



**Press release
For immediate distribution**

Three films, three discussions
Seventh season of Frames of Mind
organized by the Douglas Institute

Montréal, April 9, 2010 – The Douglas Mental Health University Institute presents the seventh season of Frames of Mind, its festival of film screenings and discussions of mental health issues, on May 6, 7, and 8.

Sophie-Andrée Blondin, science journalist on Radio-Canada's broadcast *Les Années lumière*, has agreed to lead the discussions following the film screenings.

This year, the films and discussions will focus on mental health problems experienced by young people. **On Thursday, May 6**, the film *Dédé à travers les brumes* will be followed by a discussion with **Johanne Renaud**, a psychiatrist at the Douglas specializing in depressive disorders, along with **Sylvie and Hélène, the sisters of Dédé Fortin**. **On Friday, May 7**, *La peau et les os, après...*, a documentary by Hélène Bélanger-Martin, will present a fascinating follow-up, eighteen years later, to *La peau et les os*, the powerful documentary by Johanne Prigent. **Howard Steiger**, psychologist and expert in eating disorders, the director, and **Marie-Josée D'Amours**, who has struggled with anorexia, will be on hand to speak with the audience. Finally, **on Saturday, May 8**, we will see *Un ange à la mer*, the touching account of the distress experienced by a child to whom his father confides a terrible secret that will change his life. **Gisèle Forget-Bordron**, managing director of Parents et amis du bien-être mental du Sud-Ouest de Montréal, **Jean-François Bélair**, psychiatrist and chief of the Intensive Intervention Program and psychiatrist **Johanne Renaud**, chief of the Youth section of the Depressive Disorders Program will take part of the discussion.

For the seven years, the Frames of Mind movie nights serve to educate the public about mental health problems and dispel the taboo of mental illness to eliminate the prejudice against those who suffer from it. These evenings provide the general public with opportunities to obtain accurate information from recognized experts, hear personal experiences, and ask questions – all while enjoying a cultural outing.

Frames of Mind 2010 line-up

Dédé à travers les brumes – Thursday, May 6, 2010, 6:30 p.m.

The life and work of André “Dédé” Fortin, lead singer of the Colocs, as brought to the screen by director and screenwriter Jean-Philippe Duval, have touched a wide public. Sébastien Ricard, in the role of Dédé Fortin, was named best actor at the Jutra Gala on March 28, earning one of the four awards presented to this film during the movie-industry gala.

Discussion of depressive disorders and suicide

Guests:

Sylvie and Hélène Fortin, the sisters of Dédé Fortin
Johanne Renaud, M.D., M.Sc., FRCPC, medical chief – Youth section, Depressive Disorders Program, and clinician, Douglas Institute

La peau et les os, après... – Friday, May 7, 2010, 6:30 p.m.

In 1987, director Johanne Prigent filmed *La peau et les os*, a fictumentary dealing with what was then a little-known illness: anorexia. **Hélène Bélanger-Martin** portrayed a teen suffering from that disorder. Eighteen years later, herself now a director and mother, she united in a country house a group of friends who had suffered from the same disorder. The women spoke openly about their experiences to give hope to young people facing the same challenges. Their reflections on the past are placed in perspective by the words of Charlotte, 17, who tells of the daily hell of living with anorexia.

Discussion of eating disorders

Guests:

Hélène Bélanger-Martin, director
Marie-Josée d'Amours, discussing her own experience
Howard Steiger, Ph.D., researcher and chief, Eating Disorders Program, Douglas Institute

Un ange à la mer – Saturday, May 8, 2010, 6:30 p.m.

Written and directed by Frédéric Dumont, this film, a Belgium-Canada co-production, is partly autobiographical. In 2009, it was honoured at the Karlovy Vary International Film Festival, where it earned the Crystal globe for best film. Olivier Gourmet (Congorama) also won for best actor.

“This first full-length feature film by Frédéric Dumont is undeniably moving; Dumont has clearly put his heart and soul into the writing and directing.” *Anabelle Nicoud, October 22, 2009, La Presse*

Discussion: distress and depression in children and others living with a loved one suffering from mental illness.

Guests:

Gisèle Forget-Bordron, managing director, Parents et amis du bien-être mental du Sud Ouest de Montréal (PABEMSOM)
Jean-François Bélair, M.D., FRCPC, psychiatrist and medical chief, Intensive Intervention Program, Douglas Institute
Johanne Renaud, M.D., M.Sc., FRCPC, medical chief – Youth section, Depressive Disorders Program, and clinician, Douglas Institute

**What: Frames of Mind 2010 –Douglas Institute
Film screenings followed by discussions**

When: Thursday, May 6, to Saturday, May 8, at 6 :30 p.m.

**Where: CinéRobothèque of the NFB
1564 Saint-Denis in Montréal. (Metro Berri-UQAM)
Montréal, QC**

Ticket prices

Students and seniors: \$5.50, adults: \$7.50, or for all three days: \$16.50.

**Tickets on sale at the CinéRobothèque. Info: 514 496-6887
(no telephone or Internet sales)**

-30-

Information

Marie france Coutu

Communications and Public Affairs

Phone: 514-761-6131, extension 2769. Cell: 514-835-3236

marie-france.coutu@douglas.mcgill.ca

About the Douglas – www.douglas.qc.ca

The Douglas is a world-class institute affiliated with McGill University and the World Health Organization. Its mission is to treat people suffering from mental illness and offer them both hope and healing. The Institute's teams of specialists and researchers continually advance scientific knowledge, integrate it into patient care, and share it with the community to increase awareness and thus eliminate stigma around mental illness.