



***Beyond Stigma: Bringing the Conversation About Mental Illness Forward***  
*Conversations at The Carter Center*  
Feb. 19, 2013

Watch the permanent webcast of this event at [www.CarterCenter.org](http://www.CarterCenter.org).

**Rebecca Palpant Shimkets, M.S.**

*Assistant Director, The Rosalynn Carter Fellowships for Mental Health Journalism*

Rebecca Palpant Shimkets is assistant director for the Rosalynn Carter Fellowships for Mental Health Journalism of the Carter Center Mental Health Program. Ms. Shimkets also is an active participant on advisory boards and within national work groups related to stigma and accurate portrayals of mental illnesses in the media. Ms. Shimkets received her master's degree in community counseling from Georgia State University and a bachelor's degree in psychology from Asbury College.

**Billy Howard**

*Fellow, 2011-2012 Rosalynn Carter Fellowships for Mental Health Journalism and Creator, Step Inside My Head*

Billy Howard is a documentary photographer, writer and videographer. He produced the first full length photographic book on people living with AIDS, *Epitaphs for the Living: Words and Images in the Time of AIDS*, and has documented global health and poverty issues for the CDC, CARE and The Carter Center. He received an honorary Doctor of Literature Degree from St. Andrews College in North Carolina.

**Alison Malmon**

*Founder and Executive Director, Active Minds, Inc.*

Alison Malmon is the founder and Executive Director of Active Minds, Inc., the leading national organization that mobilizes students as a driving force to change the perception about mental health on college campuses. For her efforts, Alison has been named one of the "Top 15 Global Emerging Social Innovators" by Ashoka Changemakers and American Express, Washingtonian of the Year (2007) by Washingtonian Magazine, and a Woman of Distinction by the American Association of University Women.

**Mark McLeod, Ph.D.**

*Director, Emory University Counseling Services*

Mark McLeod has worked at the Emory Student Counseling Center for over 30 years, and served as the director for over 20 years. He obtained his Ph.D. in Clinical Psychology from Emory University in 1982. Professional interests include interpersonal therapy, consultation, and the impact of study abroad experiences on self-esteem and self-efficacy. Dr. McLeod has been involved in the implementation of Emory's Mental Health Task Force plan which includes community-based efforts to identify and treat faculty, staff, and students who may be struggling with mental health concerns.

**Kimberly Minor**

*President, Active Minds at Georgia Perimeter College*

Born and raised as an only child in Lithonia, Ga., Kimberly Minor has lived on one street for 23 years. Kimberly began her college education as a student at Clark Atlanta University where she was the first-ever freshman to intern in the Communications/ Institutional Advancement department at Morehouse School of Medicine. Diagnosed with a chemical imbalance during her freshman year, Kimberly was forced to take time away from school. Now a student at Georgia Perimeter College planning to graduate in May 2013 with a journalism degree, Kimberly is using the same love and care she received as a child to enlighten her peers and community about mental illness.



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### **Young Adults & Mental Illness: Key Facts**

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- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.<sup>1</sup> But research has shown that early intervention for children and adolescents developing a mental illness can make a big difference in their overall health as an adult<sup>2</sup>.
- More than half of young adults who have dropped out of college cite a mental health reason for not attending<sup>3</sup>. According to a national survey, 58 percent of students indicated that seeking counseling helped them remain in school and 63 percent indicated that counseling helped them improve their academic performance<sup>4</sup>.
- Suicide is the third leading cause of death among 18-24 year olds and is the second leading cause of death for college students<sup>5</sup>, yet this loss of life is completely preventable.
- Even the most serious mental illnesses can be treated and people can recover to live productive lives at school and within their communities.
- With one-quarter of Americans experiencing a mental illness each year<sup>6</sup>, mental health affects all of us.

#### ***What can I do to help?***

If someone confides in you, acknowledge their concerns and show your support for them. It can take a lot for someone to seek help.

#### **National Suicide Prevention Hotline**

1-800-273-TALK

#### **Start an Active Minds Chapter**

202-332-9595

[www.activeminds.org](http://www.activeminds.org)

#### **Georgia Crisis & Access Line**

1-800-715-4225

*Please note: The Carter Center Mental Health Program does not provide treatment or services for individuals with mental health concerns. Our experts cannot provide medical advice.*

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<sup>1</sup> Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, & Walters, E., Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication (NCSR). *General Psychiatry*, 62, June 2005, 593-602.

<sup>2</sup> Substance Abuse and Mental Health Services Administration (2010). Addressing the mental health needs of young children and their families. Retrieved: <http://store.samhsa.gov/shin/content/SMA10-4547/SMA10-4547.pdf>

<sup>3</sup> NationalAlliance on Mental Illness (2012). College students speak: Survey report on mental health. Retrieved : [www.nami.org/collegereport](http://www.nami.org/collegereport).

<sup>4</sup> Gallagher, R.P. (2012). National Survey of College Counseling. American College Counseling Association. Retrieved: [http://www.collegecounseling.org/wp-content/uploads/NSCCD\\_Survey\\_2012.pdf](http://www.collegecounseling.org/wp-content/uploads/NSCCD_Survey_2012.pdf)

<sup>5</sup> Malmon, A. (2006). Statistics on Young Adults & Mental Health. Active Minds. Retrieved: [http://www.sprc.org/sites/sprc.org/files/library/ReachingOut\\_amorrison.pdf](http://www.sprc.org/sites/sprc.org/files/library/ReachingOut_amorrison.pdf)

<sup>6</sup> National Institute of Health. NIMH: The numbers count—Mental disorders in America. Retrieved: <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>