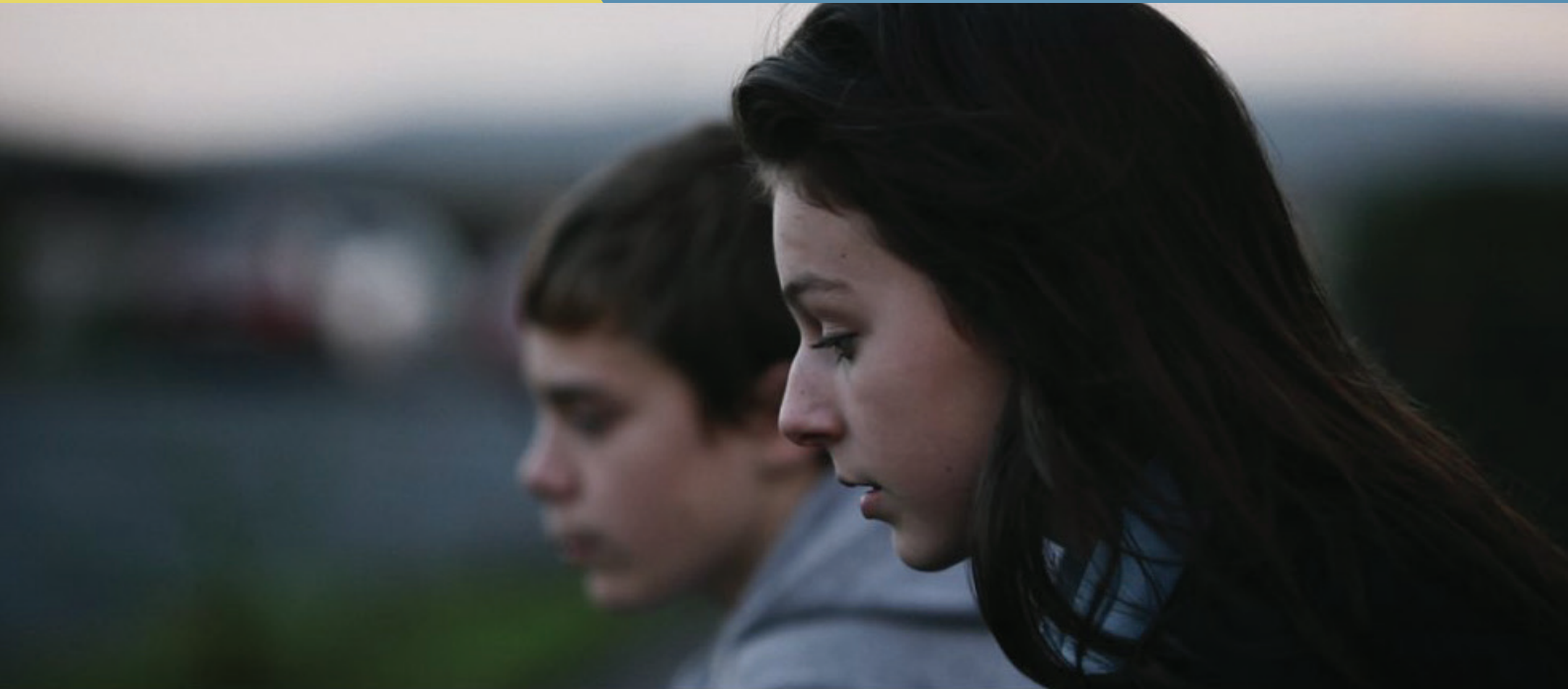




Cork
International
Film Festival

Intinn

A New Film and Mental Health Programme for Transition Year Students
Nationwide | 10-13th November 2020



Youth Film & Mental Health Programme

Cork International Film Festival is Ireland's first and largest film festival. With the support of Creative Ireland and ESB Energy for Generations Fund and Rethink Ireland, the Festival has expanded its acclaimed 'Illuminate' programme to create a new Film and Mental Health programme for Transition Year students 'Intinn', meaning 'mind' or 'way of thinking'. **Intinn offers young people the opportunity to view a film which has been specially curated to enable them to explore different aspects of mental health relevant to youth audiences and to help them explore and understand their own wellbeing and resilience skills through:**

- Film screening of **'I Used to Live Here'**
- Q&A & discussion with director Frank Berry, actor Jordanne Jones and Youth Mental Health Advocate Dr. Tony Bates
- Wellbeing webinar with Johnny Goodwin, UCC School of Nursing

Cork International Film Festival's adult 'Illuminate' Film and Mental Health Programme presents a series of film and public discussion events during the Festival in November which explore different aspects of mental health and wellbeing, in partnership with ESB Energy for Generations Fund and the HSE. The programme was initiated in 2014 and is unique in Ireland.



Intinn

Cork International Film Festival successfully piloted the **Intinn** programme with 300 students in Cork in 2019, in advance of the regional project roll out in 2020. We invited Transition Year students in Cork to attend one of four events held in The Gate Cinema and St. Peter's, North Main Street, Cork.

The Intinn programme was scheduled for roll out throughout Munster, in Cork, Limerick, Kerry and Waterford in April and May 2020 but, due to the Coronavirus and the closure of schools and venues, we were forced to cancel these events and therefore change to a digital format.

