CREATING A CULTURE OF CARE:
A Collaboration between Ohio State Harding Hospital and the Office of Student Life

MAY 14, 2021 | 8:30 a.m. — 4:30 p.m.

8:30 – 9 a.m. Brief welcome by CCS followed by Caring for the WHOLE Student: Health and Wellness Strategies for College Students, Dr. Shawnté Elbert, Associate Vice President for Health and Well-being, Office of Student Life

9 – 10 a.m. Responding to the Mental Health Needs of Students: Initiation of an IOP at a University Counseling Center, Keynote delivered by Dr. Melissa Eshelman

10 – 10:15 a.m. Break

10:15 – Noon An Unmet Need: Development of a YA PHP/IOP at The Ohio State University, Arianna Galligher, Associate Director- STAR Trauma Recovery Center and Partial Hospitalization and Intensive Outpatient Programs, Wexner Medical Center, Harding Hospital, Jennifer Lang, Care Manager, Student Life Counseling and Consultation Service and Bailey DeBlasis, clinician from the Young Adult Intensive Outpatient Program/Partial Hospitalization Program

Noon – 1 p.m. Lunch

1 – 1:50 p.m. Treatment Modalities and Interventions for the Young Adult Population, Nate Gelinas, Lauren House and Claire Sutter, clinicians from the Young Adult Intensive Outpatient Program/Partial Hospitalization Program

1:50 – 2 p.m. Break

2 – 2:50 p.m. Supporting Students Across Campus: A Panel Discussion, Panelists on supporting students accessing higher levels of care including Dr. Caroline Wagner, Associate Professor, John Glenn College of Public Affairs, and representatives from the Office of International Affairs, Student Life Student Advocacy Center, Student Life Student Health Service, Wilce Student Health Center and Student Life Disability Services

2:50 – 3 p.m. Break

3 – 3:30 p.m. Student Testimony

3:30 – 4:15 p.m. Sustaining a Culture of Care Moving Forward, Dr. Eileen Ryan, Professor and Vice Chair of Clinical Services, Department of Psychiatry and Behavioral Health, Wexner Medical Center and Dr. Micky Sharma, Director, Student Life Counseling and Consultation Service

4:15 – 4:30 p.m. Evaluations and Adjourn

Accreditation Statement
The Ohio State University Center for Continuing Medical Education (CCME) is accredited by the Accreditation Council for Continuing Medical Education (ACCME®) to provide continuing medical education for physicians. 6 CEUS will be awarded for counselors and social workers who attend the full conference.

AMA Credit Designation Statement
The Ohio State University Center for Continuing Medical Education designates this zoom webinar for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Melissa Eshelman, MD, is the Associate Director for Psychiatric Services at the University of Texas at Austin Counseling and Mental Health Center (CMHC), where she oversees psychiatric services for undergraduate and graduate students.

Dr. Eshelman earned her medical degree from UT Southwestern Medical School in Dallas. She completed Psychiatry residency training and Child and Adolescent Psychiatry fellowship training at Los Angeles County+USC Medical Center and her Forensic Psychiatry fellowship training at the USC Institute for Psychiatry and the Law in Los Angeles.

After training, Dr. Eshelman relocated to Portland, Oregon, where she worked for 14 years in emergency, inpatient and outpatient settings as an adult and child psychiatrist. She served as a medical director for a crisis triage center and partial hospital and intensive outpatient programs. Since joining CMHC in 2009, Dr. Eshelman has applied her clinical, consultative and administrative skills to improve psychiatric services at CMHC.

Dr. Eshelman is Board Certified in Psychiatry, Child and Adolescent Psychiatry and Forensic Psychiatry. She was named a Distinguished Fellow by the American Psychiatric Association in 2015. Dr. Eshelman is an Associate Professor for the UT Austin Dell Medical School Department of Psychiatry and Behavioral Sciences. She is the Immediate Past President of the Texas Society of Psychiatric Physicians.

