HEALTHY MINDS 300’s – Episode Descriptions

301: MOONSHOT: The Next Frontier -- One Mind for Research
Former Congressman Patrick Kennedy and Galen Staglan, co-founders, One Mind for Research, are forging a new frontier of brain research, a 10-year plan to achieve a modern day ‘moon shot’ -- with the suicide rate of returning soldiers as their “Sputnik” and the cure for all brain disease as the next ‘giant step for mankind.’  The non-profit organization brings together scientists, government, industry, academia, philanthropy, patients and families to harness vital knowledge and resources in a singular effort for all disorders of the brain.

302: Military Mental Wellness, Part One: Service, Resilience and Dedication to Our Warriors
Admiral Michael Mullen, U.S. Navy (Ret), former Chairman of the Joint Chiefs of Staff, and his wife Deborah Mullen, a military family advocate, discuss the unique challenges facing military service members as they reintegrate into civilian society and cope with the “invisible injuries” of war, including Post Traumatic Stress, secondary Post Traumatic Stress in military spouses, and military sexual trauma.  First in a three-part series.

303: Military Mental Wellness, Part Two: The Invisible Injuries of War and Post Traumatic Stress
Colonel David Sutherland, U.S. Army (Ret.), former Special Assistant to the Chairman of the Joint Chiefs of Staff, now focuses on warrior and family support; Barbara Van Dahlen Ph.D., founder and president of the national non-profit Give an Hour, provides free mental health services to returning troops and their families.  Second in a three-part series.

304: Military Mental Wellness, Part Three: Serving Those Who Serve and Their Families
The final episode in the three-part series on military mental wellness examines the invisible wounds of war and their effect on families.

Featured segments:

Mark Steppe, Infantry Sgt., U.S. Army, and his wife, Amy, share their experience with Post Traumatic Stress, which they refer to as their “battle after the war.”

Dr. Alan Shatzberg, former President of the American Psychiatric Association, speaks about the current state of research on Post Traumatic Stress.

Broadcast journalist Rita Cosby (Inside Edition) reveals how her father’s battle with Post Traumatic Stress impacted her family, as explored in her memoir, Quiet Hero, Secrets from My Father’s Past.

305: Suicide Prevention
Expert information provides families with information to prevent suicide, which kills more Americans than homicide and is the third leading cause of death for young Americans age 15 to 24,

Featured guests:

Michael F. Hogan, Ph.D. - Commissioner, New York State Office of Mental Health.

Dr. Madelyn Gould, Ph.D., M.P.H. - Professor of Psychiatry and Epidemiology, Columbia University and research scientist, New York State Psychiatric Institute.

306: Eating Disorders
Cutting edge information about treatment and a personal success story provide hope for patients and families to fully recover from Anorexia Nervosa, a potentially life threatening mental illness.

Featured guests:

Evelyn Attia M.D., Director of the Columbia Center for Eating Disorders at the New York State Psychiatric Institute and Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons.

A young woman recovering from her struggle with Anorexia Nervosa shares her personal experience.

307: Schizophrenia: How Far We've Come
Experts and a patient's personal experience reveal how cutting edge cognitive care and therapies allow schizophrenia patients to reach their fullest potential like never before.

Featured segments:

Brandon Staglan shares his personal story, from the psychotic break he experienced in college to his successful maintenance of his illness 20 years later.

Healthy Minds returns to the Lieber Recovery and Rehabilitation Clinic at Columbia University Medical Center, for an update on their program with Alice Medalia, Ph.D., Director of Psychiatric Rehabilitation and a leader in the field of psychiatric rehabilitation and cognitive remediation therapy.

Jeffrey Lieberman M.D., Chairman of Psychiatry at the Columbia University College of Physicians and Surgeons and Director of the New York State Psychiatric Institute focuses on the neurobiology, pharmacology, and treatment of schizophrenia.

308: Personality Styles, Traits and Disorders
Dr. John Oldham explains the “New Personality Self-Portrait” and how a person's personality shapes their relationships, self-image, emotional life and impulses.

Featured guest:

John Oldham, M.D. is Professor and Executive Vice Chair, Menninger Dept of Psychiatry & Behavioral Sciences at Baylor College of Medicine, former president, American Psychiatric Association and author, New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do.

309: Mental Health in the Criminal Justice System
Leading experts discuss how families can navigate America's courts when a loved one's psychiatric condition leads to prison instead of psychiatric care, and the programs intended to help mentally ill people who are in the criminal justice system transition from jail to recovery.

Featured guests:

Judge Steve Leifman, Chair, Supreme Court of Florida Task Force on Substance Abuse and Mental Health Issues in the Courts

Fred C. Osher, M.D., Director, Health Services and Systems Policy Council of State Governments Justice Center.

310: Psychiatry & Cutting Edge Research
Clinical experts and family advocates are supporting valuable brain research to improve treatment for psychiatric illness, prevent the onset of illness, and find cures.

Featured guests:
Herbert Pardes, M.D., former Executive Vice Chairman, Board of Trustees, New York-Presbyterian Hospital.

Psychiatric research advocates Connie and Steve Lieber discuss their personal experiences and passion for research which stemmed from their daughter’s diagnosis of schizophrenia.

311: Integration of Mental and Physical Health Care
Exploring the mind/body relationship and the integration of psychiatric and physical health care - - how physical health affects mental health and how untreated psychiatric conditions impact physical health

Featured guests:
Lloyd Sederer, M.D., Medical Director of the New York State Office of Mental Health (OMH).
Harold Pincus, M.D., Professor and Vice Chair of the Department of Psychiatry at Columbia University.

312: Brain Research: The New Science of the Mind and Brain
A visit to the lab of Nobel Laureate Eric Kandel, M.D.; experts explain how basic laboratory research translates into new treatments for psychiatric conditions, and impacts the future of psychiatry.

Featured guests:
Eric R. Kandel, M.D., Nobel Laureate. (2000 Nobel Prize Recipient in Physiology, Medicine for his research on the physiological basis of memory storage in neurons).
Jeffrey Lieberman, M.D., Chair, Department of Psychiatry, Columbia Univeristy Medical Center, and Director of the New York State Psychiatric Institute.

313: Psychiatric Care: How to Get the Care You Need
Finding the right psychiatrist and determining if their recommended treatment is the right solution; experts provide an insider’s view to help anyone who is seeking psychiatric treatment.

Featured guests:
Alan Schatzberg, M.D., former President of the American Psychiatric Association
Carol Bernstein, M.D., NYU School of Medicine, former President American Psychiatric Association.