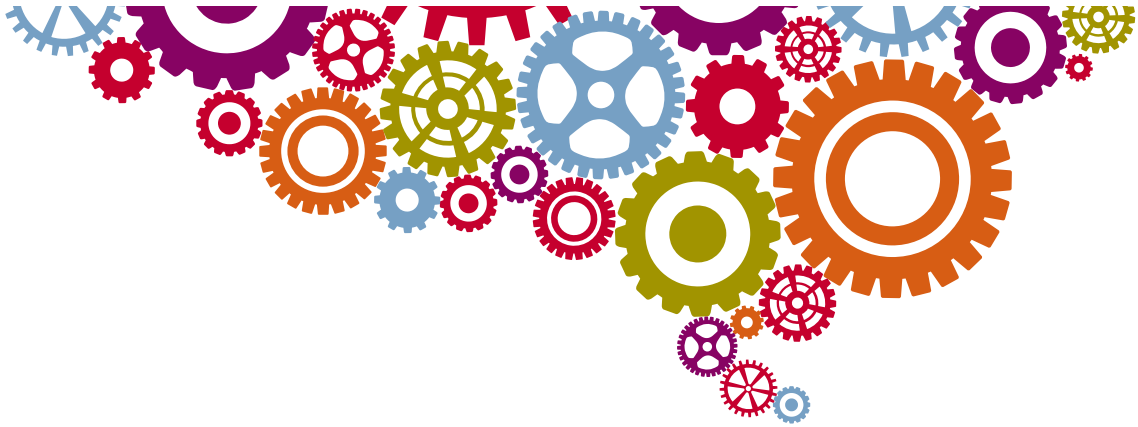


The Ohio State University Harding Hospital and the  
Department of Psychiatry and Behavioral Health present



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 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.

**Mental health affects all of us. Hear what our experts have to say as they share resources on how to live a better life.**

Registration link is [go.osu.edu/B7Ah](https://go.osu.edu/B7Ah).

**Topics include:**

- Substance Abuse Disorders and Treatment
- NAMI Resources and Services
- Suicide Prevention on The Ohio State University Campus
- STRIVE – Suicide and Trauma Reduction Initiative for Veterans, First Responders and Their Families
- Misconceptions About Mental Illness and Addiction
- Eating Well to Promote Good Mental Health
- Use of NARCAN to Save a Life and the Impact of Stigma on Addiction Treatment
- Ohio State Employee Assistance Program
- Franklin County Suicide Prevention Coalition
- Voices of Resilience Podcast Series
- EPICENTER – Early Intervention for Psychotic Spectrum Disorder
- Recreational Therapy in a Psychiatric Setting
- Nationwide Children’s Hospital “On Our Sleeves” Campaign
- Ohio State Stress, Trauma And Resilience (STAR) and Partial Hospitalization/Intensive Outpatient Program



**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER

### Monday, May 3

**11 a.m. Brad Lander, PhD – Ohio State’s Addiction Medicine at Talbot Hall** will discuss treatment for substance use disorders and services offered by Ohio State’s Talbot Hall.

**Noon Sheri Meyers and Helen McKinley from the National Alliance on Mental Illness (NAMI)** will share the mission and objectives of NAMI along 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** will share information about the Ohio State Suicide Prevention Program, campus best practices and a variety of ways they engage with students, staff and faculty.

### Tuesday, May 4

**11 a.m. Craig Bryan, PsyD, from Ohio State Department of Psychiatry and Behavioral Health** will give an overview of the Department of Psychiatry and Behavioral Health’s Division of Recovery and Resilience and provide up-to-date information about new discoveries and projects currently underway at Ohio State.

**Noon “Ask the Docs – Fact or Fiction”**  
Department of Psychiatry residents Adam Levin, MD, Bryce Toburen, MD, and Aaiza Malik, MD, will share their knowledge of mental illness and addiction while addressing myths and facts surrounding these challenges and will be moderated by Colleen Waickman, MD.

**1 p.m. Katie McCurdy and Jim Warner from the 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**  
Narcan and harm-reduction approaches as well as how to identify an overdose and administer Narcan to save a life. We’ll also discuss the impact of stigma on addiction treatment.

**Noon “Ask the Docs – Fact or Fiction” Part II**  
Department of Psychiatry residents John Loegering, MD, Jennifer Thaete, MD, and Jessica Walpole, MD, moderated by Clair Sulerzyski, MD, will share knowledge of mental illness and addiction while addressing common misconceptions about mental health disorders and sharing their insights on new evidence-based treatments.

**1 p.m. Helka Casey, LPCC-S, and Jodie Leister, LPCC-S, CEAP, from Ohio State’s Employee Assistance Program**  
A brief overview of the Employee Assistance Program as well as the counseling and work/life benefits offered to Ohio State staff and their family members. **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**  
Work to increase communication, coordination and collaboration efforts within Franklin County to prevent suicide and bring hope to those impacted by suicide.

**Noon Voices of Resilience (VOR)**  
Rick Milenthal, CEO of The Shipyard marketing firm, will interview Amanda Lucas, executive director of Ohio State Harding Hospital. 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** 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. “Recreational Therapy – Helping Individuals Re-Creat Themselves Through Leisure”**  
Members of the Ohio State Harding Hospital Recreational Therapy team will discuss areas of recreational therapy and how it’s used in a psychiatric setting. They’ll also share a variety of treatment options for diverse diagnoses. Presenters: Kate Cresswell, CTRS, Erin Dougherty, CTRS, Kisha Gunn, MS, CTRS, and Lynn Snyder, CTRS.

**Noon Parker Huston, PhD, Nationwide Children’s Hospital** 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.

**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 and how we approach treatment. In addition, Arianna will share information on the STAR Program and who it serves.