

The Not So Blank Slate: The Power of Media to Advocate, Destigmatize, and Combat Misinformation in Mental Health

presented by

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Jessi Gold, MD, MS, is an Assistant Professor and the Director of Wellness, Engagement, and Outreach in the Department of Psychiatry at Washington University School of Medicine in Saint Louis. She is a nationally recognized expert on healthcare worker mental health and burnout (particularly during the pandemic), college mental health, using social media and media for mental health advocacy, and the overlap between pop culture and mental health, including celebrity self-disclosure. She works clinically as an outpatient psychiatrist and sees faculty, staff, hospital employees, and their dependents, particularly their college aged kids. Dr. Gold also writes for the popular press and has been featured in, among others, The New York Times, The Atlantic, In Style, The Washington Post, TIME, and Self. Dr. Gold is a graduate of the University of Pennsylvania with a B.A. and M.S in Anthropology, the Yale School of Medicine, and completed her residency training in Adult Psychiatry at Stanford University where she served as chief resident.

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<https://hartfordhealthcare.zoom.us/j/92788924560>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Describe the role of media in creating perceptions of mental health in culture.
2. Explain the reasons to get involved with advocacy through the media, including social media, as a mental health professional.
3. Identify ways to use media, including social media, to destigmatize mental health and help seeking, and combat misinformation in mental health.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Jessi Gold (Presenter); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director) Paul Weigle (Sponsor).

