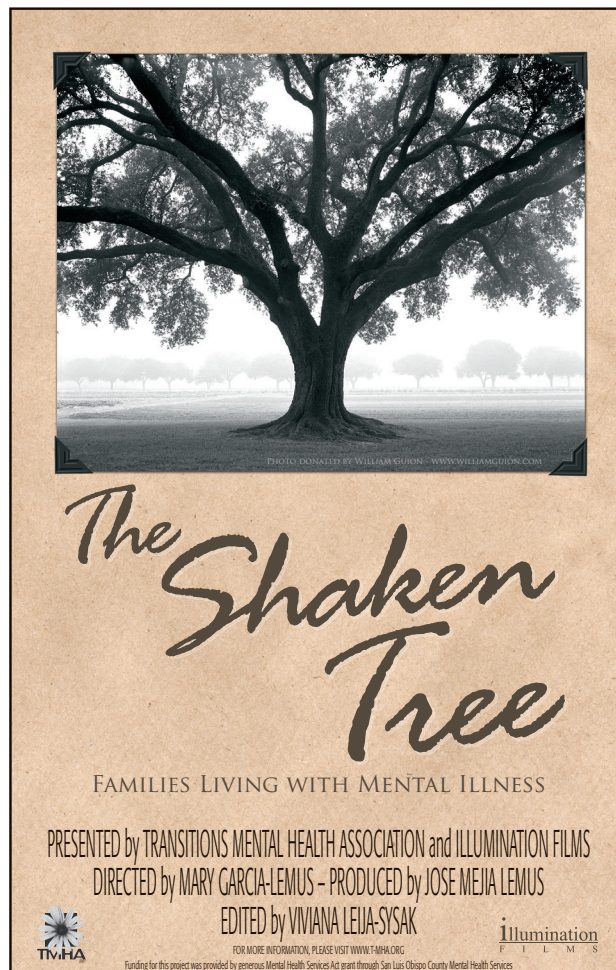
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To Whom It May Concern:

Thank you for your interest in our award winning documentary *The Shaken Tree: Families Living With Mental Illness*. This 30 minute film depicts the family's portrayal of life when a loved one has chronic and persistent mental illness. In a typically silent societal niche, *The Shaken Tree* gives a voice to families, telling their stories of struggles and triumphs.

The Shaken Tree is not available to purchase. However, we provide opportunities to bring the documentary to your community, organization, or agency as a training/presentation.

The training provided is typically for interested persons that have a personal understanding of the family's perspective, often a family member, family advocate, or person in the mental health field that has seen the affect mental illness has had on the family. After completion of this training attendees are given a **copy of the DVD** along with a **Training Manual, User Agreement** and **Certificate of Completion**. They are then able to present the documentary in their community within the conditions of the **User Agreement**. The training includes a **Presentation** of *The Shaken Tree* with an overview of mental illness. The training also includes a **Community Presentation** that the trainees are required to attend. Communities often open this up to the public as an educational forum.

The cost for a training/presentation varies based on your needs. We are happy to work with you to see what would be in your agency or organization's best interest. Many agencies have found creative ways to help fund these trainings; some counties have partnered up together to help with the costs.

We have had the privilege of presenting to over 5,000 persons in numerous counties throughout the state of California and welcome the opportunity to come to your community. By reaching out about mental illness and its impact on the family, we hope to educate others, support peers and reduce the stigma of mental illness for families and their loved ones.

If you are interested in a training/presentation please fill out the attached **Interest Application** and return to me. We can work together to bring *The Shaken Tree* to your community.

Again we would like to thank you for your interest and look forward to working with you to bring this worthwhile and educational documentary and presentation to your area.

Sincerely,

Janice Holmes

Janice Holmes
Family Services Program Manager

Transitions-Mental Health Association
P.O. Box 15408
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The Shaken Tree: A Presentation

The U.S. Surgeon General reports that mental illness affects one in five Americans. Yet, the topic of mental illness remains rare in most conversations. Discrimination and stigma often extends to family members. Navigating through tough times with a mentally ill loved one can be a painful and lonely experience.

