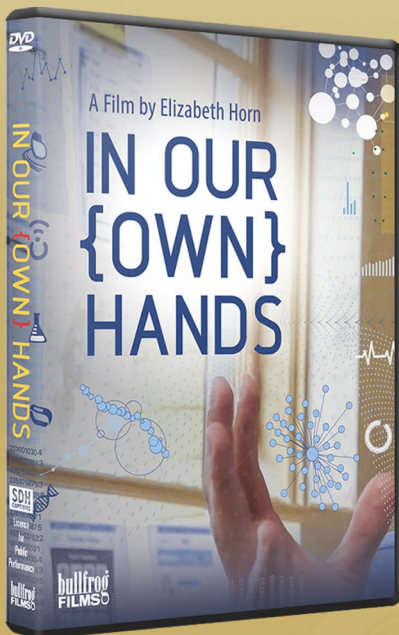


IN OUR {OWN} HANDS

Use your screening of **IN OUR OWN HANDS** as a tool for educating your community about developments in medical technology that allow patients to gain more control over their medical data and how it is recorded and used. This guide offers some background information, helpful tips & discussion questions for an informative, rewarding screening. **Good Luck!**

what you'll find inside!

- **about the film & filmmaker**
- **ready to watch! screening guide**
- **ready to talk! discussion guide**
- **ready to act! handout**



About the film

Can new technologies help us treat and prevent the most alarming and perhaps understated health threats that we face? Through the stories of the impassioned, often defiant struggles of the film's three central characters—all with complex, unresolved medical issues—**IN OUR OWN HANDS** explores the emergence of “participatory medicine”, enabled by a host of groundbreaking technologies that put more data about our own biological, behavioral and environmental ecosystems into our hands (and often onto our phones) than ever before possible.

About the filmmaker

Elizabeth Horn is a storyteller devoted to illuminating possibilities in difficult situations. Using documentary as a lens to reveal complex subjects, Horn creates compelling examinations of the choices we make when there seem to be no choices left. Her uplifting, inspiring, sometimes controversial tales of families in crisis evoke passionate responses from viewers— shifting perspectives, driving empathy, and bringing desperate situations to light. Horn has 30 years of filmmaking experience beginning with vision films for Silicon Valley corporations, with a pivot to documentary and narrative film when her daughter was diagnosed with autism.



ready to watch!

Ideas and best practices to help make your community screening a success!

1. Publicize Your Event! This is the most important step because it not only tells the world what you're up to, but it lets the Bullfrog Community team know what your plans are so we can help you publicize your event. Visit <https://www.bullfrogcommunities.com/inourownhands> to register and get the word out about your upcoming screening. You can also email us at info@bullfrogcommunities.com if you need help getting started!

2. Visualize Your Goal! What do you hope to achieve with your screening? Your goal could be to generate a lively post-film discussion about issues raised in the film, gain support or recruit volunteers for a local grassroots campaign, or raise funds for a group on your campus or in your community. Or, you can simply use the screening to provide an opportunity for your audience to watch and learn together.

3. Where To Host? Consider which locations in your area would be ideal for accommodating an in-person community film screening of the size you anticipate: downtown movie theaters, churches and synagogues, town halls, community centers, public libraries, school auditoriums, university and college venues, warehouse spaces, a local business, outdoor screenings at parks and playgrounds, and even private homes have been venues for many successful community screenings. Virtual screenings can be hosted on <https://streaming.bullfrogcommunities.com>, or by using a customized screening room on Vimeo.

4. Find A Partner! Give some thought to who is already working on this issue in your community. Can they help sponsor the event? Spread the word? Participate in a panel discussion or Zoom meeting after the screening? Some potential partners include: student groups at schools, universities and colleges; a local public or campus library; representatives from local religious congregations or faith-based community groups; local chapters of national/global activist or grassroots organizations; faculty members at nearby universities and colleges; reporters/journalists from local news publications such as newspapers and magazines; local nonprofits; and any community organizations that share goals or views with the film you are screening.

