

**Kenneth R. Yeager, Ph.D., LISW, ICDC  
CURRICULUM VITAE**

**PERSONAL DATA**

Full Name: Kenneth Ray Yeager

Position: Associate Professor, Clinical  
The Ohio State University  
College of Medicine, Department of Psychiatry

Date of Birth: June 05, 1958

Place of Birth: Newark, Ohio

Social Security Number: XXX-XX-XXXX                      Citizenship    U.S.A.

Social Work Licensure:                      Ohio    License # I-0009214    Audit # 138662

Chemical Dependence Licensure:    Ohio    License #882503

**EDUCATION**

<u>Institution</u>	<u>Degree</u>	<u>Date Conferred</u>	<u>Field(s) of study</u>
The Ohio State University Columbus, OH	Ph.D.	1999	Social Work
The Ohio State University Columbus, OH	MSW	1993	Social Work
The Ohio State University Columbus, OH	BSSW	1992	Social Work

**PROFESSIONAL EXPERIENCE**

11/2015 – present	The Ohio State University Comprehensive Cancer Center	David E. Schuller MD Professor for Patient Compassion
09/2007- present	The Ohio State University Department of Psychiatry	Associate Professor, Clinical Director of Quality & Safety
09/2009 – present	The Ohio State University Department of Psychiatry	Director STAR Program

01/2005 – 2007	The Ohio State University College of Medicine Department of Psychiatry Columbus, OH	Assistant Professor, Clinical
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**PROFESSIONAL EXPERIENCE (con't)**

09/2005 – 06/2009	Collaborative for Integrative Behavioral Healthcare Education The Ohio State University Columbus, OH	Co-Director
07/2004 – 06/2012	OSU Psychiatry LLC Columbus, OH	Clinical Director
07/2003 – present	The National Football League The National Football League Players Association, Program for Substances of Abuse ERM Associates Inc. Scotts Valley, CA	Treating Clinician
07/2001 – present	OSU Harding Hospital The Ohio State University Medical Center	Director of Quality
08/1998 – 07/2003	The Ohio State University Department of Athletics Program for Substances of Abuse Columbus, OH	Treating Clinician
09/1996 – 07/2001	Ohio State University Hospitals East Talbot Hall	Clinical Director
08/1995 – present	The Ohio State University College of Social Work Columbus, OH	Adjunct Associate Professor
07/1989 – 09/1996	Riverside Methodist Hospital Alcohol and Drug Dependency Services Columbus, OH	Treatment Specialist II

09/1985 – 07/1989 Shepherd Hill Hospital Counselor  
Newark, OH

### **RESEARCH ACTIVITIES**

2018 – pending Ohio Trauma Recovery Center Grant Application. Ohio Attorney General Crime Victim Services. Submitted June 1, 2017 Requested \$1,400,000

2017 - 2018 Ohio Trauma Recovery Center Grant Application. Ohio Attorney General Crime Victim Services. Awarded January 15, 2017 \$839,335.00

04/2015- Co-Investigator: A Policy Relevant U.S. Trauma Care System Collaborator. Pragmatic Trial for PTSD and Comorbidity (Trauma Survivors Outcomes and Support [TSOS-6]). NIH Healthcare Systems. \$20,000.00

07/2012-07/2014 Co- Investigator: Residency Training Education Grant. ODMH Grant. Amount \$70,000.00

07/2012-07/2015 Key Staff: MEDTAPP Resident Training Grant. Psychiatry. Amount \$250,000 approximately.

07/2010 – 07/2012 Co- Investigator: Residency Training Education Grant. ODMH Grant. Amount \$70,000.00

07/2008-07/2010 Co- Investigator: Residency Training Education Grant. ODMH Grant. Amount \$40,000.00

07/2006-07/2008 Co- Investigator: Residency Training Education Grant. ODMH Grant. Amount \$60,000.00

07/2005 – 07/2006 Investigator: The Collaborative for Interdisciplinary Behavioral Healthcare Education. Project Grant ODMH. Amount \$22,000.00

07/2005 – 07/2006 Co-Investigator: The Collaborative for Interdisciplinary Behavioral Healthcare Education. Project Grant Columbus Medical Association Foundation. Amount \$89,000.00.

07/2005 – 07/2006 Co- Investigator: Residency Training Education Grant. ODMH Grant. Amount \$115,000.00.

07/2006-07/2007 Primary Investigator Interdisciplinary Behavioral Health Education Project Grant: The Columbus Medical Association Foundation. Amount. \$100,000.00

07/2006-07/2007 Co- Investigator: Residency Training Education Grant. ODMH Grant Amount Amount \$70,000.00

07/2006-07/2007 Investigator: The Collaborative for Interdisciplinary Behavioral Healthcare Education. Project Grant ODMH. Amount \$20,000.00

07/2008-07/2009 Investigator: The Collaborative for Interdisciplinary Behavioral Healthcare Education. Project Grant ODMH. Amount \$24,000.00

07/2008 – 07/2009 Co- Investigator: Residency Training Education Grant. ODMH Grant. Amount \$70,000.00.

