



A FILM ABOUT MENTAL HEALTH

MENTALITY



PRODUCED BY MUKESH LATHIA

DIRECTED BY GARRET MORGAN

WRITTEN BY KEITH SCHNABEL

MENTALITY

Runtime: **1:16:48**
Directed By: **Garret Morgan**
Written By: **Keith Schnabel**
Produced by: **Mukesh Lathia**

Production Companies: **Mid-Mitten Media**
Kalyani Films

Edited By: **Garret Morgan**
Cinematographer: **Garret Morgan**
Music By: **Wagner Koop**



Logline:

Psychiatric patients and professionals adapt to a world where people are no longer caged in asylums but funding for mental health treatment is running out.

Synopsis:

“Mentality” tracks the evolution of mental health treatment through the stories of patients and professionals. Over their lifetimes, they have watched America’s mentality about psychiatric illness change and treatment options greatly improve. But in a society that leaves millions of people with mental illness untreated, on the streets, or in prison, how far have we really come since the days of the asylums?





Garret Morgan | *Director*

Garret Morgan is a filmmaker based in Marquette, Michigan. He is passionate about telling human stories through documentary films and spends much of his free time chasing that passion. *Mentality* is his second feature-film release, following *Stigmatic: Our Opioid Crisis*, which examined the opioid crisis through a small Michigan community. He is a graduate of Ferris State University, with a Bachelors in Television and Digital Media Production.



Keith Schnabel | *Writer*

Keith is a producer based in Chicago, Illinois. They are usually baking a pie or thinking about baking a pie. *Mentality* is their second feature-film release, following *Stigmatic: Our Opioid Crisis*, which examined the opioid epidemic through its impact on a small Michigan community. From satirical podcasts to leftist organizing to activist documentaries, the thread connecting much of Keith's work is a belief that prisons are not the answer to social problems.



Dr. Mukesh Lathia | *Producer*

Mukesh is a psychiatrist based in Bay City, Michigan. He has a deep appreciation for the cinema of India, where he was born and regularly visits family, and a passion for writing. *Mentality* is his first feature-film release, but Mukesh has written extensively about the experience of patients with mental illness— it is a frequent subject of his poetry. A graduate of RG Kar Medical College Calcutta, Mukesh has practiced psychiatry for over 20 years.



Diann | Interviewee

Diann is a retired nurse living with Bipolar Disorder. Originally diagnosed in the early 1970s, Diann has been witness to massive changes in psychiatry and mental health treatment options. When erratic behavior and mood swings led to losing her job, Diann sought the help of a psychiatrist, who told her she “just needed more sex.” Coupled with hypersexuality and loss of control typical of bipolar manic episodes, she had an affair which ultimately ended her marriage. For years, Diann felt intense shame about her behavior and condition, but with the help of modern therapy and prescription medication, she is in a stable place and shares her story in the hopes that it can encourage others to seek treatment.



Freddy | Interviewee

Freddy is an activist living with Attention Deficit Hyperactive Disorder and severe depression. Community and solidarity have played an enormous role in Freddy’s healing process. A Metro-Detroit native, Freddy has resettled in Marquette, MI where he is the co-founder Social Justice For Us, a non-profit organization founded in the wake of the George Floyd Uprising which celebrates not only racial diversity, but neurodiversity as well.



Nathan | Interviewee

Nathan is an agricultural laborer living with Bipolar Schizoaffective Disorder. As a young adult, he was hospitalized for a severe manic episode. Because Nathan is largely nonverbal, he was unable to communicate with the doctors attending him, who told Nathan’s parents that he would likely need to be institutionalized at a state mental hospital — possibly for the long-term. But with the support of his parents and increasingly effective prescription medication, Nathan has been increasingly stable, communicative, and happy. An accomplished craftsman, Nathan loves making intarsia pieces in his workshop.



Noah | Interviewee

Noah is an author living with Panic Disorder. While Noah has a family history of mental illness, he believes that it took severe trauma to finally trigger the disorder. After coming out to his parents, the church Noah was raised in tried to publicly “cast the demon of homosexuality” out of his family. This episode was just the first of many devastating events which led to years of debilitating panic attacks. For Noah, treatment has included not only therapy and prescription medications, but spiritual healing as well.



Bob Sheehan | Interviewee

Bob is the Executive Director of the Community Mental Association of Michigan. Prior to this position, Bob served Clinton, Eaton, and Ingham counties as the CEO of their regional Community Mental Health Authority for nearly two decades. Over the course of his career, Bob has witnessed the rise of the Community Mental Health (CMH) system from the collapse of the asylum model, and its evolution into a near exclusively Medicaid-funded program. According to Bob, the economy plays a key factor in the rising rates of acute mental illness, with poverty exacerbating and even causing certain psychiatric conditions.



Caitlee | Interviewee

Caitlee is a Behavioral Health Peer Support Specialist living with Borderline Personality Disorder. As a worker in the mental health field who has a mental illness herself, Caitlee is attuned to the stigma of psychiatric illnesses; she is often shocked by the harmful language her own colleagues use when they assume no one in the room has a mental illness. Her work is fueled by a deep empathy for people going through mental health crises, as she understands that hospitalization itself can be traumatic and financially ruinous.



Dr. Mukesh Lathia | Interviewee

Mukesh is a psychiatrist with over 20 years experience. Over that time, he has seen the mental health field grow and change, as new therapy methods and more effective medications provide patients with the best treatment for psychiatric illness in history. However, he has also seen that many patients are not able to access that treatment due to prescription costs, insurance premiums, and even the stigma of psychiatry itself. In 2017, he reached out to filmmakers Garret Morgan and Keith Schnabel about producing a documentary exploring these barriers to treatment left in the wake of the “old, Gothic asylums” which still haunt psychiatry.



BEHIND-THE-SCENES STILLS



Testimonies

*"Nothing short of amazing.
I hope this piece brings hope and awareness to the masses."*

"I'll be processing the complexity and stunning videography for a long time."



Keith Schnabel, Garret Morgan, and Mukesh Lathia
at the 2022 Central Michigan International Film Festival.



Directed by Garret Morgan
Written by Keith Schnabel
Produced by Mukesh Lathia
Additional Videography Ashley Martin
Wagner Koop
Tyler Lopez
Keith Schnabel
Editing by Garret Morgan
Featuring music by Wagner Koop

Cast

Becky	Freddy
Brooke	Holly
Caitlee	Lloyd
Diann	Nathan
Elijah	Noah
Bob Sheehan	Jennifer Whyte
Deborah Walter	Jim Phillips
Dr. Michael Ingram	Karen Amon
Dr. Mukesh Lathia	



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