



Recommended Documentaries

I. Documentaries

[A World of Difference | PBS](#)

This documentary series embraces neurodiversity through exploring issues related to various learning disabilities experiences from childhood through to college. The series includes detailed conversations with neurodiverse families, profiles of successful individuals with learning differences, and advice from experts in neurodivergence.

[Give Me Shelter | Teens In Crisis](#)

The Emmy Award Winning Short Documentary “Give Me Shelter: Teens in Crisis” discusses the state of the teen mental health crisis. The documentary educates viewers about the challenges that teens face today and how, as a community, we can support our future generations.

[Mentality | Mental Health Documentary](#)

This documentary, produced by psychologist Dr. Mukesh Lathia, explores the evolving landscape of mental health care through personal stories from the Great Lakes region, highlighting progress in treatment and



shifting societal attitudes. It underscores the importance of therapy and medication while acknowledging that each individual's journey toward mental wellness is unique and must be approached with empathy and flexibility.

[Mental Health Problems in Youth with Developmental Disabilities](#)

Emotional and behavioral challenges are often seen in youth with developmental disabilities such as Intellectual Disability or even Autism Spectrum Disorder, often arising in ways that don't align clearly with standard diagnostic categories. This documentary based workshop explores current research on why these youth are at higher risk compared to their typically developing peers and highlights best practices for assessment and evidence-based mental health interventions using a positive youth development approach.

[The challenges for transition age youth with mental illness and their families](#)

When an adolescent reaches the legal age of consent, they enter a period known as "Transition Age Youth," often described as a "black hole" for services. This documentary styled presentation will explore common challenges caregivers face when their child with mental illness gains legal autonomy, and will offer practical tools and resources for those currently navigating, or even preparing for, this complex transition.