The Shaken Tree: Families Living with Mental Illness is an award-winning documentary that illuminates, through a collection of stories, the journey families experience when one of its members has chronic, persistent mental illness. Through interviews, the film presents not only different families' experiences, but a shared journey. The uniqueness of this documentary is that the description of the journey is so compelling, so riveting that there is no need for a narrator, no written statistics that flash before the screen. The families themselves explain their journey of pain, grief, feeling of helplessness, despair, and stigma associated with this illness. The film provides hope to families that they are not alone and describes ways to survive and live life fully while sharing it with someone who has a mental illness.

After the 30 minute film and the discussion that follows, the viewer often walks away with a deeper understanding of the family's experience. One learns that this illness can happen to anyone at anytime. Self-medication, homelessness and suicide are all realities that families may face when a loved one has mental illness, yet there is always hope. Recovery can and does happen.

The Shaken Tree is a film that educates. It raises much-needed awareness, and leaves one with a stronger sense of compassion and understanding for families who are affected by mental illness.

By reaching out to communities about mental illness and its impact on the family, we hope to further educate the public about the resources available, support families and those with mental illness, and reduce the stigma for families as well as their loved ones.

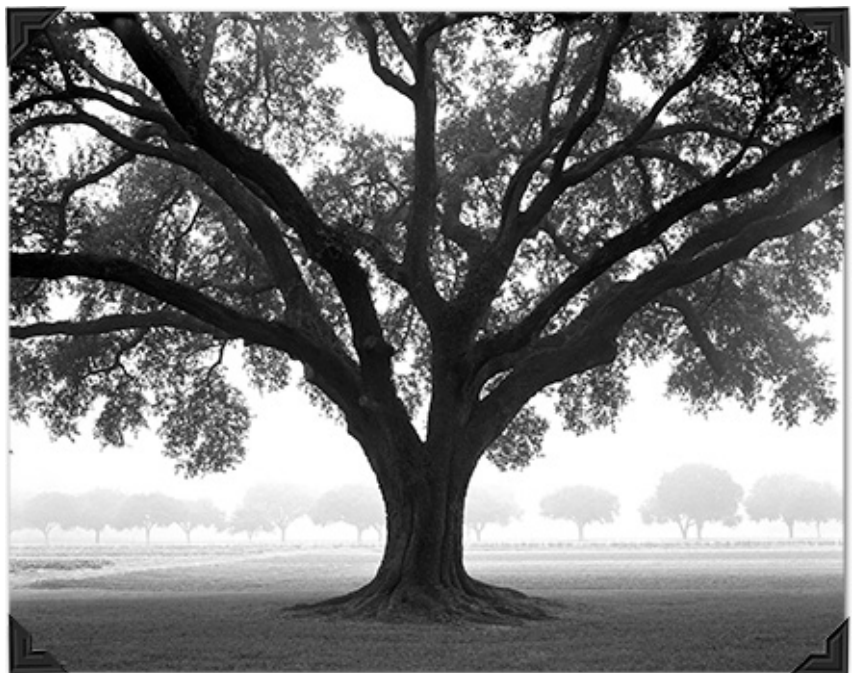
A preview of this documentary is available at: <http://www.t-mha.org/main/TheShakenTree.htm>

The Shaken Tree

FAMILIES LIVING
WITH MENTAL ILLNESS

illumination
F I L M S

JOSÉ MEJIA LEMUS, PRODUCER • MARY GARCIA-LEMUS, DIRECTOR





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**Janice Holmes, Family Services Program Manager
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Her Work with Transitions-Mental Health Association

Known for her warmth and engaging personality, Janice Holmes shines as a consultant, presenter, and Program Manager of Family Services for San Luis Obispo and Northern Santa Barbara Counties at Transitions-Mental Health Association. Janice joined the organization in 2000 and has been instrumental in the start-up, development and growth of family services programs at TMHA. She brings a wealth of knowledge and experience, aiding over 600 families each year.

