

Healthy Minds

Episode Descriptions

#101 AUTISM – Part One: Discovery and Diagnosis

Five families share their personal journey from discovery to diagnosis, and the difficulty of daily life for a child with autism. Plus, the latest in diagnostics, the importance of early intervention, and cutting-edge genetics research.

Featured segments:

Dr. Warren Rosenfeld, Chief of Pediatrics at Winthrop University Hospital in Mineola, NY, discusses the autism spectrum, possible causes, current screenings and diagnosis.

Scientists from Cold Spring Harbor Laboratory in Huntington, NY discuss cutting edge research and the genetic links for autism.

Karen Siff Exkorn, author of *The Autism Sourcebook*, shares her personal experience of life after her son's autism diagnosis and subsequent recovery after intense early intervention, including the ABS method.

#102 AUTISM – Part Two: Treatment and Early Intervention

Families and mental health professionals examine the elements of early intervention. Plus, autism education for pediatricians and teachers, and a teenager with Asperger's syndrome speaks candidly about his personal experience living with autism.

Featured segments:

A visit to the Variety Child Learning Center (VCLC), in Syosset, NY, a specialized school dedicated to children with autism founded in 1966. Dr. Borenstein speaks with VCLC CEO and founder Judith Bloch.

Jennifer Raab, president of Hunter College in New York City, discusses training initiatives at Hunter's School of Education, and Dr. Warren Rosenfeld, chief of pediatrics at Winthrop University Hospital, discusses specific training for new physicians.

Jonathan Simmons, a teen with Asperger's syndrome and his mother, Karen Simmons, co-author of *Chicken Soup for the Soul: Children with Special Needs*, speak candidly about living with autism.

#103 MIKE WALLACE: DEPRESSION

Veteran newsman Mike Wallace and his wife Mary invite Dr. Borenstein to their home for a revealing conversation about his depression, suicide attempt, treatment, and ultimate recovery from depression.

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#104 LIVING WITH SCHIZOPHRENIA

The latest in diagnostics and treatment for those living with schizophrenia, including studies related to childhood schizophrenia.

Featured segments:

Dolores Malaspina, M.D., Professor of Psychiatry, New York University's School of Medicine, defines schizophrenia, symptoms and psychosis.

Alice Medalia, Ph.D., professor of clinical psychology at Columbia University and director of psychiatric rehabilitation services at The Lieber Recovery and Rehabilitation Clinic for Psychotic Disorders, discusses the latest cognitive treatments for schizophrenia.

Dr. Judy Rapoport, senior investigator for the National Institute of Mental Health, unravels the mystery of childhood schizophrenia.

#105 MENTAL WELLNESS

Experts share ways adults and children can take an active role in maintaining mental wellness, as well as how to recognize the early signs of mental illness, find the right doctor and maintain independence and quality of life after diagnosis.

Featured segments:

Michael Hogan, Ph.D., commissioner of the New York State Office of Mental Health, discusses American mental health issues.

Dr. Jeffrey Lieberman, chairman and Lieber professor of psychiatry at Columbia University College of Physicians and Surgeons, and director of the New York State Psychiatric Institute, discusses mental wellness, health and fitness in adults and children.

Staff members at Transitional Services for New York, Inc. discuss alternatives to hospitalization and environments that foster independence for people with mental illness.

Elyn R. Saks, lawyer, author, associate dean and professor of law, psychology, and psychiatry and the behavioral sciences at the University of Southern California Gould School of Law, discusses her personal struggles with mental illness and her inspirational memoir about living with schizophrenia, *The Center Cannot Hold: My Journey Through Madness*.

#106 PATTY DUKE: BIPOLAR DISORDER

An intimate interview with Academy Award-winning actor Patty Duke reveals her struggles as a famous Hollywood star living with bipolar disorder, her abusive childhood and a lifetime of mania and depression prior to receiving proper diagnosis and treatment.

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#107 OBSESSIVE-COMPULSIVE DISORDER (OCD)

Personal stories and experts provide valuable insight into diagnostic criteria and effective treatments for obsessive-compulsive disorder (OCD).

