

DEPARTMENT OF MENTAL HYGIENE

FIIM BULLETIN

The following 16 mm. films are available from the State Department of Mental Hygiene for use by organizations engaged in educational work. The films are available without charge by writing to the Department of Mental Hygiene, 1320 "K" Street, Sacramento, California, Attention: Philip A. Smith. Film requests should specify title of film desired, showing date, date of return and description of the group to which the showing will be made. Films are mailed at the expense of the Department but must be returned, railway express, insured, at the cost of the organization. If possible, an alternate film title and an alternate showing date should be included in the request. In the event that an admission charge is contemplated, the request must include a statement as to the intended use of the money that is realized.

1. Preface to a Life--30 min.

Shows the effect of parental attitudes and expectations on the emotional development of the child. It contrasts the life of a boy as he might grow up when his parents expect too much or too little of him, or permit him "to be himself". Demonstrates the various ways situations could be handled and the results.

2. Life With Baby--18 min.

How children grow, mentally and physically as charted over the last thirty years, by a group of specialists working at the Yale University Clinic. Depicts episodes in infant life and contributes to better understanding of the young child.

3. Human Beginnings--23 min.

Portrays what a group of young children believe about the origin of human life as expressed in their own drawings. Following this their teacher skillfully answers questions and one of the children explains how his parents prepared him for the coming of a new baby into the family.

4. Life With Junior--18 min.

A typical day in the life of a ten-year-old boy, touching on his eating habits, wasting time, showing off, comics, radio programs, gangs, imaginations and jealousies. Stresses need for realization that obedience in itself is not as important as the need to help a child to come to self discipline. Shows how a child study organization helps parents to deal with every-day difficulties and to understand him through lectures, group discussions and individual interviews.

5. Act Your Age--22 min.

Some of the more common types of "infantile reactions" are shown--temper, weeping, inability to "take a joke". Basic reasons are given for emotional immaturity. The film offers a method of self evaluation to help students and adults to "grow up".

6. The Quiet One--67 min.

Portrays the homeless struggle and confusion that builds up in the mind of a child who is continually denied the feeling of being wanted, who expresses his problems in delinquent behavior. How this child, typical of so many children, is made a useful citizen again is sensitively and humanly shown.

This film is especially recommended.

7. Angry Boy--33 min.

Interprets the services of a child guidance clinic through the story of a boy who is caught stealing by his teacher. His difficulties, and also those of his mother, are seen as arising from disturbances in family relationships. Through treatment by the clinic team, improvement takes place as the child and his mother are gradually helped to express and accept their feelings of hostility and resentment.

This film is especially recommended.

8. Overdependency--30 min.

Case history of Jim, a young commercial artist, who uses illness as an escape from responsibility. Finding no physical causes of illness, the doctor tries to find the emotional causes and discovers that Jim suffered in childhood from over-dependence on his mother and sister, later transferred to his wife. Discussion with his doctor increases his insight into his own behavior and he is then able to make a good start in standing on his own feet.

9. Feeling of Hostility--30 min.

The case history of a girl with an outwardly successful but inwardly incomplete personality. The causes of her feeling of resentment toward others and the resulting failure in personal relationships are traced in detail from early childhood. A psychiatrist sums up the several factors which have contributed to the development of her particular personality and suggests some ways in which parents may avoid similar patterns of development in their children.

10. Feeling of Rejection--22 min.

The case history of a 23-year-old girl who learned in childhood not to risk social disapproval by taking independent action. Scenes from her childhood show the failure of early attempts to gain attention and the gradual repression of normal competitive activity. Under the guidance of a psychiatrist she begins to understand the causes of her feelings of rejection and becomes more able to express her real feelings and to assert herself.

11. Emotional Health--20 min.

Student who complains of pains in his chest is told by doctor that he is in perfect physical condition and refers him to psychiatrist. Through interviews over a period of time, the boy learns that he has built up a resentment of authority, caused by various instances in his life when he felt insecure. Animated drawings show how body reacts to fear and excitement and the doctor explains how the boy's fear of authority causes his physical symptoms.

12. City of the Sick--20 min.

Tells the story of an attendant who learns for himself in the process of working with mental patients how they can be restored to useful living. Designed to acquaint the general public with the problem of mental illness, particularly in relation to the care and activities of hospitalized patients. All ward and activity scenes were taken as they occurred in a hospital's routine.

13. Steps of Age--25 min.

An elderly man is defeated by the painful emotional disturbances engendered by having to retire from his job and being forced to face the problems of unemployment due to old age. His wife, a woman of 62, is at first confused as she takes her first uneasy steps towards insight into herself and her problems. The film demonstrates that all persons must begin early in life to adjust to the problems they must face when they grow old.

This film is especially recommended.

14. Fears of Children--30 min.

Prepared for showing to parents and teachers; this film deals with a child of five and his relationship with his parents. The film shows anger and fear reactions in the child and how his parents come to recognize and deal with his emotions. Film prepared by the National Association for Mental Health.

