

LOOKING FOR LUKE

Overview

Looking for Luke is a short documentary that follows the parents of Luke Tang, a well-liked, passionate, and brilliant Harvard sophomore, as they attempt to understand why their son died by suicide. By reading through journals and talking to his friends, Luke's parents begin to piece together what happened through the gained knowledge and understanding of depression as a treatable mental illness. Luke's parents have made it their mission to help other parents identify the signs and signals of depression, and other mental health conditions, that can lead to suicide. The film is an extension of that mission by raising awareness of depression as a treatable illness, and destigmatizing seeking help for mental health issues. The issues the film addresses are of pressing importance and concern for teens and young adults across the country.

The film, directed, produced, and written by, Eric I. Lu, edited by Elaine Coin, and executively produced by Dr. Eugene Beresin and Dr. Juliana Chen of the Clay Center for Young Healthy Minds (www.mghclaycenter.org), is a catalyst for facilitated town hall discussions on college/university campuses about suicide, depression, and other behavioral health issues, and the impact of these issues on young adults, college/university communities, and families. *Looking for Luke* premiered at Harvard University's Graduate School of Education in April 2017, and has since continued to tour additional campuses and communities nationwide.

Looking for Luke aims to:

- **De-stigmatize suicide, depression, and other behavioral health issues** by placing these issues in the context of one family's journey;
- **Create a safe space** for open dialogue and increase conversations about suicide, depression, and other behavioral health issues, and the impact of those issues on young adults, college/university communities, and families; and
- **Connect young adults, communities, and families** with local and national resources, and cultivate health-seeking behavior.

THE DISCUSSION

The town hall-style discussion that follows the screening of *Looking for Luke* is intended to elicit first-person testimonials and powerful comments from young adults, members of college and other communities, and behavioral health providers. Community panel members who have struggled with and addressed head-on the challenges presented by behavioral health issues kick off the conversation with their gut reactions to the film, relating their experiences to Luke's story. Then, a skilled moderator asks the audience a series of questions designed to highlight themes from the film, creating a safe space for open dialogue. For more information please visit: <http://lookingforlukefilm.com>

SUMMARY AND SCOPE

The following summary describes a typical **one-time screening** of *Looking for Luke*. The typical event lasts approximately 90 minutes and includes:

- Introductory remarks by community/organization representative (5 min)
- Background remarks about *Looking for Luke* including introduction of The Clay Center for Young Healthy Minds, which produced the film (5 min)
- Screening of film (30 min – film runtime 26 minutes 16 seconds)
- Panelist remarks (15-20 min)
- Facilitated audience discussion and closing remarks (30+ min)

The Clay Center for Young Healthy Minds can provide the following Educational Tool Kit in support of a one-time screening:

- Access to a secure, digital screener of the *Looking for Luke*
- Guidance documents for moderator and panelist identification and assembly
- Talking points for screening introduction
- List of suggested questions for moderator/panelists to guide the audience discussion
- Agenda/program template for moderator and panelist preparation
- *Looking for Luke* Flyer for promotional purposes (digital file)
- National Resource List for suicide support and prevention resources (editable digital file)

Community/Organization will provide the following for the screening:

- A community representative to introduce the event
- A community-identified moderator to facilitate the discussion
- Up to four (4) panelists per screening. Suggested panelist categories included below:
 - Counselor/mental health professional (preferably from the hosting community), who counsels teens and young adults on behavioral health issues, including suicidal ideation and depression
 - A representative of a community/regional organization that works to identify the early signs/signals, and prevention, of suicide, depression and related behavioral health issues (e.g., Active Minds, AFSP chapter, community health center)
 - Young adult (preferably someone from the community) who has struggled with issues raised by the film (e.g., suicidal ideation, depression), or other mental health conditions (e.g. anxiety) and is willing to share their experience
 - A family member or friend who has lost a teen or young adult to suicide and/or supported a young adult who has struggled with issues raised by the film, and is willing to talk about it.
 - A representative of a community/regional organization that works to identify the early signs/signals, and prevention, of suicide, depression and related behavioral health issues (e.g., NAMI, AFSP chapter, community health center)
 - *Looking for Luke* film/Clay Center representative – Gene Beresin, MD and Juliana Chen, MD, child psychiatrists and executive producers of the film, may make themselves as available for screenings upon request
- **REQUIRED:** A clinically trained counseling/mental health services representative, knowledgeable in behavioral health issues including depression and suicidal ideation, to

be on site and available during the screening, for individuals in need of someone to talk to during the screening or discussion – this individual may be a panel member, or not

- REQUIRED: Response to an online post-screening survey by the coordinator or moderator of the event

Technical specifications for event:

- Venue (e.g., auditorium)
- A screen or other appropriate projection surface, to show the film
- Reliable internet connection to access the film on Vimeo VHX (online platform)
- Individual microphones for moderator and panelists, if available (at minimum, one microphone is recommended, to ensure audience members can hear)
- Additional microphone to pass around the audience during the town hall discussion
- Lighting: Ability to put lights out for the screening, and then back on for the panel presentation and audience discussion
- Water on-stage for the moderator and panelists (suggested)
- Distribution of National Resource List (digital file provided by the Clay Center)
- An accurate headcount of the number of audience members attending the event (needed for follow-up survey). Options for “clicker” smartphone apps: iOS (<https://itunes.apple.com/us/app/clicker-counter/id306921465?mt=8>) and Android (http://www.appszoom.com/android_applications/productivity/head-count_cbtuv.html).