

**GIFT FROM WITHIN, POST
TRAUMATIC STRESS DISORDER
EDUCATIONAL
VIDEO/WEBCASTS**

**RELEVANT SERVICES
PROVIDED**

- Educational Video and Webcast Production
- Direct Experience with PTSD Content
- Common Goal in Educating Supporters of PTSD Sufferers

CLIENT & CONTRACT CONTACT(S)

Gift From Within

PROJECT START AND COMPLETION DATE

2004-2008

SYNOPSIS

Penobscot Bay Media (PenBay) has in the last four years, produced four separate educational video and webcasts about Post Traumatic Stress Disorder (PTSD). *Living with PTSD, Lessons for Friends and Supporters* offers loved ones tips for living with a person with PTSD. *Explaining PTSD is Part of Treating PTSD* is a primer for caregivers and supporters about the signs and symptoms of PTSD. *Resiliency after Violent Death* is a lesson for caregivers and therapists who are helping people who have experienced the violent death of loved one. Finally, *PTSD and Veterans, A Conversation with Dr Frank Ochberg* is targeted at those therapists who are seeing a surge in recent combat veterans suffering the debilitating effects of PTSD.



Each of these programs was produced with Gift From Within, an organization whose mission is to help PTSD sufferers and their families. The programs feature well-known PTSD psychiatrist Dr. Frank Ochberg. Dr Ochberg, is the former associate director of the National Institute for Mental Health and was one of the team members who wrote the clinical definition of PTSD more than 30 years ago. More than 1200 of these PTSD related programs have been distributed throughout residency programs, VA hospitals, mental health facilities, and to individual therapists and families.

In addition, PenBay produced two nationally broadcast public service announcements (PSAs) about PTSD Awareness (*PTSD is Real, Signs of PTSD*), and designed and deployed an associated website www.PTSDINFO.org to provide a clearinghouse for PTSD information. The PSA's made more than 2 million impressions during its 24-month run. Throughout this process, PenBay has worked directly with the National Center for PTSD and the National Center for Victims of Crime.