**FUNDRAISING ACTIVITIES**

STAR Faces of Resilience Event

2011 Anna Deavere Smith 50/50 split with Wexner Center for theArts.	Net \$154, 932.00 \$ 77,466.00
2012 An Evening with Carrie Fisher 50/50 split with Wexner Center for theArts.	Net \$170,543.00 \$ 85,272.00
2013 WexSTAR Unforgettable evening with Natalie Cole 50/50 split with Wexner Center for theArts.	Net \$215,468.00 \$107,734.00
2014 Faces of Resilience: Featuring Kevin Hines Proceeds were directly added to support the STAR Professorship’s principal balance	Net \$277,120.00
2015 Faces of Resilience: Featuring David & Nic Sheff 50% of net income directly supported STAR Professorships principal balance. 50% Supported the STAR Program’s current use fund and its clinical services.	Net \$190,383.90
2016 Faces of Resilience: Featuring Karen Freedman Supported the STAR Program’s current use fund and its clinical services.	Net \$409,397.17
2017 Faces of Resilience	Net \$474,900.00

## **SELECTED PUBLICATIONS**

- Binkley P., Clark, R.M., Bower, J., Yeager, K.R., Golden-Kreutz, D., (In Press)  
Comparative Burden of Depression in Patients Admitted for Different  
Cardiovascular Diagnoses: Implications for Screening, Prognosis and Discharge  
Management. *American Heart Journal*.
- Yeager, K.R., Roberts, A.R. [Founding Editor] (2015) *Crisis Intervention  
Handbook: Assessment, treatment and research (4th Edition)* Oxford University  
Press, New York, NY.
- Yeager, K.R., Cutler, D., Svendsen, D., Sills, G.M., (2013). *Modern Community Mental  
Health: An interdisciplinary Approach*. Oxford University Press, New York, NY.
- Yeager, K.R., Roberts, A.R., and Grainger W. (2013). *Crisis Intervention*. In Karen M.  
Sowers and Catherine N. Dulmus, *Comprehensive Handbook of Social Work and  
Social Welfare*. (Vol. 4) pp. 179-198. John Wiley & Sons Inc N.J.
- Yeager, K., Binkley, P. Saveanu, R., et al. (2011) Screening and identification of  
depression among patients with coronary heart disease and congestive heart  
failure. *Heart Failure Clinics*. (316) Elsevier Inc.
- Yeager, K.R., (2010) *Oxford Bibliographies on Line: Alcohol and Drug Abuse Problems*.  
<http://oxfordbibliographiesonline.com>
- Yeager, K.R., (2010) *Oxford Bibliographies on Line: Suicide*.  
<http://oxfordbibliographiesonline.com>
- Yeager, K.R., (2010) *Oxford Bibliographies on Line: Overview, Mental Health*.  
<http://oxfordbibliographiesonline.com>
- Roberts, A.R., and Yeager, K.R., (2009). *Pocket Guide to Crisis Intervention*. Oxford  
University Press. New York, NY.
- Yeager K.R., Latimer, T., (2009). *Concepts of Continuous Quality Improvement*. In  
*Social Workers Desk Reference* Albert R. Roberts (Eds.) Oxford University Press  
New York, N.Y.
- Yeager K.R. (2009). *Overview of Alcohol and Drug Dependence*. In *Social  
Workers Desk Reference* Albert R. Roberts (Eds.) Oxford University Press  
New York, N.Y.
- Yeager K.R., Shorter, D., (2009). *The Addiction Treatment Specialist*. In *Social  
Workers Desk Reference* Albert R. Roberts (Eds.) Oxford University Press New  
York, N.Y.

- Yeager K.R., Saveanu R., (2009). Psychiatric Patient Safety: What you need to know. In Social Workers Desk Reference Albert R. Roberts (Eds.) Oxford University Press New York, N.Y.
- Roberts, A.R., Monferrari, I. and Yeager, K.R., (2008). Avoiding malpractice lawsuits by following risk assessment and suicide prevention guidelines. Brief Treatment and Crisis Intervention. Vol. 8: No. 1 pp. 121-141.
- Yeager, K.R., Roberts, A.R., and Grainger W. (2008). Crisis Intervention. In Karen M. Sowers and Catherine N. Dulmus, Comprehensive Handbook of Social Work and Social Welfare. (Vol. 3) pp. 179-198. John Wiley & Sons Inc N.J.
- Kelley, B.J., Yeager, K.R., Pepper, T.H., Bornstein, R.A., and Beversdorf, D.Q. (2007) The effect of propranolol on cognitive flexibility and memory in acute cocaine withdrawal. Neurocase Vol. 13, 320-327.
- Roberts, A.R., and Yeager, K.R., (2007). Crisis Intervention with Victims of Violence A.R. Roberts and D.W. Springer: social Work in Juvenile and Criminal Justice Settings. Thomas, Springfield, IL. 95-105.
- Roberts, A.R., and Yeager, K.R., (2006). Foundations of Evidence-Based Social Work Practice. Oxford University Press. New York, NY.
- Yeager, K, Saveanu, R. Roberts, A., Reissland, G., Mertz, D. Cirpili, A., and Makovich, R. (2005) Measured Response to Identified Suicide Risk and Violence: What You Need to Know About Psychiatric Patient Safety. Brief Treat Crisis Intervention. Vol. 5: 121-141.
- Brendan J. Kelley, M.D., Kenneth R. Yeager Ph.D. Tom H. Pepper M.D. and David Q. Beversdorf, M.D., (2005). Cognitive Impairment in Acute Cocaine Withdrawal. *Journal of Cognitive Behavioral Neurology*, Vol. 18, No. 2 June, 2005.
- Roberts, A.R., Yeager K.R., (2005). Adolescent Substance Abuse and Crisis Intervention. Brief Treatment and Crisis Intervention Vol. 5, No. 1 Winter 2005.
- Roberts, A.R., Yeager, K.R. & Streiner D.L. (2004) Evidence-Based practice with comorbid substance abuse, mental illness, and suicidality: Can the evidence be found? Brief Treatment and Crisis Intervention Vol. 4 No. 2 Summer 2004.
- Yeager K.R. (2004) The Storm That Never Came. In . A.R. Roberts Handbook of Juvenile Justice. Oxford University Press, New York, N.Y.