Featured segments:

Jeff Bell, co-anchor at KCBS Radio, CBS network's San Francisco flagship station, discusses his memoir of life with OCD *Rewind, Replay, Repeat*.

Dr. Judith Rapoport, senior investigator for the National Institute of Mental Health, discusses the role of medication in OCD treatment.

Award-winning writer Sharon Begley, science editor for *Newsweek* and author of *Train Your Mind, Change Your Brain*, demystifies the complex theory of neuroplasticity and its relation to behavioral therapy for OCD.

Dr. Helen Blair Simpson, professor of clinical psychiatry at Columbia University College of Physician and Surgeons and director of the Anxiety Disorders Clinic at the New York State Psychiatric Institute, provides valuable insight into diagnostic criteria and effective treatments available for OCD. Dr. Simpson, actor Tony Shalhoub, who stars as a detective with OCD on the hit television series *Monk*, and comedian and *Deal or No Deal* host Howie Mandel, who was diagnosed with OCD, are all spokespeople for the *Treat it, Don't Repeat It: Break Free From OCD* campaign developed by the Anxiety Disorders Association of America. Public service announcements by Shalhoub and Mandel are part of the campaign's national launch.

#108 NEUROGENESIS

Contrary to previous studies, new scientific discoveries show that our brains can change through new cell production (neurogenesis) and cell connectivity (neuroplasticity).

Featured segments:

Eric Kandel, M.D., winner of the 2000 Nobel Prize in Physiology or Medicine, explains defines neurogenesis and new cell production.

Award-winning writer Sharon Begley, science editor for *Newsweek*, and author of *Train Your Mind, Change Your Brain*, explains how neuroplasticity can help stroke victims, give insight into brain cancer, and more.

#109 PTSD: Helping our Troops

Experts in the military and mental health industry unite efforts and expertise to help soldiers who suffer from post-traumatic stress disorder (PTSD). Plus, an Army veteran who served in Iraq shares her first-hand experience with PTSD.

Featured segments:

Military Mental Health Officer Alice Psirakis describes her experience treating U.S. Army soldiers in the field.

Retired Brigadier General Stephen N. Xenakis, M.D.; Barbara Van Dahlen Romberg, Ph.D., clinical psychologist and founder/president of Give an Hour™; and Paul Burke, executive director of the American Psychiatric Foundation, discuss the launch of Give an Hour™, a non-profit organization which asks mental health professionals across the country to donate one hour a week to help U.S. veterans with PTSD and their families.

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U.S. Army veteran and Downingtown, PA resident Jennifer Crane served in the military for eight years, suffered from PTSD, and was treated as part of the Give an Hour™ initiative. She shares her experiences with Dr. Borenstein.

#110 JANE PAULEY: BIPOLAR DISORDER

Broadcast journalist Jane Pauley speaks candidly about living with bipolar disorder while she was co-host of the national TV morning show *Today*. Pauley discusses the diagnosis, symptoms and treatment of her manic depression.

#111: CHEMICAL DEPENDENCY

Insight into chemical dependency, substance abuse and addiction, and the impact of chemical dependency on the diagnosis of mental illness and integrated treatment options.

Featured segments:

Karen M. Carpenter-Palumbo, commissioner of the New York State Office of Alcoholism and Substance Abuse Services, discusses chemical dependency, substance abuse and the successful recovery campaign, “Real People. Real Stories.”

WABC-TV New York Sports Director and Anchor Scott Clark shares his personal story of drug and alcohol addiction and recovery.

Dr. Lloyd Sederer, medical director of the New York State Office of Mental Health, discusses dual diagnosis – when substance abuse and addiction mask an undiagnosed mental illness, most commonly depression.

#112 WILLIAM COPE MOYERS – *Broken: My Story of Addiction and Redemption*

William Cope Moyers, son of broadcast journalist Bill Moyers, executive director of Hazelden Foundation’s Center for Public Advocacy, and author of the bestselling memoir, *Broken: My Story of Addiction and Redemption*, shares his addiction story and his dedication to helping families and communities understand the power of addiction and the possibility of recovery.

