



PRESENTS

RCASA "BREAKING POINTS" Film Screening & Panel Discussion

Wednesday November 30, 2016 from 7-9 pm

Reading Memorial High School Performing Arts Center ~ 62 Oakland Rd. ~ Reading, MA

[BREAKING POINTS](#), is a short documentary film that raises awareness about the level of stress that high school and college students experience and the unhealthy ways that many of them cope. The film explores behavior that is becoming normalized among students – abusing prescription (Rx) medicines not prescribed to them, including Rx stimulants for Attention Deficit Hyperactivity Disorder (ADHD). [BREAKING POINTS](#) was directed by [Tucker Capps](#), known for his work on A&E's "[Intervention](#)," and is a part of the Partnership's [Medicine Abuse Project](#), a national action campaign with the goal of preventing and addressing prescription medicine abuse among teens.

[BREAKING POINTS](#) includes candid perspectives from high school and college students and nationally recognized experts, challenging the misperceived "safety" and effectiveness of abusing prescription stimulants without a doctor's prescription. The film serves as a catalyst to inform discussions about what parents and communities can do to support teens who are struggling to manage stress and anxiety. Along with interviews with high school and college students from across the country talking about their own personal experiences with stress, the film also features interviews from researchers and field experts.

"Traveling the country to make this film, I've been struck by how the competition to get into college has become so intense, and so insular, that some students really start to lose perspective," said Tucker Capps. "Too many high schoolers and college kids believe that they'd be at a *disadvantage* if they don't use their friends' prescription stimulants to focus on papers and exams. My hope is that we can point out this trend to parents."

Along with the film, [RCASA](#) will host a panel of clinicians and resource providers to answer audience questions. For those adults that attended the previous screening of [BREAKING POINTS](#) in September, the panel discussion will begin at 7:45PM. Learn more at www.reading.k12.ma.us/community/rcasa/community-education/

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