- Roberts, A.R., and Yeager K.R., (2004). Evidence-Based Practice Manual: Research and Outcome Measures in Health and Human Services. Oxford University Press. New York. NY.
- Roberts, A.R., and Yeager K.R. (2004). Systematic reviews of evidence-based research: How to search for, develop and use them. In Evidence-Based Practice Manual: Research and outcome measures in health and human services. Albert R. Roberts and Kenneth R. Yeager (Eds.) Oxford University Press New York, N.Y. p. 3-14.
- Yeager, K.R., and Roberts, A.R. (2004). Mental illness, substance dependence and suicidality: Secondary data analysis. In Evidence-Based Practice Manual: Research and outcome measures in health and human services. Albert R. Roberts and Kenneth R. Yeager (Eds.) Oxford University Press New York, N.Y. p. 70-75.
- Bloom, B.L., Yeager, K.R. and Roberts A.R. (2004). The implications of controlled outcome studies on planned short-term psychotherapy with depressive disorders. In Evidence-Based Practice Manual: Research and outcome measures in health and human services. Albert R. Roberts and Kenneth R. Yeager (Eds.) Oxford University Press New York, N.Y. p. 281-292.
- Yeager K.R., (2004). Program evaluation: This is rocket science. In Evidence-Based Practice Manual: Research and outcome measures in health and human services. Albert R. Roberts and Kenneth R. Yeager (Eds.) Oxford University Press New York, N.Y. p. 647-655.
- Yeager K.R. (2004). Establishment and utilization of balanced scorecards. In Evidence-Based Practice Manual: Research and outcome measures in health and human services. Albert R. Roberts and Kenneth R. Yeager (Eds.) Oxford University Press New York, N.Y. p. 293-302.
- Yeager K.R., and Roberts A.R. (2003). Differentiating between stress, acute stress disorder, acute crisis episodes and PTSD: Theoretical paradigm and treatment goals. Brief Treatment and Crisis Intervention. V3 N(4).
- Yeager, K.R., (2002). Crisis intervention with mentally ill chemical abusers: Application of brief solution-focused therapy and strengths perspective. Brief Treatment and Crisis Intervention. V2 N(3) Fall 2002.
- Yeager, K.R. (2002). Concepts of continuous quality improvement. In The Social Workers Desk Reference. A. R. Roberts, G. Greene. Oxford University Press. New York NY. 764-771.
- Yeager, K.R. (2000). The role of intermittent crisis intervention in early recovery from cocaine addiction. Journal of Crisis Intervention and Time Limited Treatment. 5(3) 302-310.

## **SELECTED PRESENTATIONS**

4<sup>th</sup> Annual Trauma-Informed Care Summit: Creating environments of resilience and hope in Ohio. Keynote: “Building Resilience. Building Resilience: Individual Response to Workplace Stressors.”

19<sup>th</sup> Annual Scientific Session of IWAA Park City Utah. “Cutting Edge Allergy Care” Surprising Sources of Stress: the impact on Wellbeing. August 5, 2016.

19<sup>th</sup> Annual Scientific Session of IWAA Park City Utah. “Cutting Edge Allergy Care” Building Resilient Physicians and Prevent Burnout. August 6, 2016.

24<sup>th</sup> Annual Department of Otolaryngology Alumni Symposium: Building Resilient Physicians and Preventing Burnout. The Ohio State University James Cancer Hospital June 24, 2016.

Controversies at the SHOE: The Ohio State Wexner Medical Center EMS Continuing Education: Resiliency and PTSD In prehospital Providers. Columbus, Ohio July 12, 2016.

American College of Allergy, Asthma and Immunology (ACAAI) Annual Scientific Meeting. The Sky is NOT Falling: Flourishing in the evolving U.S., Healthcare Tectonic Shift... Fighting your Natural Instincts: 10 Steps toward Building a resilient Office. November 6, 2015 San Antonio, Texas.

