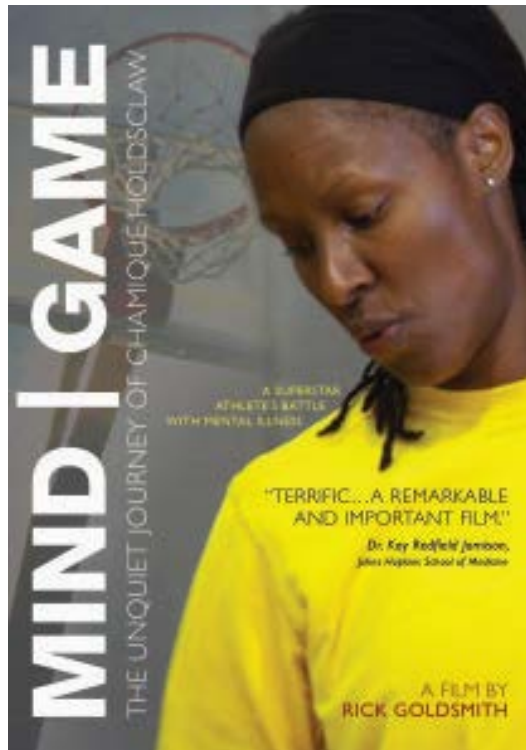




June 9, 2016

Mind Game: The Unquiet Journey of Chamique Holdsclaw



Mind Game is a sensitive glimpse into what it is like for a superstar athlete to battle the internal struggles of a Mental Health Disorder. Chamique Holdsclaw held the world up just like the basketball she mastered. Fearless, driven and fiercely competitive, Holdsclaw proved herself over and over again on the basketball court, but in real life, she lost control of her mind in ways very familiar to anyone living the struggle. Years of incomplete diagnosis, denial, and then after being in effective treatment, stopping medication once her depressive symptoms subsided, leading to a shattering rock bottom. The way out for Holdsclaw was getting the correct diagnosis

(Bi-polar disorder) and following the prescribed treatment regimen. Accepting life as it is now and learning to follow different dreams helped her to heal and grow.

This is a brave woman using her pain and her recovery to help motivate others. As with many brilliant performers, the need to be perfect is the very thing that leads to fouls, trips and falls. Such was the case when Chamique became violent and had to pay with the high price of her personal freedom. *Mind Game* however, is not a sad story about a once great athlete who fell out of the limelight, but of a woman who regained her dignity using the same courage and spirit that made her a great ball player.



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There are scenes of Holdsclaw talking openly about her journey and about how she dealt with her shame, anger and fear. The short film also depicts how important it is to have friends who know what you need and who will be there no matter what. *Mind Game* is about recovery not just of mental function, but of purpose and meaning. Watching Holdsclaw use her talent to mold and inspire young girls to follow their dreams, but to remain in balance emotionally and to take care of themselves further illustrates her willingness to be open and vulnerable in the face of professional stigma.

Mind Game proves that life goes on if you go on with it. Holdsclaw took full responsibility for all of her actions regardless of her state of mind at the time. She stood up, fought back against the grip of suicidal thoughts only to come out whole on the other side. Helping others, she found ways to help herself in ways she might never have thought about as she raced across the floorboards. It is often said that life is what you make it. Chamique Holdsclaw made hers greater by embracing who she is and sharing it with others. Using your life as an example of how to deal with both prosperity and adversity is a true gift. That is what makes a true champion. I give *Mind Game* four golden tickets.

