

Traces of
Mika

a Visual Memoir

Log Line

Best-selling author Tamika Newhouse, has finally garnered the strength to return home to Texas to face her virulent past and reconnect with her estranged family. Tamika hopes that she can get her family to join her at a family barbeque and at a celebration that she has planned, in celebration of her success as an author. Traces of Mika is centered around friendship, the importance of mental health, and receiving spiritual healing.

Synopsis

Traces of Mika is an inspirational documentary derived from Tamika Newhouse's unscripted podcast series of the same title. In her debut as a filmmaker, Newhouse, explores the importance of healing from childhood traumas while exploring her family history. Her journey of learning about her family's past helps her unlearn generational curses and move towards a happier existence.

Facing her past and pushing through her uncertainty, she is determined to love her people while they are here. Part documentarian, the film is a visual memoir that celebrates the dynamic complexities of Black family bonds, and mental healing among Black women, while featuring original songs.

Intention

Mika is learning how to heal from her past in a healthy manner by challenging herself to ask hard questions for understanding. With *Traces of Mika*, we will expand the conversation on mental health amongst Black people and Black families as well as dive into the effects of family secrets and how to heal from the trauma they ensue.



Audience

Our niche audience is African-American women and non-binary women ages 18-50. This documentary will expand our audiences as we aim to reach viewers of different demographics and ages.



The Story

The overall vision of the shooting style, how we will piece together the story (with narration and intimate confessional in front of an intimate audience).



Why develop a film for *Traces of Mika*, a visual memoir?

I am learning how to heal from my past healthily by challenging myself to ask hard questions for understanding. Contesting the angry Black women stigma, this visual memoir is an effort to humanize Black women. Taking accountability for my own choices and my healing, with *Traces of Mika*, I explore mental health amongst Black people and Black families.

The film was created to show my brave journey in healing core childhood issues and empowering Black families by reconnecting with mine. I aim to inspire viewers to lead with love when facing uncomfortable truths from the past to achieve true healing.

Audience

With Tamika's "We all need each other" mentality, we aspire to motivate the Black community to heal from past pains and traumas and come together to heal generational curses while building generational wealth.

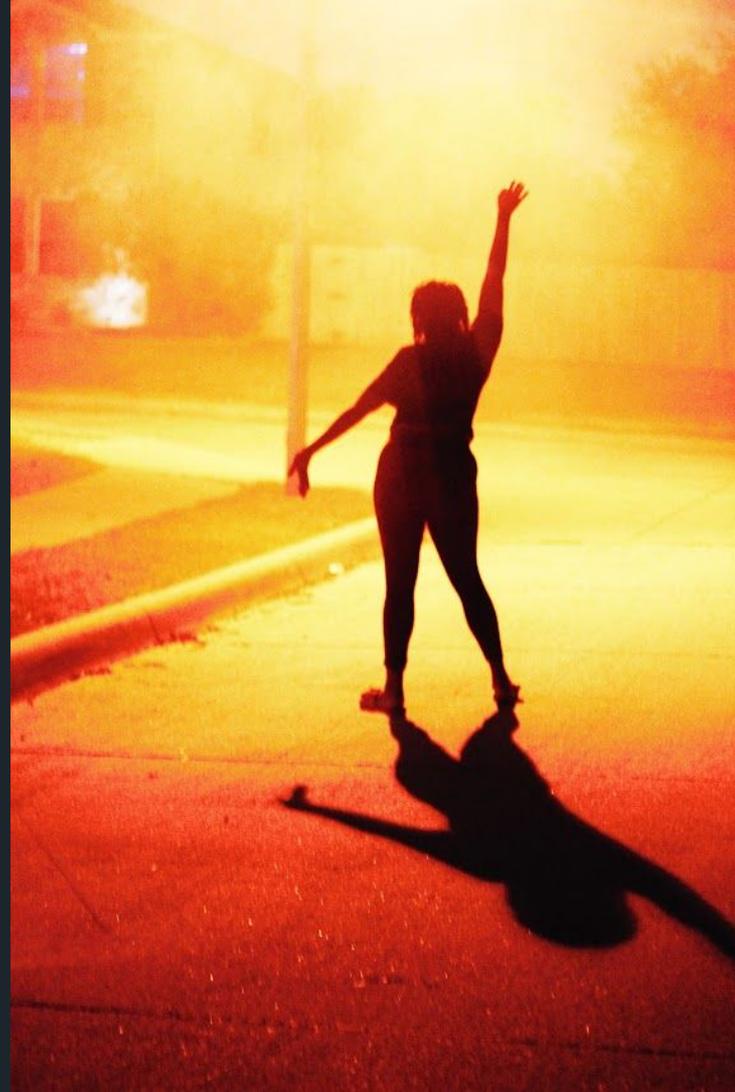


Op- Doc Comps

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Black Girl Bleu: A safe space for Black women to discuss their past or current troubles with mental health. They gain insight from Black therapists to begin healing in a healthy manner.



About Tamika

Tamika Newhouse is an author, publisher, speaker, producer, and CEO of AAMBC Inc., a literary agency. She's had an interesting journey, going from a teen mom to the author of 17 novels, as well as the winner of 8 African American Literary Awards. She also created Delphine Publications which has published nearly 200 titles and launched the careers of numerous writers. In addition to writing and publishing, Tamika tours the country speaking about overcoming her teen pregnancy to fulfill her dreams.

Tamika has made her debut in film-making as associate producer and screenwriter for the 8 Ball and MJG biopic, "Comin Out Hard." Traces of Mika will be her directorial debut, a new world she's excited to explore. Using her resources and expertise, she teaches aspiring writers and creatives the skills needed to enter the entertainment and literary industries.