Society for Transplant Social Workers 30<sup>th</sup> Anniversary Conference. Columbus, Ohio  
Challenges in Building Resilience in Transplant Social Workers. October 9, 2015

Addiction Studies Institute 2015 Coping with Stress and Preventing Burnout. Lunch Keynote. Columbus Ohio, August 13, 2015.

Ohio Bar Association Family Law Institute: 2015. Stress of Family Law Practice  
Columbus, Ohio. June 12, 2015.

Ohio Society of Radiologic Technologists 2015 Annual Meeting. Ray L. Berg Memorial Lecture. Addiction in the Workplace. Columbus Ohio, April 10, 2015.

International Society for Traumatic Stress Studies 30<sup>th</sup> Annual Meeting. STAR Trauma Support Services (TSS): Building Resilience for Healthcare Providers. Miami FL. November 8, 2014.

Anxiety and Depression Association of America Trauma Support Services: Reducing Anxiety and building Resilience. Chicago IL, March 28, 2014.

National Medical Writers Conference. Managing Stress and Promoting Resilience Presented November 9, 2013.

Grand Rounds MedCentral Health System Post-Traumatic Stress Disorder In Healthcare. Presented August 8, 2013.

Trauma Informed Care: A two day workshop Logan and Champaign County MHDAS Board. Presented August 1&2 2013.

The Summer Institute of Addiction Studies. Ethics and Supervision. Columbus OH. Presented July 31, 2013.

MedNet21 Presentation Post-Traumatic Stress Disorder First Lady Michelle Obama's "Joining Forces Initiative" Presented November 9, 2012. Kenneth R. Yeager & Major, James Sizemore.

Addiction Studies Institute. Using Supervision to Process Ethical Issues: Unique Considerations in Addictions Practice. Columbus Convention, August 16, 2010.

Addiction Studies Institute. Using Supervision to Process Ethical Issues: Unique Considerations in Addictions Practice. Columbus Convention, August 18, 2011.

Misquitta D, Pierson B, Yeager K, Niedermier J. *Trends in Utilization of Behavioral Emergency Services and Episodes of Violence and Safety Concerns* at an Academic Medical Center. Presented at AAEP Conference, Las Vegas, NV, November 2011

Anxiety Disorders Association of America 30th Annual Conference Baltimore Marriott Waterfront. Anxiety disorders and heart disease and overview. March 4-7, 2010 \*

Addiction Studies Institute. Using Supervision to Process Ethical Issues: Unique Considerations in Addictions Practice. Columbus Convention, August 19, 2010.

Council on Social Work Education. Evidence Based Practice in Social Work. Philadelphia PA, November 1, 2009.

Addiction Studies Institute. Using Supervision to Process Ethical Issues: Unique Considerations in Addictions Practice. Columbus Convention, August 19, 2009.

Addiction Studies Institute. Crisis Intervention. Columbus Convention, August 19, 2009

Ohio Institute on Community Psychiatry: Working together new paradigms for integrated mental health services Update: Prevalence of Co-Morbid Heart Disease and

- Depressive Disorder Across the Continuum of Hospitalized Heart Disease Patients. March 20, 2009.
- Council on Social Work Education 54<sup>th</sup> Annual Meeting. Evidence Based Practice: Past, Present and Future. November 1, 2008. Philadelphia, PA.
- The Ohio State University Department of Psychiatry Grand Rounds Motivational Interviewing., 2008. Columbus Ohio.
- The Summer Institute of Addictions Studies. Motivational Interviewing. August 6, 2008. Columbus Ohio.
- Third International Conference on Interdisciplinary Social Sciences. Monash University Centre, Prato, Tuscany Italy. July 23, 2008. The Collaborative for Interdisciplinary Behavioral Health Education: A Case Study of Interdisciplinary Primary and Behavioral Medicine.
- The Summer Institute of Addictions Studies. Patient Safety Examination of Patient Safety when considering the “Built-Environment” July 15, 2007
- Eight All-Ohio Institute on Community Psychiatry: “Dollars & Sense: The Business Case for Community-Based Mental Health Services. The Collaborative for Behavioral Healthcare Education: Does it Make Sense. March 17, 2007.
- Eight All-Ohio Institute on Community Psychiatry: “Dollars & Sense: The Business Case for Community-Based Mental Health Services. Prevalence of Co-Morbid Heart Disease and Depressive Disorder Across the Continuum of Hospitalized Heart Disease Patients. March 16, 2007.
- Eight All-Ohio Institute on Community Psychiatry: “Dollars & Sense: The Business Case for Community-Based Mental Health Services. Impact of Brief Nicotine Maintenance on Patterns of Tobacco Consumption. March 16, 2007.
- Integration and Innovation in Behavioral Health Care Statewide Conference. Integrating Primary and Behavioral Care: The view from the Intersection of Care. October 18, 2006.

Legal and Ethical Considerations in Providing Crisis Intervention. International Critical Incident Stress Management Conference Baltimore MD, January, 2007.