The **Intinn** programme includes a live 'virtual cinema' screening of **'I Used to Live Here'**, and a post screening Q&A. Students can then join a wellbeing webinar with mental health nursing lecturer Johnny Goodwin, UCC School of Nursing, who will facilitate them in participating in in-classroom activities.

Schedule : **Introduction:** 5 mins
Screening: 1 hour 15 mins
Q&A: 30 mins
Webinar: 90 mins (including)

- Talking Point 1: 15 mins Worksheet Provided
- Talking Point 2: 15 mins Worksheet Provided
- Talking Point 3: 15 mins Worksheet Provided
- Breathing Exercises: 5 mins Guided Exercise in Classroom



★★★★★ "Magnificent" Entertainment.ie
"Excellent" The Irish Times
"Remarkable" Today FM
"Spellbinding" The Irish Post

Screening: 'I Used to Live Here'

Amy (Jordanne Jones) is a 13-year-old living in Tallaght Dublin and has had to take on much of the responsibility for running the family home after the death of her mother. She is devoted to her father, Raymond (James Kelly), but he is too distracted to pay her a great deal of attention, particularly when an old girlfriend appears and suggests Raymond is the father to her baby. When news breaks that a local boy has killed himself, there's an outpouring of grief in the community that has a profound effect on Amy and the young people around her.

From the Director of the CFF2017 Audience Award winner **'Michael Inside'** and made in collaboration with Jigsaw (formally Headstrong), the National Centre for Youth Mental Health and featuring a cast of mostly non-actors drawn from the west Dublin area in which it is set, **'I Used to Live Here'** is a sensitive, enlightening and vital response to real social issues.

Post Screening Q&A

Students will have the opportunity to hear from Director Frank Berry, actor Jordanne Jones and Dr. Tony Bates who will offer insights into the making of 'I Used to Live Here' and the themes it explores.

Frank Berry



Frank Berry is an award-winning Irish Director with expertise in community filmmaking and television. His first feature documentary, the critically acclaimed 'Ballymun Lullaby' (2011), won the DGA Directors Finders Award. His next film 'I Used to Live Here' (2014), won the Best First Feature Audience Award at the Galway Film Fleadh and was released in Irish cinemas to critical acclaim. His latest feature, the multi award-winning 'Michael Inside' won the Audience Award at Cork Film Festival 2017 and is now available on Netflix.

Jordanne Jones



Jordanne Jones is an award-winning actress and a leading member of Ireland's new generation of screen actors. Trained at Bow Street Acting Academy under a full Scholarship, she has starred in 'I Used to Live Here' (2014), 'Rebellion' (2016) 'Lady Black Eyes' (2018), 'Metal Heart' (2018) and 'Resistance' (2019).

She is currently appearing as Lily in 'Dead Still' (Acorn/RTE) and will soon appear in a guest role in 'The Alienist: Angel of Darkness' (Paramount/TNT) due for release on Netflix later this year.

Jordanne is also three times Dublin Champion, Leinster Champion and all Ireland finalist in her section in Boxing and she danced (Free Style) in the Worlds, Europeans and all Irelands and place 1st, 2nd, 3rd on many occasions.

Dr. Tony Bates



Dr Tony Bates is the Founding Director and CEO of Jigsaw (formally Headstrong) – Ireland's National Centre for Youth Mental Health. Prior to establishing Jigsaw, Tony worked as Principal Clinical Psychologist at St James's Hospital in Dublin for 30 years. He worked and trained in the United States and Oxford University alongside some of the world's leading thinkers in mental health. On his return to Ireland in 1996, he established the Trinity College Dublin's Masters in Cognitive Psychotherapy. Tony has been active in shaping and writing government policy since 2006. Tony is a regular contributor to print and broadcast debate about mental health and is the author of a number of bestselling books including 'Coming through Depression: a mindful approach to recovery'.

Post Screening Workshop

Johnny Goodwin



Johnny Goodwin is a lecturer in mental health nursing in the School of Nursing and Midwifery, UCC. He holds an M.A in Film Studies. His PhD research focused on young people's perceptions of mental health services. Johnny's interests also include co-production in service development and research, the use of the arts and creativity in mental health, young people & mental health, and mental health stigma

Students are invited to participate in an online wellbeing webinar in their classroom, focused on developing wellbeing and resilience skills inspired by the film and Q&A. This wellbeing webinar will explore themes from the film and will also offer further information about mental health services and where to find support in the community.

BOOKING

To book, please contact: schools@corkfilmfest.org

TICKETS: €100 per viewing fee (up to 50 students)

€200 per viewing fee (over 50 students)

FEEDBACK

The film showed me how everyone deals with problems differently and how we need to be considerate. In the film, you can see everything happening rather than just hearing it - it was effective and enjoyable

It shows a lot about mental health through film and it's fun way to spread awareness, a better way to get young peoples attention. It showed that talking can help you in the way you need, film starts a conversation well. It showed different perspectives as it shows that the characters couldn't communicate their feelings and how damaging that can be. It just shows me we can be more open and accepting.

Watching someone else be brave to get help makes it easier for someone else to go get help and not feel as awkward.

It shows you that once you take yourself out of the situation, there's always a way to fix things like how by Amy talking to her family it helped her. Because you see the things that happen to the characters and you associate them to the real life and you see the things more clear.

The breathing techniques really helped with my heart and anxiety



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