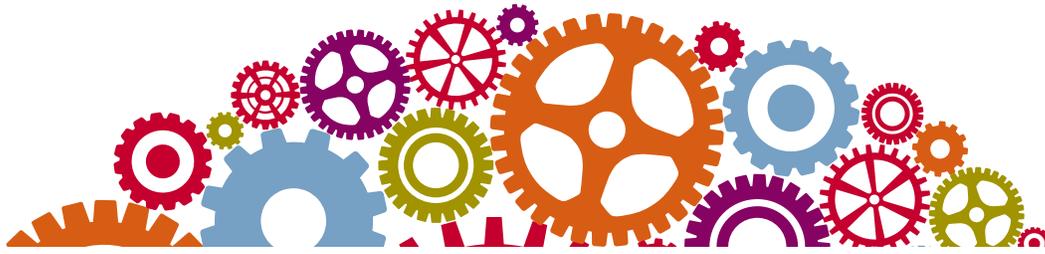


*2021 Ohio State Harding Hospital and the Department  
of Psychiatry and Behavioral Health*



**11<sup>TH</sup> ANNUAL**

# **Mental Health Fair**

*Virtual Event*



**May 3 – 7**

**11 a.m. – 1 p.m.**

Virtual Mental Health Fair

The 2021 Ohio State Harding Hospital Mental Health Fair will take place the first week in May in celebration of May Mental Health month. Cutting-edge educational programming and presentations by experts in the mental health field are scheduled to take place daily over the lunch hour to accommodate varying work schedules. Attendees can sign up for selected sessions or all of them.



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## Monday, May 3

**11 a.m. Brad Lander, PhD – Ohio State’s Addiction Medicine at Talbot Hall**

Dr. Lander will discuss treatment for substance use disorders. What is a substance use disorder? What are the local and national use and overdose statistics? What services are offered by OSU for treatment?

**Noon Sheri Meyers and Helen McKinley from the National Alliance on Mental Illness (NAMI)**

Sheri and Helen will share the mission and objectives of NAMI. They’ll also detail the programs and services of NAMI and review common types of mental illness. Finally, they’ll provide attendees with information about accessing their website and joining support groups for individuals and their family members.

**1 p.m. Laura Lewis, MA, LPCC-S, and Nadia Musleh from the Ohio State Suicide Prevention Program**

Laura and Nadia will share details on the Ohio State Suicide Prevention Program, campus best practices and a variety of ways they engage with students, staff and faculty. They’ll discuss suicide as a public health issue, including warning signs, risk factors and protective factors. They’ll share the most common myths surrounding suicide and discuss how to respond to someone in distress as well as other practice next steps.

## Tuesday, May 4

**11 a.m. Craig Bryan, PsyD, from Ohio State Department of Psychiatry and Behavioral Health**

Dr. Bryan will give an overview of the Department of Psychiatry and Behavioral Health’s Division of Recovery and Resilience, which focuses on conducting innovative research on understanding and preventing suicide, trauma-related disorders and addictions. He’ll provide up-to-date information about new discoveries and projects currently underway at Ohio State, as well as how attendees can contribute to our efforts to advance suicide prevention and recovery from trauma and addiction. Annabelle Bryan will share the exciting work of the STRIVE (Suicide and Trauma Reduction Initiative for Veterans, first responders and their families).

**Noon “Ask the Docs – Fact or Fiction”**

During this session, our Department of Psychiatry residents Drs. Adam Levin, John Loegering and Aaiza Malik will share their knowledge of mental illness and addiction while addressing myths and facts surrounding these challenges. The forum will address questions that are educational, not personal in nature.

The session will be moderated by Dr. Colleen Waickman. Submit your questions in advance at [Fact or Fiction Question](#) by noon May 3.

**1 p.m. Katie McCurdy and Jim Warner from Ohio State Wexner Medical Center Nutrition Services**

Join the Mobile Education Kitchen Team as we demo some fun plant-focused recipes and learn how to incorporate more plants into our daily food choices.

## Wednesday, May 5:

**11 a.m. Ali Miller; Trent Hall, DO; and Julie Teater, MD, from Ohio State’s Project DAWN Program and Addiction Medicine at Talbot Hall**

This presentation will combine two central topics related to addiction. The first topic will focus on Narcan and harm-reduction approaches. Attendees will learn about Project DAWN, how to identify an overdose and administer Narcan to save a life and what a harm-reduction approach to addiction means. The second topic will focus on the impact of stigma on addiction treatment. The presentation will discuss addiction stigma as a barrier to treatment and how health care workers can play a role in improving the care for patients with substance use disorders.