The Ohio Department of Youth Services Division of Treatment and Rehabilitation Services Treatment Conference August 16, 2006.

The Summer Institute of Addictions Studies. Evidence Based Approaches to Addiction Treatment. July 15, 2006

The Ohio State University Department of Psychiatry Grand Rounds: Drugs in the National Football League. January 11, 2006.

The 7th Annual, Part II Behavioral Health Care Symposium: Current Issues in Clinical Practice: Keynote Presentation; Trauma Informed Care for the Independent Practitioner. November 15, 2005.

The 7th Annual, Part II Behavioral Health Care Symposium: Current Issues in Clinical Practice: Normal Recovery Symptoms Roles within Addictions Treatment November 15, 2005.

The 7th Annual, Part I Behavioral Health Care Symposium: Current Issues in Clinical Practice: Evidence Based Model for Addictions Treatment. August 22, 2005.

The Ohio State University College of Medicine: Medical Student Interest Group Presentation: Addiction and Recovery Key Aspects of Recovery. June 2005.

The Ohio Department of Mental Health, Private Psychiatric Service Provider Biannual Conference: Rights, Safety and Trauma Informed Care. In conjunction with Coercion Free and Violence Free Learning Community Conference. Sponsored by Northeastern Ohio Universities College of Medicine and Ohio Department of Mental Health, October 26-27, 2005.

The Ohio State University College of Social Work Field Instructors Orientation: Keynote: Identification of Substance Abuse and Dependence within Social Work Settings. Columbus, Ohio August 24, 2005.

The Ohio State University Department of Psychiatry Grand Rounds: Normal Recovery Symptoms: Realistic expectations of patients in early recovery. July 2005.

Seventh All-Ohio Institute on Community Psychiatry: “Beyond Evidence: Trauma, Treatment, Resiliency and Recovery. The Interdisciplinary Behavioral health Training Project. March 19, 2005.

The Santa Fe Summit on Behavioral Health: Tracking the Transformation American College of Mental Health Administration. Poster Presentation Interdisciplinary Behavioral Healthcare Education Project. March, 30-April 2, 2005.

First Annual Jim Lantz Memorial Lecture: Cross Cultural Curative Factors and the Twelve Steps of Alcoholics Anonymous December 4, 2004.

Increasing Safety for Inpatient Psychiatry: Considerations for Risk Trends, Construction, Staffing and Regulation. Cleveland Clinic Health System. Friday September 24, 2004.

Talbot Hall 25th Anniversary Keynote: An Evidence-Based Approach to Addictions Treatment. Friday September 24, 2004.

Mary Lanning Hospital Annual Mental Health Symposium: State of Nebraska Crisis Intervention In Mental Health Training, Hastings, Nebraska. August 6, 2004.

Fourth International Conference on Social Work in Health and Mental Health. Implementation of Alcohol Withdrawal as a Secondary Diagnosis, Guidelines in Academic Healthcenters. Quebec City. May 23-27, 2004.

University Health Systems Consortium, Building Safety: Securing A Safe Environment for Psychiatric Patients. San Antonio TX. April 26, 2004.

Society for Social Work Research: Can Evidence-Based Treatment Save Lives? Reducing Complications and Possible Death In Alcohol Dependent hospital Patients. Washington D.C. January 8, 200

**MEDIA COVERAGE Fiscal Year 2015**  
**TOTAL AUDIENCE = 189 MILLION**

**Ken Yeager** featured in the multimedia news release distributed in February 2014 about sports fanatics.

Media Hits to Date (January 2015 to June 2015) = 4

Audience to Date = 13,748,356

Ad Value to Date = \$10,892

**8/31/14: Ken Yeager** is quoted in story about depression and disappoint about the lack of seasons in Arizona.

[Arizona Republic](#)

Print audience: 260,335

Online audience: 1.4 million

**9/1/14: Ken Yeager** is featured in a story about what happens when missing persons cases go cold.

[Columbus Monthly](#)

September 2014 issue

Print audience: 18,725

Online audience unavailable

**3/17/15: Dr. Ken Yeager** is featured in a story about 17 surprising reasons you're stressed out.

[Health.com](#)

Online audience: 1.6 million

[Yahoo! Health](#) (via Health.com)

Online audience: 70.4 million

**3/21/15: Ken Yeager** is quoted in story about 17 surprising reasons why you are stressed out.

[Huffington Post](#) (via Health.com)

Online audience: 47.7 million

**4/5/15: Ken Yeager** was featured in story about sports fanatics and how for some fans, the "agony of defeat" is more than mental.

[Everyday Health newsletter](#)

Online audience: 54,000

**5/6/15: Ken Yeager** is quoted in story about 17 surprising reasons why you are stressed out.

[CNN.com](#)

Online audience: 53.4 million

## **MEDIA COVERAGE JULY-DECEMBER 2015**

**TOTAL AUDIENCE = 100.8 MILLION**

**7/11: Ken Yeager**, an associate professor of psychiatry at Ohio State University, is quoted in a story about how the rainy summer may be causing seasonal affective disorder in some people.

