



# CONTACT HIGH

a short film by scarlett redmond

# CONTENTS

LOGLINE + SYNOPSIS

ABOUT THE FILM

ABOUT THE FILMMAKER

LINKS

CREDITS

CONTACT



# LOGLINE

A grieving mother meets a recovering addict, and without ever speaking, he brings her back to life.

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# SYNOPSIS

After losing her child in a car accident, a woman enters an alternative recovery center where she meets a recovering addict. Through movement alone, he is the catalyst and inspiration for her to begin her healing process. This is a story about acknowledging the trauma we hold, accepting help (where we may not expect it), and moving forward.



# ABOUT THE FILM

CONTACT HIGH was shot in December 2018 on location in Chicago, IL with cast and crew members traveling from Los Angeles, Pittsburgh, Cincinnati, and Chicago. The film completed post production in 2020 in Los Angeles, CA.

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## SPECIFICATIONS

**Runtime: 10 minutes**

**Completion Date: June 20, 2020**

**Budget: \$2500**

**Format: 1080 (Sony a7S II)**

**Aspect Ratio: 16:9**





# ABOUT THE FILMMAKER



Scarlett Redmond is a New York-born, Los Angeles-based actress and voiceover artist making her directorial debut with CONTACT HIGH. When she's not playing a mom in your favorite shoe / vacuum / car commercial, she's working on indie film projects, painting something, or walking her dog. She received a BFA in Acting from Emerson College and has since studied at Boston University, Stella Adler NY, UCB Los Angeles, BGB Studio, Seydways Studios, and John Rosenfeld Studios. Find out more at [scarlettreddmond.com](http://scarlettreddmond.com).





# DIRECTOR'S STATEMENT

CONTACT HIGH combines my two professional worlds: film & movement therapy. In both worlds, I strive to help people move through blocks - both emotional and physical - in order to begin a healing process. This film is about acknowledging the trauma we hold, accepting help (where we may not expect it), and moving forward. In a post-pandemic world, we've all learned how meaningful and precious physical touch can truly be. After a year of isolation, I think we're all overdue for a contact high.

*-Scarlett Redmond*





# CONTACT HIGH

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starring scarlett redmond & dave daniels | director of photography mitchell straub | choreography by michael burke | music by tim hare  
edited by alex choincoo | sound design by michael cullen | produced by meggin morab & scarlett redmond

# LINKS

[Watch the Trailer](#)

[Festival Screenings](#)

[Contact High on Instagram](#)

[More info on Scarlett Redmond](#)



# CREDITS

**Written + Directed by**

Scarlett Redmond

**Produced by**

Megyn Norbut  
Scarlett Redmond

**Director of Photography**

Mitchell Straub

**Movement Director**

Mikael Burke

**Edited by**

Alex Choonoo

**Music by**

Tim Hare

**Sound Design by**

Michael Cullen

**Colored by**

Michael Russell





# CONTACT

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If you or someone you know is struggling with addiction,  
call 1-800-662-HELP to reach SAMHSA's National Helpline.