Janice, whose personal experience has led her to work as a family advocate, is committed to helping family members better understand and cope with the realities of severe and persistent mental illness. She and the other advocates she has trained offer confidential assistance and support to anyone with a family member or loved one who may have a mental illness. She has also facilitated a weekly family support group since 2002, and developed a six week orientation class for new families.

Consumer and Family Consultant

Janice served as a family consultant for: the Mental Health Awareness Community in Northern Santa Barbara County, Mental Health Services Act in San Luis Obispo and Santa Barbara Counties. She has been a consultant for APS Healthcare with the California External Quality Review Organization (CAEQRO), and serves on the San Luis Obispo County Forensics Coordination Team (FCT).

Presentations

Janice gives presentations, organizes workshops and forums in the communities she serves and throughout the state. She has been a presenter and trainer for the Crisis Intervention Team (CIT) for law enforcement since 2004. She has also provided a parenting class for the Santa Barbara County District Attorney's Office, Juvenile Services, to families of transitional age youth.

As a vital part of the creative team – Janice served as both a contributing expert and interviewee – that produced the award-winning educational documentary *The Shaken Tree: Families Living with Mental Illness*, a film giving voice to families living with a mental illness. Awarded “Central Coast Filmmakers Showcase - Best Film 30 min. and Under” by the San Luis Obispo International Film Festival, and the Eli Lilly Media Award, the documentary is an eye-opening experience for those new to mental health issues, as well as those who are long-acquainted with the mental health system. As a result of the project, Janice now gives accompanying presentations with screenings of *The Shaken Tree*. Janice is the recipient of the 2007 Paul Wolff Accessibility Advocacy Award for her work for families and her vision for the documentary.



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Henry Herrera, Family Advocate
Transitions-Mental Health Association

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His Work with Transitions-Mental Health Association

Henry Herrera serves as a Family Advocate, Adult Services, Bilingual Spanish for the Family Services Program at Transitions-Mental Health Association in San Luis Obispo County. Henry joined the organization in 2009 and has been instrumental in the development and growth of the family services programs at TMHA. Henry brings a wealth of knowledge and experience having served nearly twenty years in the Public Health field in aiding over 500 families each year. Henry advocates for children and adults in English and Spanish speaking communities and has traveled extensively throughout the country promoting Children's' Health services.

Henry, whose personal experience has led him to work as a family advocate, is committed to helping all family members better understand and cope with the realities of severe and persistent mental illness. He provides confidential assistance and support to anyone with a family member or loved one who may have a mental illness. Henry co-facilitates a weekly family support group, and teaches a six week orientation class for families new to the mental health system. Henry also serves as a mentor to the other family advocates as well as technical support to the team.

Presentations

Henry gives presentations, organizes workshops, and forums in the communities he serves. He has been a presenter and trainer for the Crisis Intervention Team (CIT) for law enforcement since 2009. As a vital part of the family advocacy program, Henry started a Spanish Speaking (Monolingual) Support Group to serve the needs of the Latino population in San Luis Obispo County.

Involvement

Henry serves on several committees and programs through the San Luis Obispo County Behavior Health Department; including Latino Outreach Council, Co-Occurring Disorders Workgroup, San Luis Obispo County Behavioral Health Treatment Court, and Forensics Coordination Team (FCT). The Forensics Coordination Team consists of County Agency staff including Probation, County Mental Health, County Sheriff, City police Agencies, District Attorney's office, Victims Witness office.

As part of San Luis Obispo County's Behavioral Health Court Treatment Program, Henry assists the families of ill loved ones currently in trouble with the law. The primary goals of the Behavioral Health Court are to: connect criminal defendants who suffer from serious mental illness to treatment services in the community; find appropriate dispositions to criminal charges, taking into consideration the facts of each case and prior criminal history; ensure public safety and reducing recidivism and violence on re-arrest through appropriate mental health treatment and intensive supervision; and increase collaboration between the court, counsel, city agencies, and community mental health treatment services.