[Columbus Dispatch](#)

Print audience: 240,015

Online audience: 686,489

**9/3: Ken Yeager, PhD**, Associate Professor at The Ohio State University Wexner Medical Center and director of the Stress, Trauma and Resilience (STAR) Program, is quoted in story about why taking vacations is important.

[Yahoo! Health](#)

Online audience: 182,181

**10/7: Ken Yeager** explains how to strike a balance between good stress and bad stress.

[The Fitbit Blog](#)

Online audience: 284,601

**10/28:** The bad stuff *is* easier to believe. Our proclivity for paying attention to negative rather than positive information is an evolutionary hand-me down from our cave dwelling ancestors. **Kenneth Yeager** is quoted.

[Rewire Me](#)

Online audience: 179,870

**11/24, 11/25, 11/30:** **Ken Yeager** offers tips for coping with holiday travel anxiety in wake of terrorist attacks in Paris.

WHRU-FM Radio (Hempstead, NY)

Audience not available

[Northwest Signal](#) (Napoleon, OH)

Print audience: 4,784

Online audience: 25,171

ReachMD (affiliated with iHeartRadio)

Audience not available

**12/4:** The increase in domestic mass shootings is impacting not only those directly affected, but others throughout the country. That kind of frequency, paired with more media visibility, can have two polarizing effects according to Ohio State Medical Center psychologist **Dr. Kenneth Yeager**: they can cause people to be hyper-sensitive or "numb."

[WSYX/TV-6](#)

Online audience: 724,416

[WSYX/TV-6](#)

Broadcast audience: 41,248

**12/11, 12/14:** **Ken Yeager** discusses how communities can move forward after mass conflicts and mass shootings. Sometimes people can become numb or desensitized because of the high number of mass shootings occurring each year. Instead of just worrying about what might happen, Yeager says it is important to plan for the worst and practice what to do in case of an active shooter situation.

KABC-Radio (Los Angeles)

Audience not available

MetroNews Radio Network in West Virginia

Audience not available

WPHN-AM (Port Huron, Mich.)

Audience not available

## **MEDIA COVERAGE JANUARY – JUNE 2016**

**3/28:** For years, Karyn Freedman stumbled through the world with a horrible secret. Freedman, 47 and a resident of Toronto, will speak on April 7 in Columbus at a fundraiser for the STAR — Stress, Trauma and Resilience — program at Ohio State University's Wexner Medical Center. She'll talk about her rape and how it festered inside her. **Dr. Kenneth R. Yeager** is quoted.

[Columbus Dispatch](#)

Online audience: 506,980

Print audience: 138,386

**4/7:** Karyn Freedman will never forget what happened more than two decades ago in Paris, France when she was 22 years old. She recounts her brutal rape in her memoir, "One Hour in Paris." On Thursday she talked to students and staff at Ohio State about the mental trauma of not addressing the experience. She was the keynote speaker at the "Faces of Resilience" dinner which benefits an OSU endowment for a professor in cutting edge research in the area of trauma. **Ken Yeager** is quoted.

[WBNS-TV/10](#)

Broadcast audience: 110,642

**4/17:** The bond felt between police officers and among agencies is never highlighted quite so much as when tragedy strikes the ranks. Police officers “know the possibility exists that it may be their day. This is magnified whenever one of their brothers or sisters is hurt or killed.” **Ken Yeager** is quoted.

[Columbus Dispatch](#)

Print audience: 115,063

Online audience: 506,980

**5/25:** For some people, a life trauma like a breakup or divorce might mean curling up in bed and shutting down. But others find more active ways to cope. While a breakup or divorce may feel like a single traumatic event, it is often the culmination of months or even years of “mini-traumas” and ongoing stress. **Ken Yeager** is quoted.

[New York Times](#)

Online audience: 96.4 million

**6/14:** Invariably, after someone steps into a crowd of strangers and begins firing a gun, the words *mental illness* appear in the social dissection of what went wrong. But mental-health experts say such acts rarely carry such tidy explanations. **Ken Yeager** is quoted.

[Columbus Dispatch](#)

Print audience: 115,063

Online audience: 506,980

**6/24:** It’s not uncommon for people to deal with their emotions through eating, especially if you are suffering from depression. But why do some people gain weight and some people lose it? **Ken Yeager** is quoted.

[Yahoo! Beauty](#)

Online audience: 44,053

## **MEDIA COVERAGE JULY-DECEMBER 2016**

### **TOTAL AUDIENCE = 90 MILLION**

**7/7:** When life gets you down or you have a traumatic experience, it’s all too easy to curl into a ball and hide out from the world. Getting physical can treat trauma. Running a marathon can help you work through emotions. Swimming, working out and dancing can sort out some of the hurt and anger. Creative pursuits like writing, painting and making music are also great for handling trauma. **Ken Yeager** is quoted.

[Radio MD](#)

Broadcast audience not available

Online audience: 343,098

**September/October issue:** Standing for Stress, Trauma and Resilience, The Ohio State University’s STAR program supports not just patients and families, but also health care providers. Part of its goal is getting physicians to acknowledge their vulnerabilities. **Ken Yeager** is quoted.

