



a documentary by Kelly Anderson & Chris Baier

# unstuck

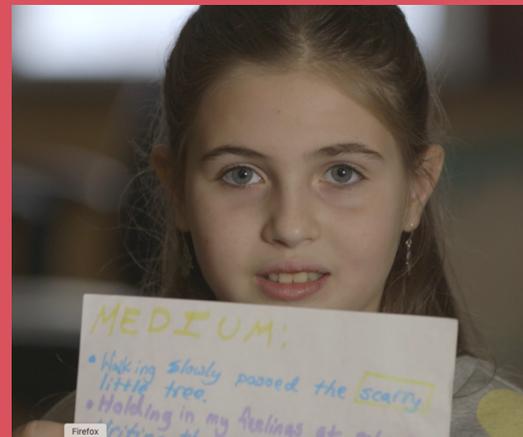
an OCD kids movie



## About UNSTUCK

**Six kids get personal about their desperate struggle with Obsessive Compulsive Disorder and reveal how they regained control of their lives.**

Watch trailer at <http://ocdkidsmovie.com>





# Description

Obsessive Compulsive Disorder (OCD) is often viewed as a minor annoyance, or worse, something useful. But OCD is a serious mental health issue that traps 1 in 200 kids in a vicious cycle of worries and rituals. Parents and loved ones are also impacted as OCD behaviors and fears entrap and divide even the closest families.

To uncover what OCD is, and what it isn't, filmmakers Kelly Anderson and Chris Baier focus on an unlikely group of experts: kids. UNSTUCK documents OCD through the eyes of kids and teens. It avoids sensationalizing compulsions and obsessions, and instead reveals the complexity of a disorder that affects both the brain and behavior. As these six resilient young people explain their process of recovery, the film inspires viewers to believe it is possible to prevail.





# Synopsis

Day after day, six kids from varied walks of life and economic backgrounds weather severe anxiety and feel forced to engage in the complex and time-consuming rituals that OCD “tells” them to do.

Holden worries constantly that he will turn into a bodybuilder if he wears the color green or sees The Hulk on TV. Vanessa is convinced that two trees on her block are poison and she will get contaminated by walking near them. Jake is bullied at school because he must do complicated blinking and walking rituals each time he sees a clock. Sharif insists on rewriting his homework over and over until he feels it’s perfect. Sarah can’t get ready for school because she is compelled to do elaborate morning rituals. Ariel believes her thoughts caused her Aunt to get sick so she reads the Bible for hours each day trying to cure her.

Meanwhile, two siblings share how OCD took over the family. Tatum, Holden’s sister, talks about how his violent outbursts made the family fear he would be taken away. Vanessa’s sister, Charlotte, explains how hard it was when Vanessa was afraid to be near her.



Ariel



Holden



Sharif



Sarah



# Synopsis Continued

Finally, after much resistance, the kids get to the right therapists. “I thought it was a waste of time,” Sharif says. “How can anybody know more about this than me, when I’m the one dealing with OCD?” One by one they learn to recognize OCD thoughts and slowly begin to confront their fears using a process called Exposure and Response Prevention Therapy.

In an intensive inpatient program, therapists work with Sarah to break from her extensive morning and bedtime rituals. Vanessa’s therapist has her stand by the tree, touch dirt near it, and hold onto it. After completing a lengthy list of exposures, Holden is challenged to get a hug from a bodybuilder.

By the end of the film, the kids are significantly better. They still struggle, but have learned how to identify OCD worries and continually practice exposures to stay strong. The self-awareness and resilience of these children sends a strong message to viewers, and provides hope for all those dealing with mental illness.



Jake



Vanessa



Tatum



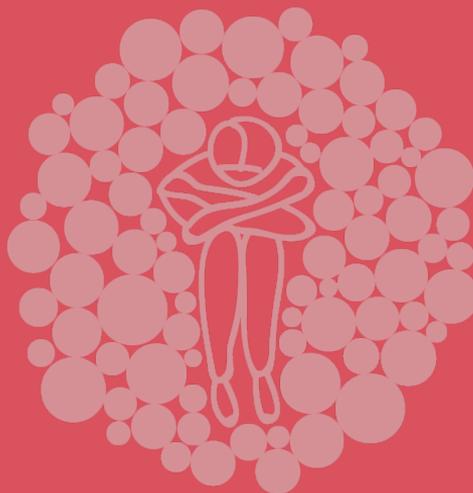
Charlotte



## Quotes

**Fantastic! The film I wish  
I'd seen as a child with OCD.**

- Jenny Jaffe, Founder,  
Project UROK



**“Allows children to tell their stories  
with unflinching candor.”**

- Jeff Bell, Author,  
Rewind, Replay, Repeat: A Memoir of OCD

**Moving. Educational. Inspiring.  
Gives anyone insight to what  
it's really like to live with OCD.**

- Dr. Elizabeth McIngvale,  
Founder, Peace of Mind Foundation

**UNSTUCK reframes the conversation  
about OCD and how to treat it.**

- Dr. Dorothy Grice, Chief, OCD and Related Disorders  
Program, Icahn School of Medicine at Mt. Sinai



# Filmmakers



**Kelly Anderson (Director, Editor)** is an award-winning documentary filmmaker, writer and director. Her documentaries include *My Brooklyn* (PBS World channel), *Every Mother's Son* (PBS broadcast on POV, Tribeca Film Festival – Audience Award), and *Out at Work* (Sundance Film Festival, HBO). She is a Professor of documentary production at Hunter College in New York City.



**Chris Baier (Producer)** is an award-winning Writer, Creative Director and Blogger. His advertising work has been honored at Cannes Lions and the One Show. He has been featured in Adweek, Communication Arts and Lurzer's Archive. Chris runs an OCD support group for parents and is an "OCD guru" for Wisdo.com.



**Eric Phillips-Horst (Director of Photography)** is a cinematographer and founding member of Meerkat Media Collective. His work includes broadcast television (MTV, Nickelodeon, Arte France), documentary and independent festival circuits (HBO NY and LA Latino, Nashville, Orlando) and numerous online publications (The Atlantic Monthly, Huffington Post, TED Talks).



# Director's Statement

Chris Baier, the film's producer, and I met in 2014 at a support group for parents of children with Obsessive Compulsive Disorder. There were about eight regulars in the group, and we were all experiencing first-hand the devastating affect OCD has on kids and families.

We knew other families out there were desperate for information and resources, and that there wasn't a lot of good media out there about kids with OCD. The TV programs that did exist, which focused on OCD in adults, were sensational in their focus on patients' anxiety during treatment. I knew I would never feel comfortable showing kids in a way that disempowered them and that they would likely regret at some point in the future.

During the summer of 2015, Chris' daughter and my daughter attended a week-long OCD summer camp at Mt. Sinai's Child Behavioral Health and Science Center in New York City. As I drove the girls home from camp, I overheard them having a detailed conversation about their obsessions and compulsions, and how OCD has impacted their lives. A lightbulb went off and I thought, "Why not show these kids for what they truly are: strong, knowledgeable "OCD experts?"

I approached Chris about making a film together, and UNSTUCK was born.

- Kelly Anderson



# Recognition & Festivals

2018 Ashland Independent Film Festival

2018 Newport Beach Film Festival

2018 NYC ReelAbilities Film Festival

2018 Children's Coastline Film Festival

2017 International OCD Foundation Keynote Presentation

2018 OCD Action Keynote Presentation





# Contact Us

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