

## **2012 NCRA nomination**

**Title:** Some Remain So: Conversations About Mental Health

**Category:** Documentary

**Writer/Producer:** Veronica Blackburn

**Station Affiliation:** CFRC 101.9 fm, Kingston ON

### **Bio:**

Veronica Blackburn is a writer, researcher, and radio volunteer in Kingston, Ontario. She is interested in representation and in the structure of cultural conversations, including the mainstream conversation about mental health. *Some Remain So* is her first documentary, and she plans to make more.

### **Synopsis:**

*Some Remain So* examines contemporary ideas about mental health through interviews with clinical researchers and healthcare professionals, activists, and people who themselves have experienced mental ill-health. The title refers to Samuel Beckett's comment that "We are all born mad. Some remain so." In highlighting the idea that mental ill-health is not an anomalous state, and that building good mental health is a process, the documentary seeks to interrupt popular conceptions of mental health as a binary—healthy or sick—and instead assert that the mental health exists along a continuum, in the same way as does physical health. The documentary's interviews further assert that mental and physical health are very much bound up in each other. *Some Remain So* is anchored in a discussion of mental health-related rallies which took place on the campus of Queen's University which, for all of their good intentions, seemed to reiterate stigmatizing assumptions about mental health. From this entry point, the documentary discusses the effects of narrow beliefs about mental ill-health and recounts recent findings from clinical research about the biology of mental health. To conclude, people who have experienced, and in some cases continue to experience, mental ill-health discuss their past and present treatments, and their developing ideas about what mental health is and can be.