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Testimonials/Reactions to *The Shaken Tree* and Presenters

“The stories in this film made me realize how painful mental illness is for the families.” - Neil Travis, Academy Award-Winning Film Editor (Dances With Wolves)

“I felt empowered for the first time in my life to spread a message that ran so true, not only in my family, but in our community and even wider.” - Tyler Brown, Co-Chair San Luis Obispo Mental Health Board

“I wish everyone in the community could see *The Shaken Tree* – it is terrific.” - Julia Miller, Adult Services Program Manager, San Luis Obispo County Department of Social Service

“My students appreciated your (Janice Holmes) candid approach to the topic of mental illness and your willingness to answer all of their questions. They found the documentary to be powerful, informative, provocative and enlightening. The combination of showing *The Shaken Tree* and then having you present left them awestruck. It is a perfect combination; I don't think there is anything else available that comes close!” - Mary Garcia-Lemus, Psychology and Child Development, California Polytechnic State University

“The documentary *The Shaken Tree* was so powerful and really took a hit to my heart. I can't believe how emotionally it affected me, and also opened my eyes. I've never really thought about how mental illness doesn't only affect that person dealing with it, but also how it affects the family and people around them. In terms of Janice (Holmes), I LOVE HER. I felt she was a strong, inspiring, smart, and level-headed individual. As I was watching the documentary while she was sitting in the same room as us, I felt very emotionally connected to her. I admire the fact that she has been able to take her hurt and pain, and use to better and heal others. That to me is the sign of a true survivor and a loving person.” - Cal Poly Psychology Student

“On the evaluations that I received from Henry's (Herrera) Shaken Tree presentations many Spanish speaking clients express that they were not aware of the services that Transitions offers, also many were surprised on the prevalence of mental illness in the Latino Community. Some expressed that they wished more people would attend because they knew they would benefit from this information as well.” - Patty Herrera, Community Benefits/Outreach Coordinator, French Hospital Medical Center

“Transitions' presentations are one of the greatest resources in San Luis Obispo County! You have significantly raised awareness of mental illness issues at Cuesta College and are an invaluable source of training for students who plan a career in the human services. Thanks for all you do.” - Linda Mintz, Family Studies, Cuesta College

“I thought it was really great to see how beneficial a program for the family of someone with mental illness is. Many people can be affected by one person with mental illness, and it is just as important for the family to get help and have a group of people who know what they are going through, and can support them through such a rough time.” - Cal Poly Psychology Student

“It takes a lot of courage to go in front of people day after day and tell your story.” - Cal Poly Psychology Student



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Menu of Services For *The Shaken Tree* Training/Presentation

Below are the basic options for a *Shaken Tree* Training/Presentation. A plan can also be customized to meet your agency's training needs. There is a base fee that does not include travel, accommodations, special training circumstances, etc.

Option 1: "Train the Trainer"

"Train the Trainer" includes: 3-4 hour training/presentation of *The Shaken Tree*, binder of info about mental illness, DVD of *The Shaken Tree*, and certificate of completion with rights to show *The Shaken Tree*, signed copy of the User Agreement, and an additional 2 hour community presentation that can be open to the public.

This includes opportunity for up to 5 people to become certified trainers of *The Shaken Tree*. There will be an additional fee per person over 5.

Option 2: Staff Training

The Staff Training includes: 3-4 hour training/presentation of *The Shaken Tree* and an additional 2 hour community presentation that can be open to the public.

Option 3: Options 1 and 2 Combined / Additional Trainings

We can offer the "Train the Trainer" Training along with a Staff Training. Other staff training examples can include: Cultural Competency: The Culture of the Family; How to Develop a Family Services Program in your community; and/or Suicide Prevention/Intervention Awareness. We can discuss other trainings that your agency needs to fulfill and how we can help.

Please note that we are able to offer some training in Spanish for an additional fee.

Travel/Accommodation Costs

Costs vary based on location of presentation and hotel availability. Travel time and distance from San Luis Obispo, California.

Disclaimers/Notes

Our staff can assist you in developing a training/presentation plan to fit your agency's needs and budget. Once determined, a contract is submitted to both parties for authorization. Sample contracts are available upon request.

