

# SHIRLEY ADAMS

Directed by Oliver Hermanus

## LIGHTS! CAMERA! ACTION STEPS!

34th cleveland international film festival

march 18–28, 2010 tower city cinemas let's go.

We believe that films like the one you just saw can change the world. At the CIFF, we present these films to provoke thought, inspire dialogue, and spark ideas. Now we're taking it one step further by encouraging you to take action steps to address the issues you've learned about today. Get involved! Make change happen!

**Generous support for Lights! Camera! Action Steps! is provided by Chuck and Char Fowler.**

## Speak Up

- Talk to five people about the film you saw today.
- Start a conversation at the dinner table about a time you felt overwhelmed with a situation. What feelings did you have during that time? And what steps did you take to help alleviate the concern?
- Share your personal story—publish a story; blog about it; make art; talk to a friend, a class or a community group.
- Write a letter to the editor regarding an issue that you are passionate about. Go to [www.nancyschwartz.com/letters\\_to\\_the\\_editor.html](http://www.nancyschwartz.com/letters_to_the_editor.html) for tips on writing your letter and send it to local daily papers, such as [forum@plaind.com](mailto:forum@plaind.com) and [vop@thebeaconjournal.com](mailto:vop@thebeaconjournal.com).

## Get Involved

- Offer to do a favor for a friend or family member who is a single parent— go grocery shopping, run errands, or volunteer to cook or clean once a week for a month.
- Join the National Alliance on Mental Illness (NAMI) of Greater Cleveland on October, 2, 2010 for the NAMI Walks at Voinovich Park. Form a team, join a team, walk as an individual, or volunteer for the event. NAMI is a grassroots organization dedicated to improving the lives of persons with mental illness and their families. For more information, contact Bridge Murphy at [bmurphy@nami.org](mailto:bmurphy@nami.org), 216.875.0266.
- Get educated about depression and other mental health and drug/alcohol issues. Visit the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County at [www.adamhsc.org](http://www.adamhsc.org) and click on the Education tab to read the facts and watch videos.
- Make your voice heard through your vote. Voter registration and polling location information can be found at [www.sos.state.oh.us](http://www.sos.state.oh.us). May is Mental Health Month, so get out and vote on May 4, 2010 for the Health and Human Services issue.



[clevelandfilm.org](http://clevelandfilm.org)

more on back



# SHIRLEY ADAMS

Directed by Oliver Hermanus



## LIGHTS! CAMERA! ACTION STEPS!

. . . continued from other side

- Attend the powerful production of "Bill W. and Dr. Bob", the story of the founders of Alcoholics Anonymous, April 9 – May 2, 2010 at the Cleveland Playhouse. The production is provided with support from the Alcohol, Drug Addiction and Mental Health Services Board. To order tickets, call 216.795.7000 or order online at [www.clevelandplayhouse.com](http://www.clevelandplayhouse.com). Use the code ADAMHS when ordering for a discount.

## Stay Informed

- Attend a family support group or encourage a friend in need to attend. The Cleveland UMADAOP (Urban Minority Alcohol Drug Addiction Outreach Program) has a group for youth ages 10-19 to help deal with issues related to depression. For more information, call 216. 361.2040. NAMI of Greater Cleveland provides a comprehensive listing of programs on their site at [www.namigreatercleveland.org](http://www.namigreatercleveland.org) and click on the Support Groups tab. They recommend calling first to verify the meeting dates and times 216.875.7776.
- Add your name to the Alcohol, Drug Addiction and Mental Health Services Board distribution list to receive the latest news and action alerts about legislation and other issues impacting mental health and alcohol, and other drug addiction in Cuyahoga County, the State of Ohio and the country. Contact Scott S. Osiecki, Director of External Affairs, at [osiecki@adamhsc.org](mailto:osiecki@adamhsc.org), 216.241.3400. You can also join them on Facebook; go to [www.adamhsc.org](http://www.adamhsc.org) and click on the Facebook link.
- For information about alcohol and other drug and/or mental health service providers within the Alcohol, Drug Addiction and Mental Health Services Board system of care, check out the Provider's Directory on the Finding Help page at [www.adamhsc.org](http://www.adamhsc.org).
- Visit the film's website at [www.shirleyadamsmovie.com](http://www.shirleyadamsmovie.com) and sign up to join the Shirley Adams community and become a fan on Facebook.

## Make a Donation

- Purchase a Giant Eagle gift card and help support National Alliance on Mental Illness of Greater Cleveland (NAMI). Five percent of your gift will go directly to the organization. For more information about this program and other donor opportunities, contact them at 216.861.2574 or [www.namigreatercleveland.org](http://www.namigreatercleveland.org).
- Support the American Foundation for Suicide Prevention and participate in the Out of the Darkness Campus Walk at John Carroll University on May 2, 2010. You will be walking with thousands of students nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and provide support for survivors of suicide loss. In deciding to walk you are taking a step closer to making suicide prevention a national priority. For more information go to <http://afsp.donordrive.com> and click on the Register for a Spring 2010 Walk link.

If you or a family member is experiencing a mental health or alcohol or other drug-related emergency, seek immediate assistance by calling the 24-hour Suicide Prevention, Mental Health Crisis, Information and Referral Hotline at 216.623.6888 or the United Way's First Call for Help at 211 or 216.436.2000.

LET THE CIFF KNOW ABOUT THE ACTION STEPS YOU TAKE. Email us at [action@clevelandfilm.org](mailto:action@clevelandfilm.org).