[Healthy New Albany Magazine](#)

Audience not available

**9/4:** For millions of Americans, chronic pain and illness aren’t just an inconvenience. As they struggle with the physical limitations of their bodies, many feel their mental and emotional health faltering as well. The toll can be unbearable. In the worst cases, they lose all hope. **Ken Yeager** is quoted.

[Columbus Dispatch](#)

Print audience: 208,315

Online audience: 764,526

**9/19:** Over the course of our lives, experiencing heartbreak in some form is usually unavoidable. And while it's certainly tempting to wallow in bed with a pint of ice cream, that's one of the worst things you can do to recover. Instead, engaging in physical activity can help you deal with the pain and heal the heartbreak. **Dr. Ken Yeager**

[Women's Running](#)

Online audience: 40,227

**10/4:** Conversations about mental health are still "hush" as we debate what constitutes a healthy mind. This often leads to preconceived notions of mental illness, and the stigmatization of sufferers. In 1990, Congress established Mental Illness Awareness Week in honor of the efforts of the National Alliance for the Mentally Ill (NAMI) to raise mental illness awareness. **Ken Yeager** is quoted.

[Medical Daily](#)

Online audience: 272,488

**10/6:** Dating can be difficult for anyone. Those with a mental illness have an added complication and may need to approach dating differently. For example, when is the right time to reveal to a partner that we've been diagnosed with a disorder? **Ken Yeager** is quoted.

[Medical Daily](#)

Online audience: 272,488

**10/13:** On the heels of defending a damaging 2005 video recording recently released wherein Donald Trump could be heard making lewd comments about his affinity for pursuing women by kissing and groping them, the Republican presidential nominee responded on Thursday to new allegations from five women that he had sexually assaulted them several years ago. It is only when victims acknowledge they have been harmed and feel they're in a safe zone, where they will be believed and not scrutinized, that they are likelier to admit being sexually assaulted. **Kenneth Yeager** is quoted.

[FOX News](#)

Online audience: 29.3 million

**11/1:** Negative thinking can be a buzzkill. You can reprogram yourself to look at life through a positive lens by taking a few simple steps; some of these guidelines will even improve your physical and emotional health. **Ken Yeager** is quoted.

[Honey Colony](#)

Online audience: 56,731

**11/5:** Mental health experts say it might be time to take a social-media break. This presidential election season is seriously stressing us out. A recent Harris poll conducted for the association showed that 52 percent of U.S. adults said the 2016 presidential election is a very or somewhat significant source of stress, and voters in Ohio might be among the hardest hit. **Ken Yeager** was quoted.

[Columbus Dispatch](#)

Print audience: 208,315

Online audience: 764,526

**11/7:** There's no question what's called "election stress disorder" is a real diagnosis. Mental health experts have been tapped to make comment on it for the past couple of weeks as the 2016 presidential election winds to a close. **Ken Yeager** is quoted.

[WBNS-TV/10 Online](#)

Online audience: 1.1 million

**11/22:** Holidays are rarely Hallmark Channel movie perfect, but this year will prove especially stressful for some as they head home to families and communities who don't hold the same political views and values. **Ken Yeager** is quoted.

[CBS.com](http://CBS.com)

Online audience: 10.9 million

**11/22:** As Black Friday looms, raising the stakes for shopaholics everywhere, mental health experts say if you're participating in the frenzied early morning adventure for bargains, get a game plan, and know when to call off the hunt. **Kenneth R. Yeager** is quoted.

[San Jose Mercury News](http://San Jose Mercury News)

Online audience: 2.1 million

**11/23:** It's a Thanksgiving many are dreading. So here are experts' strategies for getting through Thanksgiving dinner, without starting a family rift over politics. **Ken Yeager** is quoted.

[Cleveland Plain Dealer](http://Cleveland Plain Dealer)

Online audience: 7.9 million

**11/28:** **Ken Yeager** explains the science of Cyber Monday and holiday shopping, including what drives people to get a deal and other fun facts about the busy holiday shopping season.

[WTTE-TV](http://WTTE-TV) (FOX, Columbus)

Broadcast audience: 16,683

## **MEDIA COVERAGE JANUARY – JUNE 2017**

**1/20:** The multiple days of gloomy weather has more people feeling sad than happy. **Dr. Ken Yeager** says there's a clinical reason for that.

[WSYX-TV/6](http://WSYX-TV/6)

Broadcast audience: 42,382

**1/30:** It's been a pretty difficult time since the inauguration. OK, it's been really difficult time. And if you're feeling hopeless right now, it's understandable. It's important to try to stay positive and take of yourself. Or at the very least, stay active. **Ken Yeager** is quoted.

[Bustle](http://Bustle)

Online audience: 16.4 million

**2/8:** Sleep is the only time our brains effectively offload some of the unneeded information that can cause stress. **Ken Yeager** is quoted.