Dr. Eshelman is a native of Texas and Latina, the daughter of parents who immigrated from Peru. Her professional interests include college mental health, transitional aged youth and improving mental health access to patients of diverse backgrounds.
Bailey DeBlasis, LISW-S, is a licensed clinical social worker and a psychotherapist in the Partial Hospitalization and Intensive Outpatient Department at Ohio State Harding Hospital. She graduated with a Bachelor’s degree in Psychology and a minor in Women's Gender and Sexuality Studies from The Ohio State University in 2014, followed by a Master’s in Social Work in 2016. Bailey is passionate about group and population level interventions that improve mental wellness on campuses for the Young Adult population. Since 2017, Bailey has played an integral role in the development and expansion of programming that serves this population at Harding Hospital. Bailey is currently pursuing her Master’s in Public Health in the Program for Experienced Professionals and interning at Nationwide Children’s Hospital with On Our Sleeves. She hopes to use her Master’s in Public Health to pursue population level interventions that prevent and address mental illness on college campuses.

Dr. Shawnté Elbert is an accomplished leader and student affairs administrator with a depth and breadth of experience in college student health and wellness, including harm reduction, prevention and risk management. Dr. Elbert has a strong background in policy review and development, health and wellness compliance and public health theory and practice. She is a skilled course and programmatic developer with significant experience in assessment, planning, implementation and evaluation. A strong advocate for historically marginalized and minoritized students, Dr. Elbert has vast expertise in the areas of public health administration and education, wellness, peer education and leadership development. She serves on the Board of Directors for American College Health Association and as an Aspire Mentor. In NASPA she is the co-chair for the Wellness and Health Promotion Knowledge Community, Peer Education Advisory Board and the Fraternity and Sorority Life Health, Safety and Well-being Working Group.

As the Associate Vice President for Health and Wellbeing, Dr. Elbert supports Student Life’s Counseling and Consultation Service, Recreational Sports, Student Health Services and Student Wellness Center.

Arianna Galligher, LISW-S, is the Associate Director of the STAR Trauma Recovery Center and Partial Hospitalization and Intensive Outpatient Programs at Ohio State Harding Hospital in Columbus, Ohio.

She has an extensive clinical background across multiple settings, serving both adolescents and adults. She earned her Master’s degree in Social Work in 2005 at The Ohio State University where she also currently teaches part-time.

Years spent working with people living with HIV/AIDS, trauma survivors, women, youth and the LGBTQ community have served to reinforce the importance of humor, compassion, empowerment, honesty, diversity, individual expression and community building in her work.
Nate Gelinas, LPCC, is a licensed professional clinical counselor working as a therapist in the Young Adult Intensive Outpatient Program at Ohio State Harding Hospital. He graduated with a Bachelor’s degree in English from Calvin College in 2007 and with a Master’s degree in counseling ministries from the Methodist Theological School in Ohio in 2016. He completed his internship at the Partial Hospitalization and Intensive Outpatient Programs at Ohio State Harding Hospital and he started working as an IRP therapist in these programs after graduating. In 2017, he had the opportunity to develop the first IOP program geared towards young adults, a dual-diagnosis group for people between the ages of 18-24 with mood and substance-use-related symptoms. He has been in this position since that time, gaining experience with harm-reduction approaches to substance abuse in a group context and becoming proficient with Cognitive-Behavioral Therapy, Dialectical Behavioral Therapy and Schema Therapy. Nate tends to bring an existential perspective to the treatment of mood and substance use problems, enjoying the challenge of helping young adults build more meaning into their lives as they make greater sense of their selves and their symptoms. Outside of work, Nate enjoys writing and recording songs, gardening and hanging out with his wife and twin boys.

Lauren House, LPCC-S, LICDC, is a licensed professional clinical counselor working as a psychotherapist in the Partial Hospitalization and Intensive Outpatient Programs Department at Ohio State Harding Hospital. She graduated with a Bachelor’s degree in Psychology from The Ohio State University in 2011, followed by a Master’s degree in Clinical Mental Health Counseling from Kent State University in 2014. She holds independent licensure in Clinical Counseling with the State of Ohio CSWMFT Board, as well as in Chemical Dependency Counseling with the Ohio Chemical Dependency Professionals Board.