**Noon “Ask the Docs – Fact or Fiction” Part II**

During this session, our Department of Psychiatry residents Drs. Bryce Toburen, Jennifer Thaete and Jessica Walpole will share their knowledge of mental illness and addiction while addressing myths and facts surrounding these challenges. The forum will address questions that are educational, not personal in nature. The session will be moderated by Dr. Clair Sulerzyski. Submit your questions in advance at [Fact or Fiction Question](#) noon May 3.

**1 p.m. Helka Casey, LPCC-S, and Jodie Leister, LPCC-S, CEAP, from Ohio State’s Employee Assistance Program**

Helka will provide a brief overview of the Employee Assistance Program. You’ll learn about the robust counseling and work/life benefits offered to Ohio State staff and their family members, as well as special discounts provided to Ohio State employees. **NOTE: Information presented will not be applicable to employees outside of Ohio State. The services discussed are intended for Ohio State employees only.**



## Thursday, May 6

- 11 a.m. Michelle Vargas from the Franklin County Suicide Prevention Coalition**  
Suicide is a complex public health issue that requires comprehensive and coordinated communitywide prevention efforts. The Franklin County Suicide Prevention Coalition aims to increase communication, coordination, and collaboration efforts within Franklin County to prevent suicide and bring hope to those impacted by suicide. Michelle will provide information about the Coalition and their work.
- Noon Voices of Resilience (VOR)**  
Influential voices and top leaders share personal stories navigating stress, trauma and adversity, reminding us that we aren't alone. Resilience is within our grasp. These monthly "Voices of Resilience" podcasts are hosted by Rick Milenthal, CEO of The Shipyard marketing firm. In this session, Rick will share how the concept for the VOR podcast evolved as a collaboration between his agency and the Ohio State Department of Psychiatry and Behavioral Health. The "live" interview with Amanda Lucas, executive director of Ohio State Harding Hospital. Ms. Lucas will share stories of adversity and resilience she discovered while running a psychiatric hospital in the midst of a pandemic.
- 1 p.m. Nick Breitborde, PhD, from Ohio State Harding Hospital EPICENTER**  
Dr. Breitborde will provide an overview of the Ohio State Early Psychosis Intervention Center (EPICENTER), including a discussion of the rationale for early intervention for psychotic-spectrum disorders and the positive outcomes to date experienced by individuals receiving care at EPICENTER.

## Friday, May 7

- 11 a.m. Ohio State Harding Hospital Recreational Therapy Team: "Recreational Therapy - Helping Individuals Re-Create Themselves Through Leisure."**  
Members of the Ohio State Harding Hospital Recreational Therapy team will first answer the question, "What is Recreational Therapy?" Information about the APIE process will be shared and then a variety of treatment options for diverse diagnoses will be reviewed. Presenters: Kate Cresswell CTRS, Erin Dougherty CTRS, Kisha Gunn MS, CTRS, and Lynn Snyder CTRS.
- Noon Parker Huston, PhD, Nationwide Children's Hospital**  
Dr. Huston will talk about the "On Our Sleeves" national program that is designed to provide education, activities and advocacy for children's mental health and wellness. The philosophy of the program is to provide every community in America with the resources needed to break the stigma surrounding children's mental health, as well as to encourage adults to teach the children in their lives healthy habits for mental wellness early in life.
- 1 p.m. Arianna Galligher, LISW, from Ohio State's Stress, Trauma And Resilience (STAR) and Partial Hospitalization/Intensive Outpatient Program (PHP/IOP)**  
In the PHP/IOP discussion, participants will learn about what PHP/IOP is, who it's for, how we approach treatment, benefits of group therapy, evidence to support our approach and aggregate treatment outcomes (proof that people get better when they come to our program for help). During the STAR Program discussion, participants will learn about the STAR Trauma Recovery Center and who it serves, some basic information about symptoms of PTSD and how to contact us. Participants will also learn about the ways that the STAR Program supports employees at Ohio State.

Registration link is [go.osu.edu/B6qu](https://go.osu.edu/B6qu). Please choose which day(s) you wish to attend. Registrants will use the same link for each day so you won't have to register separately for each of them.



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