

Healthy Minds

Series Overview

According to the U.S. Surgeon General, one in five people have a diagnosable mental disorder.* For many families, the fear and shame associated with a diagnosis of mental illness can lead to isolation and suffering in silence. **Healthy Minds**, produced by WLIW21 in association with WNET.ORG, aims to remove the stigma that can prevent patients and their families from seeking help. Each half-hour in the 16-episode series humanizes a specific mental health condition through inspiring personal stories and interviews with leading researchers and experts, who provide the latest information about diagnosis and treatment. Episodes cover a wide range of topics, including autism, depression, chemical dependency, post-traumatic stress disorder (PTSD), eating disorders, and bipolar disorder, to bring viewers a better understanding of disorders that can affect anyone, at any age.

Interviews with families living with – and overcoming – mental illness offer relatable perspectives on mental health conditions that are often misunderstood. Three special episodes further demonstrate the universal impact of mental illness through celebrity interviews: news veteran Mike Wallace reveals his battle with depression, and actor Patty Duke and broadcast journalist Jane Pauley talk about their experiences living with bipolar disorder. **Healthy Minds** makes medical jargon and brain concepts at the forefront of modern medicine, like neurogenesis and neuroplasticity, easy to understand. The series also explores proactive steps viewers can take towards their own mental wellness and the benefits of early intervention for a variety of disorders. Full episode streams and resources for every topic covered are available on the series' website: wliw.org/healthyminds.

Healthy Minds provides expertise from leading researchers affiliated with prestigious mental health institutions, including the National Institute of Mental Health, Columbia University Medical Center, the New York State Psychiatric Institute, the Hazelden Foundation, Cold Spring Harbor Laboratory, and the American Psychiatric Foundation. The series is hosted by Dr. Jeffrey Borenstein, CEO and medical director of Holliswood Hospital (Queens, NY) and chair of the section on psychiatry at the New York Academy of Medicine.

As Dr. Borenstein explains, “Everyone is touched by psychiatric conditions, either themselves or a loved one. Our goal is to share cutting-edge information from experts along with personal experiences from people who have overcome psychiatric conditions. Now, more than ever, it is important to reduce stigma and encourage people who have a psychiatric condition not to suffer in silence but to seek help. I want people to know that with help, there is hope.”

Since the series' premiere in the New York metropolitan area, **Healthy Minds** has been recognized with numerous awards, including five Tellys honoring the best in local television.

A production of WLIW21 for WNET.ORG. Executive Producer: Theresa Statz-Smith. Producer: Mary Puma. **Healthy Minds** is made possible in part by New York Academy of Medicine, NARSAD, the van Ameringen Foundation, the New York State Office of Mental Health, Value Options, and the New York City Department of Health and Mental Hygiene. National distribution of **Healthy Minds** is made possible by a grant from the American Psychiatric Foundation, which is the charitable and public educational arm of the American Psychiatric Association. 16, 30-minute episodes. ST and CC.

*http://www.surgeongeneral.gov/library/mentalhealth/chapter2/sec2_1.html