The Shaken Tree is in a DVD movie format. We require that you provide either a large screen television with an attached DVD Player, or a DVD Projection System including Computer (laptop) to play the DVD, the Projector, Speakers, and Screen. Please set up prior to training/presentation (it is advised that equipment is tested before event). For large groups a projector and screen is preferable. Presenter can provide equipment at additional charge.

Advertising

Templates of *The Shaken Tree* promotional materials (flyers, posters, background information) can be provided at no additional cost.



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The Shaken Tree Application

**Please note that this application is not a contract*

Organization/Company Name _____

Address 1 _____

Address 2 _____

City _____ State _____ Zip _____

County _____

Contact _____ Title _____

Phone _____ Cell Phone _____

Email _____

Presentation Location and Address:

Building _____

Location Address 1 _____

Location Address 2 _____

City _____ State _____ Zip _____

Location County _____

Estimated Number of Attendees _____

Tentative Requested Date(s) _____

Tentative Requested Time(s) _____

Notes _____

Please feel free to attach any additional information you feel would be helpful.

Transitions-Mental Health Association
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COPY OF BLANK USER AGREEMENT

This Use License Agreement (the “Agreement”) for the film *The Shaken Tree: Families Living with Mental Illness* (“Film”) is made by and between Transitions-Mental Health Association (“Owner”), and _____ (individual’s name) (“Trainee”), acting as an agent of _____ (“Organization”) with its principal place of business at _____.

RECITALS

A. Organization is engaged in any or all of the following: diagnosing, treating, or advocacy for the mentally ill; supportive assistance to the families of the mentally ill; public service programs.

B. Owner owns and retains the copyright to Film and is willing to allow Trainee to license the use of Film under the terms herein set forth.

NOW THEREFORE, in consideration of the mutual covenants and promises herein contained, the Owner and Trainee agree as follows:

1. This Agreement shall be effective as of _____ (“Effective Date”).
2. As Trainee has completed the required training, Owner hereby grants Trainee a non-exclusive right to use Film, in whole or in part, and to incorporate Film, in whole or in part, into public or private presentations within the confines of _____ County, (State) as established by Organization, with the exceptions noted below in Section 3.
3. Neither Trainee nor Organization may publicly broadcast the Film on television, cable, internet, World Wide Web or similar medium.
4. All right, title and interest in the Film, including without limitation, any copyright, shall remain with Owner. Neither Trainee nor Organization may copy, duplicate, sell or loan the Film. The Owner retains the right to train additional Organization staff or any others to present, show, screen or use the Film. Trainee and Organization are specifically forbidden from training others.
5. Presentation by a trainee/presenter shall consist of showing the Film to an audience, followed by a discussion lead by trainee/presenter. In addition, trainee/presenter will have available and distribute to the audience a current list of Local Resources and any other supportive printed information that may be helpful to the audience.
6. If Trainee is no longer affiliated with _____ (Agency/Organization), Trainee shall return Film and Training Manual to said Organization. Returned property may be used as replacement Film and Training Manual for previously trained Presenters.
7. This Agreement may be terminated in writing by Transitions-Mental Health Association. In the event that either party shall be in default of its obligations under this Agreement and shall fail to remedy such default within sixty (60) days after receipt of written notice thereof, this Agreement shall terminate upon expiration of the sixty (60) day period. In the event of termination under this Agreement, Trainee and/or Organization shall immediately return Film and Training Manual to Transitions-Mental Health Association.

Initial _____



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*The Shaken Tree: Families Living with Mental Illness***

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8. This Agreement constitutes the entire and only license agreement between the parties and all other prior negotiations, agreements, representations and understandings are superseded hereby.

9. This Agreement shall be construed and enforced in accordance with the laws of the United States of America and of the State of California.

IN WITNESS WHEREOF, the parties hereto have caused their duly authorized representatives to execute this Agreement.

Transitions-Mental Health Association

[Name] _____ [Title] _____

(Address) _____

(Phone) _____ (Email) _____

Signature: _____ (Date:) _____

[Presenter sponsored by (Full Name of Organization)]

[Name] _____ [Title] _____

(Address) _____

(Phone) _____ (Email) _____

Signature: _____ (Date:) _____