Lauren is trained in working with adults, particularly young adults and she has helped establish and expand the Young Adult programming at Ohio State Harding Hospital. She is committed to helping patients find relief from a variety of mental health issues and her areas of expertise include treating substance use disorders, anxiety disorders, mood disorders, adjustment issues, relationship issues and coping skill development. She has an advanced skill set in working with Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Motivational Interviewing and Schema Therapy and enjoys working with patients in both individual and group settings.

Jennifer Lang, MA, MSW, LISW-S, is a licensed clinical social worker and care manager at Office of Student Life’s Counseling and Consultation Service. She received her bachelor’s degree in women’s and gender studies from American University in Washington, D.C. She then received her master’s degree in women’s studies and a master’s of social work, both from The Ohio State University. Jennifer serves as a liaison to area psychiatric hospitals and is passionate about supporting Ohio State students link with higher levels of care for treatment to address chronic and acute mental health concerns. She organizes the Young Adult program support team with offices of student life and Harding YA program representatives to problem solve barriers to students’ being successful in treatment. Jennifer was awarded the OSEP grant in 2020 to plan and host today’s conference to broaden university staffs’ knowledge of mental health treatment for students.
Dr. Eileen Ryan is a board certified general, child and adolescent and forensic psychiatrist and Professor and Vice Chair of Clinical Services in The Department of Psychiatry and Behavioral Science at The Ohio State University. Her clinical work is primarily in the area of emergency psychiatry and she is an attending psychiatrist in the Wexner Medical Center Psychiatry Emergency Service (PES) and in Nationwide Children’s Behavioral Health Pavilion’s Psychiatric Crisis Department (PCD). She has published in the areas of interviewing and evaluation, suicide, psychiatric diagnosis, psychiatric emergencies, suicidal/self-injurious behavior and competency to stand trial, assaultive behavior, juvenile sex offenders and mental illness among incarcerated adolescents. Dr. Ryan has been recognized by Best Doctors in America and is a member of the Academy of Distinguished Educators.

Micky M. Sharma, Psy.D., is the Director of Student Life’s Counseling and Consultation Service at The Ohio State University where he specializes in the treatment of mental health issues of college and university students. Dr. Sharma has also spoken professionally regarding the mental health needs of students and assisting a community through trauma at several conferences and forums. His career has spanned service in seven university counseling centers where he has worked as a clinician as well as an operations and training administrator. Dr. Sharma has served as President of the Association for University and College Counseling Center Directors (AUCCCD). In addition, Dr. Sharma has previously served as a Board member for the Association of Counseling Center Training Agencies (ACCTA) and in the Council Position of the Disaster Response Network for the Illinois Psychological Association. His special areas of interest include: trauma, multiculturalism and diversity, professional consultation and collaboration, eating disorders, training and supervision. Dr. Sharma obtained his doctorate from the Illinois School of Professional Psychology and in 2008 he received the Distinguished Alumni award from the institution.

Claire Sutter, LISW, is a licensed clinical social worker and psychotherapist in the Partial Hospitalization and Intensive Outpatient Department at Ohio State Harding Hospital. She graduated with a Bachelor’s degree in Speech and Hearing Science from Ohio State in 2010 and decided to make a career change by focusing on those who struggle with mental health. She pursued her Master’s degree in Social Work at Ohio State and found her passion for group-based therapy while interning for the Ohio State Harding PHP/IOP. After obtaining her degree in 2015, she worked at a crisis center and psychiatric inpatient unit to gain more knowledge about working with vulnerable populations. She obtained her independent license in 2018 and returned to her passion of working in a group therapy setting at Harding PHP/IOP. Claire played an integral role in expansion of programming for the young adult population, in particular, developing a curriculum that meets this population’s needs. Claire has worked closely with the Student Life staff to understand academic services to provide to the students that make up a large portion of the young adult PHP/IOP. Claire is interested in continuing to develop her skills as a therapist to better serve the young adult population.
Panelists

**Morgan Blumenfeld, MA, LPCC-S**, is a licensed professional clinical counselor with supervision designation. She is a Care Manager at the Office of Student Life’s Counseling and Consultation Service primarily embedded within Wilce Student Health Services. She received her bachelor’s degree as an intervention specialist for mild to moderate special needs and a minor in psychology from Ohio University. She then received her master’s degree in clinical counseling from Boston College. Her therapeutic style models a behavioral approach. She incorporates solution-focused therapy with strength-based treatment and modified evidence-based practices (such as Dialectical Behavioral Therapy) to meet the unique needs of students. As a liaison to Wilce SHS providers and students, a representative on Student Life’s Eating Concerns Consultation Team, YA Programs Referral and Support Team and the COVID-19 Quarantine and Isolation committee she assists students in obtaining the resources and support they need to be successful at Ohio State.

