The Hungry Heart is a documentary film based on the often hidden world of addiction and recovery. Primarily shot in Franklin County, Vermont, the film takes an intimate and powerful look at those who have been swept into the downward spiral of prescription drug addiction. The film highlights the struggles and hopes of recovering addicts and their quest for a better future.
What is a Community Forum?

Community forums are about participatory democracy at a local level. They involve gathering citizens of a community together to discuss issues, make choices on how to deal with them, and develop common ground to resolve those issues.

Time: The best times for meetings that work for participants of all ages are usually at the end of the workday between 5:30 and 7:30 PM.

Moderators: The moderator's role is facilitation, not participation. The steps a moderator should take in conducting a community forum are as follows:

- Participant sign-in when entering
- Welcome and overview of discussion topic
- Pre-forum questionnaire
- Statement of ground rules (that all participants will abide by)
- Provide participants with facts on the issue (in case they did not attend the movie viewing so that we can set the stage for the deliberative process)
- Facilitate Break-out Session
- Facilitate Sharing/Deliberation process (guide the flow of conversation, ask questions, state options that arise, keep track of time)
- Reflection period
- Discuss steps that need to be taken next (set up next meeting)
- Closing remarks
- Post-forum questionnaire
- Develop a report of what was discussed for documentation

The moderator must guide the flow of conversation; encourage dialogue on the topic; make sure all are proportionally represented in the forum and that their views are respected by all forum participants; recognize and address the fact that forums rarely end with everyone in total agreement; and stay with the deliberation until members understand the options best suited for the community and address the conflicts that go along with those options. Although the moderator must lead the conversation, she/he must be careful not to offer her/his own opinions on the subject matter or compliment participants on their views.
Suggested Community Forum Checklist

___________ Chart paper (7-8)
___________ Markers (3 boxes)
___________ Microphone
___________ Projector (for real time note taking) *
___________ Projector screen *
___________ Extension cords
___________ Pens/pencils (give to attendees upon arrival)
___________ Fact Sheet (enough copies for each attendee)

___________ Volunteers (12 or more)
  6 for Action Tables
  2 for Door to greet and hand out information
  2 for refreshments
  1 for resource table
  1 to assist the Moderator
  *More if a larger group

___________ Tables & Chairs

___________ Refreshments *

___________ Timer

___________ Pre/Post Forum Questions (enough copies for each attendee)

*Optional
Beginning the Process

The moderator should start the meeting welcoming those who attend and giving a brief overview of the topic at hand. A pre-forum questionnaire (Example listed below) may be used to get an idea of the views of the participants before the forum begins in order to receive initial thoughts on the subject. A post-forum survey (Example listed below) can also be conducted to identify final thoughts on the issue.

After the initial welcome and pre-forum questionnaire, the moderator should state the ground rules for the forum and emphasize that the forum is not for a debate, and is meant to work towards making a decision on an important community issue. Some of the rules to follow include:

- list the pros and cons of every option (costs and consequences);
- state the facts of each option;
- develop an understanding of the deeper motivations behind people’s opinion (what people find most important to them in everyday life);
- embrace the views of others and work through conflicts that arise.

During the deliberation, the moderator will need to keep track of time. Participants in the forum have their own time constraints with family and work, and if the meeting runs too long, they may leave, resulting in a loss of opinions represented. Moderators need to stick to the allotted time to discuss items and move things along in such a way that no one voice dominates the deliberative process. The best times for meetings that work for participants of all ages are usually at the end of the workday between 5:30 and 7:30 PM

Reflection

Before ending the forum, it is important to leave time for reflection. Reflection gives participants an opportunity to look back on what they have learned and to assess how the process may have changed their thinking. It can also segue into what should happen next or a call to action. The moderator needs to discuss what steps should be taken in the future as a result of the forum discussion and when or if the group wants to meet again for further collaboration. Before leaving the forum, documentation of all participants who attended should be recorded. It is important (if applicable) that the information discussed should also be recorded and reported to the community so that interest and action to resolve the issue will continue beyond the forum.
Template for the “The HUNGRY HEART” Community Forums

Arrival (5 minutes): Upon arrival community members will be given a pre-forum form that contains a short list of questions. (See Attached) They will also receive a “facts sheet” for their reference. They will also be asked sign in. The sign in form will ask for name & email addresses.

Overview (5 Minutes): The moderator will welcome all and give an overview of discussion as well as explain the breakout sessions.

Pre-forum questionnaire (2 Minutes): Ask them to complete – yet hold onto to them until the end of the meeting.

Statement of ground rules (2 minutes): Rules all participants will abide by

“Facts Sheet” on the issue (3 minutes): Explain the “Fact Sheet” so as to set the stage for the deliberative process.