[WBNS-TV](http://WBNS-TV) (CBS, Columbus)

Broadcast audience: 47,532

[WBNS-TV](http://WBNS-TV) (CBS, Columbus)

Broadcast audience: 57,223

Online audience: 1.4 million

**2/12:** The Stress, Trauma and Resilience program, or STAR, at Ohio State University's Wexner Medical Center, helped Adrienne Crawford learn ways to cope with her anxiety so she could function again. It's on the verge of expanding with an \$839,335 grant from the Ohio attorney general's office that will more than quadruple the budget. **Ken Yeager** is quoted.

[Columbus Dispatch](http://Columbus Dispatch)

Print audience: 115,063

Online audience: 2.1 million

**2/12:** Ohio Attorney General Mike DeWine announced that he is awarding more than \$2.6 million in grants to create five Trauma Recovery Centers in Ohio that will provide crisis intervention to hospitalized traumatic violent crime victims. **Dr. Sheldon Retchin** and **Ken Yeager** are quoted.

[Piqua Daily Call](http://Piqua Daily Call)

Print audience: 6,567

Online audience not available

**2/15:** Knowing the signs of chronic anxiety can help you target them and find ways to keep yourself calm and relaxed when things start to heat up. **Ken Yeager** is quoted.

### [Bustle](#)

Online audience: 16.4 million

**3/10:** A program at Ohio State that specializes in trauma therapy is helping those who didn't think they needed it. The STAR (Stress, Trauma and Resilience) program offers mental and psychological support. Adrienne Crawford credits the trauma therapy she received at Ohio State's Harding Hospital for saving her life and her marriage. **Ken Yeager** is quoted.

### [WBNS-TV/10](#)

Broadcast audience: 51,837

[Online](#) audience: 1.5 million

**4/18:** Taking advantage of all the features on your Fitbit activity tracker can help you reduce the amount of stress you're feeling. **Dr. Ken Yeager** is quoted.

### [Fitbit Blog](#)

Online audience unavailable

**4/20:** Despite its reputation, stress can be positive. However, dealing with too much stress for a significant period of time can be draining—and might even lead to issues like obesity. **Dr. Ken Yeager** is quoted.

### [Fitbit Blog](#)

Online audience unavailable

**5/10:** Women experience post-traumatic stress disorder (PTSD) at twice the rate of men yet take far longer to receive a correct diagnosis and are misdiagnosed more often than men. **Ken Yeager** is quoted.

### [Shape](#)

Online audience: 3.5 million

**6/2:** There's something mind-numbingly relaxing and pleasant about HGTV renovation shows, and I find myself turning to the channel again and again when I'm feeling agitated—and it almost always works. **Ken Yeager** is quoted.

### [SELF.com](#)

Online audience: 3.2 million

[Yahoo!](#) (via SELF)

Online audience: 456,877

**6/12:** The American Institute of Stress breaks down four different kinds: acute stress, which is a fight or flight response; chronic stress, which is caused by compounding stresses in your day-to-day life; eustress, which is stress in daily life that has positive connotations; and distress, which is stress in daily life that has negative connotations (think divorce or injury). **Ken Yeager** is quoted.

### [Cheat Sheet](#) (via [Health](#))

Audience not available

## **AWARDS & HONORS**

2017 OSU STAR Award recognizing outstanding contributions to the trauma and mental health fields.

David E. Schuller MD Professorship for Patient Compassion. Awarded November 2015.

Funded by Walter Family Foundation \$1,000,000.

The Ohio State University, College of Social Work: Outstanding Community Instructor Award. June 10, 2010.

The Ohio State University, College of Social Work: Distinguished Recent Alumni Award, Alumni Hall of Fame. September 1, 2006.

Department of Psychiatry Outstanding Faculty Award, June 2006

Outstanding Field Instructor (1999). The Ohio State University College of Social Work, Office of Field Instruction.

The Honor Society of: Phi Kappa Phi, The Ohio State University Chapter.

Alpha Delta Mu, (National Honors Society) Social Work, The Ohio State University Chapter.

### **OTHER PROFESSIONAL ACTIVITIES**

Consultation (August 18, 2016) Gold Coast HHS, Gold Coast University Hospital Linda Benz Patient Safety Coordinator. Development of Resilient Workforce Programming. 1 Hospital Boulevard. Southport Australia QLD 4215

Consultation (August 10, 2016) Lady Cilento Children's Hospital. Stanley Street, South Brisbane Australia Qld. Tona Gillen Nurse manager – trauma. Development of staff support programming to build resilience in care providers.

Consultation Nationwide Children's Hospital. Development of STAR Staff Support in the Emergency Department of Nationwide Children's Hospital. 2015- present. Currently expanding to other hospital units.

Consultation; July 2014, South East Sydney Local Health District and Sydney Children's Hospital Network, Keri de Carlo, Australia. Nurse Educator Division of Mental Health. The Built Environment.

Mentor for the Central East ATTC Leadership Institute October 2006- May 2007.

Editorial Board Member Brief Treatment and Crisis Intervention: A Journal of Evidence Based Practice.

Editorial Review Editor: Oxford University Press.

Editorial Review Editor Oxford University Bibliographies (Online).

Social Work Book Review / Editor: Oxford University Press.