

It's time we start asking WHAT HAPPENED TO YOU?

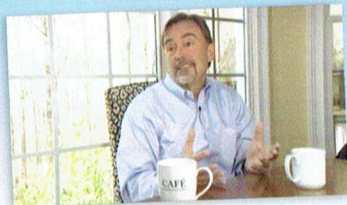
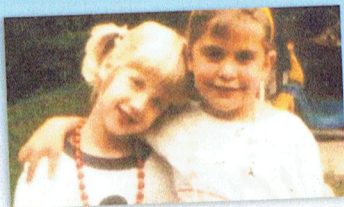
Trauma is often overlooked in connection to our understanding of people who are experiencing mental health issues, or have been given mental health diagnoses. Studies show that the impact of Trauma, especially childhood Trauma, is profound and life altering.

WHAT HAPPENED TO YOU? is a 38-minute documentary focusing on the cause-and-effect relationship between Adverse Childhood Experiences, and the challenges many of us face in our lives.

The film is highlighted by an interview with Dr. Robert Anda of the Centers for Disease Control (CDC), co-researcher of the Adverse Childhood Experiences (A.C.E) study, the largest long-term study to examine this link.

Trauma should be inherent to the understanding of how we support people experiencing mental health challenges. Available as a tool for families, professionals, and community groups, as well as the general public, WHAT HAPPENED TO YOU promotes wellness by asking this very question, as opposed to "What's wrong with you?"

Run time: Approx 38 minutes. Menu options include Spanish subtitles and American Sign Language (ASL). Copyright Central MA RLC, 2013.



What Happened to You?

What Happened to You?

a dialogue about trauma



Digital
Eyes
film



HOT LETTER