Break Out Session (1/2 Hour): Using the World Café Method (See attached example), the moderator will designate a number to each area, such as the first 2 rows you are # 1, the second 2 rows you are # 3, and so on…. One person from each group will be chosen or volunteer to be the group leader. The group will then be asked to head to the table in which they are directed to. Each group will meet at each table for five minutes (The Moderator will set the timer to keep track of the five minute) where they will be encouraged to speak about the specific table topic of “Action” Each group member should be encouraged to write one/two words describing what they think about in regards to the action area. At the end of the ½ hour everyone will be invited back to their seats.

Sharing (1/2 Hour): During this time the moderator will ask the group leaders to stand and address the room on their discussions Each group leader will address the room to share experiences, thoughts, etc… The moderator will be careful guide the flow of conversation; ask questions, state options that arise, keep track of time

Reflection period (20 minutes): Fred &/or Kids Speak and also ask the participants to share their personal stories – Be prepared to fill in time in case no one does or move on.

Post-Forum Questions (2 Minutes): (See attached example) collect all forms
**Next Steps (15 minutes):** Discuss steps that need to be taken next (set up next meeting, community panel, etc…)

**Closing remarks (5 minutes):**

**Post Forum:** Develop a report of what was discussed for documentation, and identify key organization or group to organize, share and move the work forward.

**Areas for Action** - Hopefully most participants would have attended the movie viewing so therefore they will have background for the discussion. Volunteers who have knowledge of the Action area should be available to facilitate each table. These volunteers should be able to encourage dialogue. Each table will have a Paper Chart for the facilitator to write the notes down from each group. The layout of the room will determine the setup and signs for each table will be needed. (See Attached)

**Each table will focus on the following suggested areas:**

1. Addiction  
2. Treatment & recovery  
3. Education  
4. Cost & resources  
5. Prevention  
6. Communication / Outreach  
7. Other

**Ways to Promote Community Forum –**

- At the time of the viewing –Have the speaker mention the forum to follow, hand out flyers’, post flyers/posters at venue.  
- Newspaper – Community Calendars, stories, etc….  
- Radio – Community Calendar or interview  
- Social Media – FB, Website, blogs, etc…  
- Letter to the Editor  
- Other

**Resource Table** – Local agencies should be contacted to supply resource information that they would like to have on hand for participants to browse through and take home with them.

**Refreshments** – Local shops can be asked to donate.
The Hungry Heart Community Forum

What I Think Now (Before the Forum)

Directions: Use the space below to record your thoughts and opinions about the issue that will be the focus of the forum. Your notes will help you keep track of your thoughts over the course of the forum. Remember, the goal of a forum is not necessarily to change your mind but to increase your understanding of your own opinions and ideas and those of others.

• Right now, these are my thoughts and opinions about the issue:

• During the forum, I want to learn the following about the issue:

• At this point, I think that the best approach to the issues is...

• I do/do not (circle one) expect my ideas about the issue to change because...

• At this time, I think that people who disagree with me should consider the following points or ideas:

Forum Location: ______________________________
Name: (Optional) _____________________________ Email: _______________________
Would you be interested in volunteering on a community panel?
______(Yes)______(No)
What I Think Now (After the Forum)

Directions: Use the space below to record your thoughts about the issue that was the focus of the forum.

- If someone were to ask me about the issue, this is what I would tell them:

- Right now, this is what I think about the issue:

- My ideas about the issue changed/did not change (circle one) because...

- I think that the most difficult part of making trade-offs and choices are...

- The most important thing that I learned from participating in the forum is...

Forum Location: ______________________________

Name: (Optional) _____________________________ Email: _______________________

Would you be interested in volunteering on a community panel?

_____ (Yes) _____ (No)
1.

ADDICTION
2. TREATMENT & RECOVERY
3. EDUCATION
4. COST & RESOURCES
5. PREVENTION
6.
COMMUNICATION & OUTREACH

The HUNGRY HEART
## Tour dates:
All shows at 7pm – tickets at the door.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Venue</th>
<th>Ticketing Info</th>
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<tbody>
<tr>
<td>September 21</td>
<td>Premiere</td>
<td>St. Albans – BFA</td>
<td>Buy tickets in advance</td>
</tr>
<tr>
<td>September 27</td>
<td>Premiere</td>
<td>Flynn Theater Burlington – Flynn Theater Burlington</td>
<td>Buy tickets in advance</td>
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<td>September 28</td>
<td>Morrisville</td>
<td>People’s Academy</td>
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<td>September 29</td>
<td>Stowe</td>
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<td>October 3</td>
<td>Fairlee</td>
<td>Lake Morey Resort</td>
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<td>Enosburg</td>
<td>Opera House</td>
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For additional film information visit [www.kingdomcounty.org](http://www.kingdomcounty.org)