Filming Style

Traces of Mika is filmed in a cinéma vérité style.

“We provoked genuine answers.” -Director, Mordecai Lecky

The Documentary was filmed in a cinéma vérité style. Known also as observational cinema, it is an improvisational style known to unveil truth; a pure direct form of filmmaking. This was important from the offset, as this documentary was in a constant shift not only in structure but in terms of what was filmed in Fort Worth, Texas. As such, we used a fly-on-the-wall mentality to capture what was going on and not play a hand in how events unfolded. In addition, the documentary has a poetic style, as the structure plays in a dreamy fashion as Tamika tells us her story, recalling events and reflecting on her experiences. At the end of the day, honesty was key, and the thematic thread that we followed simply to capture the moments of Tamika and her family being together.

Budget

Texas Travel- \$2,500

Camera Equipment- \$800

Editing and Post Production - \$6,000

Marketing and Branding - \$5,000



Demographics

Adult Blacks and African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than adult whites.

Blacks and African Americans are less likely than white people to die from suicide at all ages. However, Black and African American teenagers are more likely to attempt suicide than White teenagers (9.8% vs. 6.1%).

Despite rates being less than the overall U.S. population, major depressive episodes increased from 6.1% to 9.4% in young adults 18-25, and 5.7% to 6.0% in the 26-49 age range between 2015 and 2018.

Black and African American people are more often diagnosed with schizophrenia and less often diagnosed with mood disorders compared to white people with the same symptoms. Additionally, they are offered medication or therapy at lower rates than the general population.

Stigma and judgment prevent Black and African American people from seeking treatment for their mental illnesses. Research indicates that Blacks and African Americans believe that mild depression or anxiety would be considered “crazy” in their social circles. Furthermore, many believe that discussions about mental illness would not be appropriate even among family. [15]

Demographics (Resources)

CDC. (2019). Summary Health Statistics: National Health Interview Survey: 2017. Table A-7. Retrieved from <https://www.cdc.gov/nchs/nhis/shs/tables.htm>

CDC. (2018). Health United States, 2017. Table 30. Retrieved from <https://www.cdc.gov/nchs/data/hus/hus17.pdf>

CDC. (2019). High School Youth Risk Behavior Survey Data. Retrieved from <https://nccd.cdc.gov/Youthonline/App/Default.aspx>.

American Psychiatric Association. (2017). Mental Health Disparities: African Americans. Retrieved from <https://www.psychiatry.org/Filepercent20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-African-Americans.pdf>

Williams, M. T. (2011). Why African Americans avoid psychotherapy. Psychology Today. Retrieved from <https://www.psychologytoday.com/us/blog/culturally-speaking/201111/why-african-americans-avoid-psychotherapy>

Location - Fort worth, Texas

A landscape view of a grassy field with a white fence in the foreground and trees in the background under a cloudy sky. The text "Location - Fort worth, Texas" is overlaid in white, handwritten-style font across the middle of the image.

















Creative Expression that Starts with A Spark

Knowledgeable in their creative fields, our talents inform others on how they can maintain their dreams and passions with a clear mind and light heart. From healing, properly grieving, discovering your love languages, healthy thinking, self-accountability, and effective communication; our talents share tools on how to discover their happiness and their goals.

Natural creators, our talents share their talents through literature, art, and film, often storytelling, art exhibitions, and or participating in interactive book signings.

Our Crew

Tamika Newhouse - CEO of AAMBC
INC./ Executive Producer

Daniel Evans - Music Engineer/
Sound

Director Mordecai Lecky - Director

Lele Bell - Writer/ Photographer/
Producer

Tawonda Smith - Writer/ Producer



Crew Bios

Tamika Newhouse is a self-made best-selling author and the CEO of AAMBC INC., a creative agency for Black Writers. In a short 14 years, she has released 18 books of her own, many of her works have appeared on several bestseller lists, earning her much recognition and multiple awards. As an inductee of San Antonio's Who's Who, a three-time winner for Best Self Published Author, she has gained more honors, awards, and notoriety over the years, recently adding an Adcolor nomination for Innovator of the Year. Adweek once called her "The Shonda Rhimes of Black Publishing" in their 2020 Summer issue. In 2021 she won an Urban MediaMakers Film Festival award for Best Podcast. Tamika Newhouse is proving to be a trailblazer who's creating a lane for Black creatives to be heard and respected with no signs of slowing down.



Crew Bios

Mordecai Lecky is an award-winning Documentary Filmmaker based out of Atlanta, Georgia. A Virginia native, he graduated from Virginia Tech in 2017 with a BA in theater arts with a cinema concentration, along with a BA in creative writing. Alongside Daniel Clark, they work under the moniker “At Sea”, crafting multimedia, experiential work exploring various facets of human experiences.



Crew Bios

Born and raised in Northern Virginia, *Daniel Clark* is a composer, sound designer, audio engineer and lifelong musician; specializing in piano, trumpet, and guitar. He is a founder of and lead audio engineer at UTC Productions. He also co-runs a YouTube channel called "At Sea", which has produced two award winning short films. Daniel also creates and performs music under his stage name, "Dezra", and has released two EPs: *Ritual* and *Basement Sketches* that showcase experimental, ambient, electronic beats.



Crew Bios

Tawonda Smith is a Georgia native and the CEO of Belle of All Things Productions in Marietta, GA. Belle of All Things specializes in script writing, photography, videography, and set design. Along with her production partners, Tawonda has produced several projects ranging from commercials to podcasts, and most recently, the “Traces of Mika” visual memoir.



Crew Bios

A newbie independent filmmaker, *Lele Bell* is a driven creative who dives into meaningful projects with their respective creators. She proudly works as a content creator, photographer, and writer for both AAMBC Inc. as well as for herself.



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