5. Invite A Guest Speaker! Guest speakers and panelists are a great way to encourage discussion and debate after a community screening. When people are engaged and thinking about the issues they will stay engaged long after the screening has passed. Contact representatives of local non-profits, faith groups, journalists and reporters from local media outlets, or teachers and professors who have expertise and/or insight into the issues raised by the film, and invite them to attend your screening—in person, via Skype or Zoom, etc—and participate in a discussion or Q&A session with your audience.

6. Engage Your Audience! Use this discussion guide to engage your audience. Included in this guide is a section called Ready to Talk! with a few suggested discussion questions to get the conversation started, and a section called Ready to Act!— which can be used as a handout — listing additional resources for further investigation about key issues raised in the film.

7. Spread The Word! Think about the best methods available to you for publicizing your film screening to people in your community. Sending emails to a contact list, creating event notifications on Facebook, Instagram, Eventbrite or an online community calendar, using Twitter to announce your event, and placing screening announcements in local newspapers and newsletters is a good start. In addition to this guide, you can download a screening poster and press photos that can be used to help publicize your event: <https://www.bullfrogcommunities.com/inourownhands>

8. Tell Us How It Went! Visit <https://www.bullfrogcommunities.com/inourownhands> to tell us about your event. Contribute to the film’s discussion page (if available) to help other student groups, universities, non-profits, congregations and community groups further the discussion and put on successful screening events of their own. Where was your screening held? Who attended? What went well, and what was challenging? What did you discuss? Your feedback will help others to organize their own events, and will energize Bullfrog Communities as a whole.

ready to talk!

**Your audience will be excited to discuss the issues raised by the film.
Here are some questions that will get people talking.**

- 1.** Why do we need a new model for health? How has the existing model failed people with chronic conditions?
- 2.** When will hospitals and clinics begin to view the patient as the owner of their health data? Why is that so difficult?
- 3.** What can my Apple Watch tell me about my health?
- 4.** Can wearables really see a problem before it becomes a serious health issue? How do they do that?
- 5.** Twenty years ago, the mainstream medicine and science communities believed that decoding the human genome would provide us with the answers to all the serious illnesses that plague us. Why didn't it work?
- 6.** Who will benefit most from the new healthcare?
- 7.** Why do doctors resist the Digital Health movement?
- 8.** Why is it important to track biology in autism? Isn't it genetic?
- 9.** What made Mike Snyder become the "most quantified" man?
- 10.** How is Sean doing now? Has his effort to "decode Crohn's Disease" paid off?
- 11.** What made the biggest single difference for Nelson? How did he beat the odds?
- 12.** How is Larry Smarr doing now? Have the techniques pioneered in his surgery been adopted more widely?

ready to act!

handout

The Quantified Self — <https://quantifiedself.com/>

The Quantified Self is an international community of users and makers of self-tracking tools who share an interest in “self-knowledge through numbers.” If you are tracking for any reason — to answer a health question, achieve a goal, explore an idea, or simply because you are curious — you can find help and support here.

Stanford Healthcare Innovation Lab — <https://innovations.stanford.edu/home>

Recognized as a global leader in precision health, Stanford Medicine is making major strides in advancing the entire field. Dr. Michael Snyder has built the most robust precision health ecosystem in the world, with over 100 scientists working at the forefront of precision health innovation.

The BRAIN Foundation — <https://brainfoundation.org/>

The Foundation’s mission is to support translational research that will lead to the development of FDA-approved treatments and an improved standard of care for co-morbidities in individuals with autism.

Communication 4 ALL (C4A) — <https://communication4all.org>

An estimated 40% of people with autism are non-speaking—31 million worldwide. Yet only a small fraction of non-speakers have been taught how to communicate. Founded by lyricist, poet, author, and advocate Elizabeth Bonker—who herself is affected by autism and types to communicate—Communication 4 ALL champions efforts to ensure communication is available to all non-speakers.