

Restrepo First-Run (R)

Friday, September 10 - Thursday, September 23, 2010

Special Screening: Thursday, September 16, 7pm, presented with Lutheran Family Services of Nebraska's *At Ease* program and its lead sponsor At Ease USA



Film Information

Directed by
Tim Hetherington
& Sebastian Junger

Language
English

Running Time
93 minutes

Notes from Lutheran Family Services of Nebraska's *At Ease* program

Estimates show up to 35% of armed forces deployed in Iraq will suffer from post-traumatic stress disorder (PTSD).^{*} Left untreated, PTSD can lead to violent behaviors, depression and even death. **For the first time since the Vietnam War, the rate of suicide in the armed forces is higher than the civilian rate.**^{**} In 2009 more soldiers died due to high risk behavior (such as drug abuse, driving under the influence, and self-harm) than died in combat.^{**} Families also suffer, as demonstrated through a 20% increase in the number of children of active duty troops seeking mental health treatment each year.^{***}

^{*}Source: Wein, Lawrence, "Counting the Walking Wounded," *New York Times*, Jan. 25, 2009

^{**}Source: Army Health Promotion, Risk Reduction, Suicide Prevention Report 2010

^{***}Source: Hefling, Kimberly. "Military Sees Big Increase in Troops' Children Seeking Mental Health Care," *Associated Press*, July 7, 2009

Senator Chuck Hagel has praised Lutheran Family Services' *At Ease* program as "a potential national model," saying, **"Local public-private partnerships could be the quickest and most compassionate way to get veterans the help they need. The government is spending billions of dollars annually trying to help veterans, but our circuits are overloaded after nine years of war and a crippling recession. Non-profits, religious groups and businesses must step up."** *This is exactly what At Ease is doing!*

(continued on reverse side)



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More Film Information

(continued from front side)

Featuring

(military rank as of April 2010):

- Captain Dan Kearney
- Master Sergeant Lamonta Caldwell
- Staff Sergeant Kevin Rice
- Sergeant Misha C. Pemble-Belkin
- Sergeant Kyle M. Steiner
- Staff Sergeant Aron J. Hijar
- Staff Sergeant Joshua A. McDonough
- Sergeant Brendan C. O'Byrne
- Sergeant Miguel Cortez
- Sergeant Sterling J. Jones
- Staff Sergeant Larry I. Rogle
- Army Private First Class -
Juan S. Restrepo

Cinematography by

- Sebastian Junger
- Tim Hetherington

Film Editing by

- Michael Levine

Country of Origin

USA

Distributor

National Geographic Entertainment

Through a competitive bid process in late 2009, At Ease USA selected Lutheran Family Services of Nebraska (LFS) to develop and pilot the *At Ease* program. Lutheran Family Services of Nebraska is a 501(c)(3) non-profit with a 118 year history, including 31 years of experience in outpatient behavioral health services. At Ease USA is a volunteer organization raising awareness and funding. The LFS *At Ease* program offers to active military, veterans and their loved ones:

- Therapists trained and qualified to treat trauma syndrome, mood disorders and anxiety disorders through the use of proven therapeutic methods;
- Assessments;
- Individual, family and group counseling;
- Peer-to-peer support services and Wellness Recovery Action Planning(WRAP);
- Educational opportunities;
- Coordination of services and collaboration with federal/state agencies/community groups to support a system of care for service personnel and their loved ones;
- Development of strategies to reduce stigma through promotion and awareness of behavioral health and trauma issues, including assurances that it is treatable; and
- Provision of a strength-based holistic treatment environment focused on developing resiliency in service personnel and their loved ones: pre-deployment, during deployment and post-deployment.

LFS *At Ease* and At Ease USA have taken the lead with this model program to serve with a sense of duty and utmost respect for an individual's and family's personal sacrifice, honor and need for confidentiality. The program recognizes that it is critically important for service members and their families to have service options and a strong sense of trust in the provider of those services. LFS *At Ease* offers this as well as the opportunity to participate with anonymity. For more information or to contribute to At Ease, please email development@lfsneb.org or call 591-5063.

Websites to learn from:

- www.lfsneb.org
- www.ptsd.va.gov
- www.ptsdinfo.org
- www.militaryonesource.com