

# COLLEGE OF THE OVERWHELMED

Facing Facts, Finding Solutions

Richard Kadison, M.D.  
Chief of Mental Health Services, Harvard University

Christopher Flynn, Ph.D.  
Director of Counseling, Virginia Tech

Russ Federman, Ph.D., ABPP  
Director of Counseling, University of Virginia



**3:30 p.m. - 5:00 p.m. April 7, 2008, Brendle Recital Hall**

What every student, parent, professor, school counselor and those who work with young people need to know about mental health on college campuses.

[www.wfu.edu/voices](http://www.wfu.edu/voices)

**Book Signing, 2:30 p.m. - 3:15 p.m., Brendle Recital Hall lobby**

## **RICHARD KADISON, M.D.**

Harvard University; author of *College of the Overwhelmed*

**Forum, 3:30 p.m. - 5:00 p.m., Brendle Recital Hall**

## **KEYNOTE ADDRESS**

*Why Are Students Overwhelmed?*

Richard Kadison, M.D., Harvard University

## **PANEL DISCUSSION**

Russ Federman, Ph.D., ABPP, University of Virginia

Christopher Flynn, Ph.D., Virginia Tech

Richard Kadison, M.D., Harvard University

Moderator: Samuel Gladding, Ph.D., Wake Forest University

## **DISCUSSION TOPICS:**

*Putting the Problem in Perspective*

*Modifying the Culture of Pressure*

*Identifying Emotional Challenges in College*

*Reconciling Privacy vs. Group Safety*

*Recognizing Warning Signs & Knowing How to Help*

## **QUESTION-AND-ANSWER SESSION**

### **Speakers**

## **RICHARD KADISON**



Richard Kadison, M.D., is the chief of the Mental Health Service at Harvard University Health Services and a board certified child and adult psychiatrist who has worked with student mental health and eating disorder programs for 25 years. He is the author of *College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It*

## **RUSS FEDERMAN**



Russ Federman, Ph.D., ABPP, is the director of Counseling and Psychological Services in the department of student health at the University of Virginia and the former director of Mental Health Services at East Carolina University. He recently testified before the U.S. Senate and at the Virginia Governor's review board examining the mass murders at Virginia Tech and continues to work on assuring that our national response to university violence remains balanced and appropriately focused.

## **CHRISTOPHER FLYNN**



Christopher Flynn, Ph.D., is director of the Thomas E. Cook Counseling Center at Virginia Tech, whose specialties include crisis intervention and substance abuse. He previously served as director of the Counseling & Career Services Center at Loyola University and as a staff psychologist at the University Counseling Services of Boston College. He directed the mental health response to the Virginia Tech shooting last April and has recently been a consultant to the faculty, staff and students at Northern Illinois University.