This film is especially recommended.

15. Children's Emotions--22 min.

Extremely effective film with humor, good pacing, excellent narration, sound psychiatric principles and an extremely effective balance of illustration of children's emotions, their effect and how to prevent adverse effect on personality by every day care and understanding.

This film is especially recommended.

16. Family Circles--30 min.

The place of the family in society today, how the concepts of family structure have changed but how even the newly evolving family circle remains the single most potent factor in the development of healthy personality for a social being. Emphasis also placed upon the role of the teacher and the importance of interaction between teacher and the parent.

17. Palmyra Street--27 min.

A real street in Gainesville, Georgia and real people living there. A study of family life showing influences, which parents have upon mental and emotional development of their children.

18. Problem Drinkers--19 min.

Depicts a man's progression from moderate to problem drinking and how through Alcoholics Anonymous he regains his place in society. Shows other efforts to fight alcoholism and discusses community responsibility.

19. Social Development--16 min

Traces development of social habits at each age level from two years through the teens. Illustrates normal social behavior at each age level. This film is especially recommended.

20. Understanding your Emotions--16 min.

Classroom demonstration of several reactions to the same stimulus in different people. Aimed at student level.

21. What's On Your Mind--10 min

This film indicates some of the ill effects of today's problems on the mental health of individuals and describes the progress scientists are making in the treatment of emotional maladjustment.

22. He Acts His Age--18 min

How children develop at various ages and how their parents can help them lay the basis for habits which will let them grow up emotionally stable and happy.

23. The Terrible Two's-Trusting Three's--16 min.

Social behavior of the child at two years and of the same child at three years. Examples of relationships with other children of the same age and reactions to parental direction bring out the increasing maturity of the young child.

24. Meeting Emotional Needs of Childhood: The Groundwork of Democracy--30 min.

Shows the need for children to be loved and wanted...to be valued for themselves. Part of Vassar series. Illustration of the techniques used by teachers in recognizing behavior that indicates emotional need.

25. Understanding Children's Play--10 min.

How adults can understand and help children through observation of their use of toys and play materials.

26. Let Your Child Help You--11 min.

How very young children achieve a sense of accomplishment and responsibility while they increase their skill by helping their parents.

27. Out of True--41 min.

This English film is designed to combat the ignorance and shrinking which drive many people to the breaking point rather than submit to mental treatment. In this case, due to domestic strain, the mind of a young wife and mother temporarily gives way. She attempts suicide and is taken - unwillingly at first - to a mental home where modern methods of analysis and treatment lay bare the long hidden cause of her trouble.

28. Breakdown -- 41 min.

Depicts the story of a young woman's mental breakdown and her slow but steady return to normal living. Does not give causes of her illness but merely shows the path that the illness takes and the attitudes of her family and friends during the course of treatment.

29. The High Wall -- 30 min.

This is the story of an adolescent boy whose childhood has been filled with prejudice and discrimination against persons of other nationalities and religious faiths. The story demonstrates how the roots of racial prejudice can produce "gang wars", delinquency, and maladjustment.

30. Farewell to Childhood -- 23 min.

This is the story of an adolescent girl and her relationship with her parents. Her various moods and apparent inconsistencies bewilder and confuse her parents. A better relationship results, however, when her parents show they are beginning to understand her point of view and the girl realizes that parents, too, need to be understood.

31. Life with Grandpa -- 17 min.

Discusses the problems of old age including degenerative diseases and economic insecurity. Various remedies are suggested to these and the other problems including the feeling of loneliness and uselessness that so frequently comes with old age.

32. This Charming Couple -- 17 min.

Focuses on a frequent cause of broken marriages -- the false ideals of 'romantic' love on which too many marriages are built. Follows the courtship of two young people who refuse to evaluate each other's good qualities and shortcomings in a realistic, adult fashion. A series of dramatic episodes reveals the true nature of each one. In every instance when an opportunity for proper appraisal is presented, Winnie and Ken are unwilling or unable to alter their romanticized ideas of each other to agree with actual facts. Because they are "in love with love" and not with each other, their marriage is bound to fail.

33. Marriage Today -- 22 minutes

Offers some of the answers to the problems raised in the film "This Charming Couple", by providing dramatic treatment for the ideals and goals of adult love. Two couples are the protagonists -- two couples who have made their marriage work through clear analysis of their mutual aims and cooperation in striving to achieve them. Neither marriage is perfect, for there are bound to be conflicts where different personalities are involved. These people have their ideals and goals in true perspective and they are willing to work together to reach them.

34. NATION'S MENTAL HEALTH -- 18 min.

This March Of Time film shows the facilities for training doctors and psychiatric personnel in three hospitals in Topeka, Kansas, the various methods of therapy for psychiatric patients and the work of the National Association of Mental Health in helping communities to set up mental health clinics.