



## Resource Brief

### *Mind/Game: The Unquiet Journey of Chamique Holdsclaw*

**Website:**

<https://www.newday.com/film/mindgame-unquiet-journey-chamique-holdsclaw>

**Grade Level:**

Middle and High School  
Great for student athletes

**Time:**

56-minute film on DVD  
Discussion guide provides talking points for facilitators after the film.

**Cost:**

\$99 for K-12 schools

**Additional Supports:**

- Closed captioning
- Spanish and English SDH subtitles
- Video description for the visually impaired
- Free Discussion and Action Guide
- Both filmmaker Rick Goldsmith and Chamique Holdsclaw are available to speak at screenings and other events, or via Skype. Contact Rick at [rgoldfilm@gmail.com](mailto:rgoldfilm@gmail.com)

### Summary

Rick Goldsmith's recent film *Mind/Game: The Unquiet Journey of Chamique Holdsclaw* (2015) reviews a superstar athlete's personal struggles with mental health including her setbacks and successes. This film has been used extensively in middle and high schools, mental health education and advocacy groups, colleges, counseling centers, and sports organizations. View the [3-minute trailer](#).

Narrated by Glenn Close, the film tells a powerful and relatable story of courage, struggle, and recovery. It interweaves Chamique's athletic accomplishments with an intimate look at her own personal challenges living with a mental health disorder. The film portrays her battle to overcome shame and stigma, her decision to become a mental health advocate, and her up-and-down road towards recovery.

A free 6-page [Discussion and Action Guide](#) is available to download. The guide is designed for educators, mental health professionals and advocates, coaches and others to stimulate conversation and provide talking points on a variety of issues, regardless of professional mental health training. Topics include obstacles to seeking and obtaining treatment, the role of family and friends and suicide prevention.

### Considerations

Overall, this is a very appropriate useful film to watch with middle and high school students whether they are athletes or not; there is one profanity used towards the end of the movie.