**Adam Crawford,** Assistant Director at Student Life Disability Services at The Ohio State University, has 8 years of experience in the disability resources field. He received his Bachelor’s in Sociology and his Master’s in Student Affairs in Higher Education from Missouri State University. Adam currently serves as the President-Elect for OH-AHEAD (the Ohio Affiliate of the Association on Higher Education and Disability).

**Caroline Omolesky** is the Program Officer for Sponsored Programs and Academic Liaison for international students at the Office of International Affairs at The Ohio State University. In this role she coordinates outreach to academic advisors and faculty on issues related to international students, and advises international students who face academic challenges. She collaborates with many offices on campus to encourage international student success, in all its forms. She also manages the inbound side of exchange programs for Ohio State, and is the international sponsored student liaison.

**Kimberly A. (Kim) Pachell,** Director of the Student Life Student Advocacy Center at The Ohio State University, has been with the Student Advocacy Center since the office opened in 1995 and currently serves as the Director. Prior to serving in this role, she worked several years in the Colleges of the Arts and Sciences as the Assistant to the Dean, focusing on students who faced academic difficulty and other barriers to success. She has a great deal of institutional history and knowledge which allows for effective and efficient problem-solving. She has served on a variety of committees, many of which have focused on improving the student experience. Kim has made a career out of serving Buckeyes and helping them to reach their goal of graduating from Ohio State. Kim earned her B.A. from Ohio State in Psychology with a Counseling Specialization.
Caroline S. Wagner currently holds the Ambassador Milton A. and Roslyn Z. Wolf endowed Chair in International Affairs at the John Glenn School of Public Affairs, The Ohio State University, where she also serves as an affiliate of the Battelle Center for Science and Technology Policy at Ohio State and a faculty member. Dr. Wagner earned her doctorate from the University of Amsterdam in Science and Technology Dynamics; she received her Master of Arts degree in Science, Technology and Public Policy from George Washington University and holds a Bachelor of Arts degree from Trinity College. Her scholarship is in science and technology dynamics with a focus on international collaboration in science and technology. Her career in science and technology policy analysis has spanned more than thirty years. She has written more than 50 peer reviewed articles and two books about policy for scientific cooperation. At The RAND Corporation, she was deputy to the director of the Science and Technology Policy Institute, a research center serving the White House Office of Science and Technology Policy, where she focused on international cooperation in science and technology; other studies included critical technologies, innovation studies and regional economic development.

Sheila K. Westendorf, MD, MBA, is the Medical Director of Student Life Student Health Services at The Ohio State University.

THE YOUNG ADULT IOP/PHP REFERRAL AND SUPPORT TEAM

THE OFFICE OF STUDENT LIFE and OHIO STATE HARDING HOSPITAL

collaborating to support students academically, financially and emotionally through treatment in a higher level of care.

Learn more at go.osu.edu/YoungAdultIOP

Student Life Counseling and Consultation Service
ccs.osu.edu
sl-ccs@osu.edu
614-292-5766

Ohio State Harding Hospital Intensive Outpatient and Partial Hospitalization Programs
go.osu.edu/IOPPHP
614-293-9560

Student Life Disability Services
slds.osu.edu
slds@osu.edu
614-292-3307

Student Life Student Advocacy
advocacy.osu.edu
advocacy@osu.edu
614-292-1111

Student Life Student Health Services
shs.osu.edu
shs@osu.edu
614-292-4321

Today's conference is made possible by a grant received from Ohio State Energy Partners (OSEP) for 2020-2021.