



FOR IMMEDIATE RELEASE
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OPPF ANNOUNCES WINNER OF ITS ENLIGHTENMENT AWARD

(Columbus, OH) The Ohio Psychiatric Physicians Foundation (OPPF) is pleased to announce the winner of this year's Enlightenment Award. The award recognizes outstanding activity or presentations during 2021 that: enhance the public's access to treatment; enhances the public's understanding of mental health and substance use disorders; and/or decreases the stigma often associated with these disorders.

Adapt for Life

Helping young people lead healthy lives and become mentally fit, Adapt for Life visits schools to talk with students about mental health, teach them important life skills, and offer resources they can use to help themselves and others. A core part of the program is the ADAPT frame-work: Ask, Describe, Assess, Plan, and Talk. ADAPT helps students develop healthy behaviors and important life skills, whether it's during everyday moments or in times of crisis.

"Thank you to the Ohio Psychiatric Physician's Foundation for the incredible honor of the 2022 Enlightenment Award," said *Adapt for Life* Program Manager, Stacey Hoffman, LPCC, MEd. We are grateful to OPPA and OPF for their meaningful work improving the lives of families and are proud to work alongside you. While the behavioral health community is making strides in educating the public and reducing stigma, the needs of our youth continue to rise. This acknowledgment will support the promotion of our program, enabling us to reach even more students and their families, supporting mental health awareness and ultimately saving lives."

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The Ohio Psychiatric Physicians Foundation (OPPF) is a non-profit charitable foundation working with psychiatrists and other medical and mental health professionals to ensure the highest quality psychiatric care for Ohioans now and in the future. This is done through professional education that enriches clinical knowledge; public education that increases awareness of mental health issues; and support for research that advances. The OPF is the charitable arm of the Ohio Psychiatric Physicians Association.