#113 RECOVERING FROM ABUSE

Experts discuss how to detect the indicators of physical and sexual abuse to protect children, and sources of specialized treatment for men. Plus, a survivor’s account of leaving behind the trauma of childhood abuse to find the road to recovery and healing

Featured segments:

NY1 broadcast journalist Dominic Carter shares his personal story of sexual abuse by his mother and his path to recovery after more than 30 years of secrecy.

Psychiatrist Richard Gartner, Ph.D., specializes in helping men recover from the trauma of sexual abuse.

Cynthia Scott, executive director of the Coalition Against Child Abuse & Neglect (CCAN), discusses the typical process a child will experience following disclosure of sexual or physical abuse, the importance of education and community awareness, and how to detect and protect our children by recognizing the indicators of abuse.

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#114 EATING DISORDERS

Learn the signs, symptoms, diagnosis and treatment of anorexia nervosa and bulimia.

Featured segments:

Dr. B. Timothy Walsh, Ruane professor of pediatric psychopharmacology in the department of psychiatry at Columbia University College of Physicians and Surgeons and director of clinical therapeutics at the New York State Psychiatric Institute, discusses the history, diagnosis and treatment of eating disorders.

Sondra Kronberg, M.S., R.D., C.D.N., national spokesperson for the National Eating Disorders Association, discusses the treatment process for eating disorders and recovery.

Dr. Ann Kearney-Cooke of the Dove Self-Esteem Fund speaks about the role the media plays in girls' and women's self esteem and how this may relate to eating disorders.

#115 TEENS: Typical or Troubled? Part One – What You Need to Know

Learn how to distinguish between difficult behaviors typical of adolescence and signs of real mental illness, such as depression, bipolar disorder and schizophrenia in teens.

Featured segments:

*Typical or Troubled?*TM, a national program initiative for high schools, educates teachers and adults who interact daily with teenagers about the warning signs of mental health problems. Paul Burke, executive director of the American Psychiatric Foundation, and *Typical or Troubled?*TM founder Colleen Reilly discuss the program's logistics and implementation.

The New York University Child Study Center's computer-based program, STEPS (Screening, Treatment, and Education to Prevent Suicide), is designed to help teens and families recognize risk factors such as depression, substance abuse and anxiety, and help improve problem-solving and stress management skills. Program developer Dr. Chris Lucas, associate professor of child and adolescent psychiatry at the NYU School of Medicine, and program participants at Tappan Zee High School in New York discuss the program and its benefits.

Janet Susin and Lorraine Kaplan, creators of "Breaking the Silence: Teaching the Next Generation about Mental Illness" (BTS), discuss this educational program designed to teach students about mental illness offered by the National Alliance on Mental Illness (NAMI) to schools nationwide.

#116 TEENS: Typical or Troubled? Part Two – Suicide Prevention

Learn the warning signs of teen mental illness and the steps families can take to reduce the risk of tragedy.

Featured interviews:

Bob Gebbia, executive director of the American Foundation for Suicide Prevention (AFSP), introduces the annual national event "Out of the Darkness," community fundraising walks designed to bring the issue of suicide out into the light.

Dr. Paula Clayton, medical director of the American Foundation for Suicide Prevention, speaks about suicide prevention for teens and adults.

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David Shaffer, M.D., Irving Philips professor of child psychiatry, professor of psychiatry and pediatrics, and chief of the division of child and adolescent psychiatry at Columbia University Medical Center, talks about research and statistics for youth and mental health issues, including cutting.

Lidia Bernik, director of network development for the National Suicide Prevention Lifeline, a 24-hour, toll-free, confidential suicide prevention hotline, explains how her own experience of loss led her to a career and life dedicated to helping others in need.

Dale Camhi, metro-NY regional director for the American Foundation for Suicide Prevention, discusses AFSP's Survivor Outreach Program for newly bereaved survivors and their families.

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