

# THE Rosalynn Carter Fellowships

FOR MENTAL HEALTH JOURNALISM

2008–2009



THE CARTER CENTER  
MENTAL HEALTH PROGRAM

*Waging Peace. Fighting Disease. Building Hope.*

# Rosalynn Carter's Role WITH MENTAL HEALTH ISSUES

*“Informed journalists can have a significant impact on public understanding of mental health issues, as they shape debate and trends with the words and pictures they convey. They influence their peers and stimulate discussion among the general public, and an informed public can reduce stigma and discrimination.”*

—Former First Lady Rosalynn Carter



Annemarie Poyo

Rosalynn Carter has been a visible, active leader in the mental health field for more than 30 years. During the Carter presidential administration, she served as honorary chair of the President's Commission on Mental Health from 1977-1978. Upon returning to Georgia in 1981, Mrs. Carter collaborated with the Emory University Department of Psychiatry to pursue her ongoing interest in mental health. In 1985, they organized the Rosalynn Carter Symposium on Mental Health Policy. Each year, this event brings together national leaders in the mental health community to examine an issue of common concern.

With the inception of the Rosalynn Carter Fellowships for Mental Health Journalism in 1996, Mrs. Carter launched one of the most successful national programs to address the stigma associated with mental illnesses. Mrs. Carter also has been the driving force behind the Carter Center Mental Health Task Force, which provides continuity between the annual symposia and guides the activities of the Mental Health Program staff.



**Left: Mrs. Carter addresses journalism faculty and students at Columbia University in New York.**

# FIGHTING THE **Stigma** OF MENTAL ILLNESSES

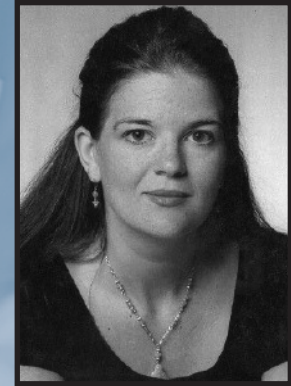
Journalists in all forms of media play an increasingly important role in shaping public understanding and debate about health care issues. As part of a national effort to reduce stigma and discrimination, the Rosalynn Carter Fellowships for Mental Health Journalism provide stipends to journalists to study a selected topic regarding mental health or mental illnesses.

Mental illnesses constitute some of the most serious, unrecognized, under-reported health problems in the United States. Despite the current health care “revolution,” mental health issues often remain shrouded in myth or mystery, perpetuating stigma and discrimination against people with mental illnesses, their families, and the professionals who treat them. The overall aim of the program is to improve media portrayals of mental illnesses by emphasizing the importance of accurate depictions, including focusing on the whole person and not just the illness.

The fellowship program’s goals are to:

- Increase accurate reporting on mental health issues and decrease incorrect, stereotypical information;
- Help journalists produce high-quality work that reflects an understanding of mental health issues through exposure to well-established resources in the field; and
- Develop a cadre of better-informed print and electronic journalists who can report more accurate information through media outlets and influence their peers to do the same.

**Michelle Roberts**  
*2004–2005 Fellow*  
*Investigative*  
*Reporter*  
*The Oregonian*  
*Portland, Ore.*



“Because I had the fellowship, I could explore the universe of records. You read so much you can get immune to the outrage factor. I was really at that point by the time I arrived for an interview with a female victim of sex abuse. The first thing I saw was her arms. They were cut so deep that she looked like a burn victim from years of cutting herself in the state hospital. I said to myself then, ‘This is why I am doing this. This still matters. She’s still breathing.’”

See samples of Roberts’ work in the fellowship archives at [www.cartercenter.org/health/mental\\_health/fellowships/index.html](http://www.cartercenter.org/health/mental_health/fellowships/index.html)

# WHAT THE Fellowships OFFER

## **Professional Development**

Each fellow is matched with a Fellowship Advisory Board member who will serve as a mentor and provide technical assistance and information about complex mental health or journalism issues as well as share professional contacts within their fields of expertise. All fellows are required to contact their mentor three times within the first three months of the fellowship year, and are encouraged to consult with their mentor throughout the fellowship. Fellows also must submit a mid-year summary of their progress that will be distributed to Mrs. Carter, the Fellowship Advisory Board, Mental Health Task Force members, and program staff.

When appropriate, the program requests that fellows conduct one training session related to mental health and journalism for their peers during the fellowship year. Training can be held in a variety of formats, including brown bag lunches, seminars, or panels.



*Ilse Pauw, 2007–2008 fellow*

**Bob Meyers,**  
**member,**  
**fellowship**  
**advisory board**



### **Stipends**

Every year, six U.S. fellows are awarded stipends of \$10,000 each.

International fellows will receive a comparable stipend in their own currency. Stipends cover an array of expenses during the fellowship project; expenses may include travel, materials, and other incidentals.

### **Flexibility**

Fellows enjoy a great deal of flexibility in scheduling their project work throughout the year. Fellows are required to make two expense-paid visits to The Carter Center in Atlanta, Ga. The first occurs in September at the beginning of the Fellowship year when fellows meet with Mrs. Carter, their advisers, and other fellows to discuss their project plans. The second visit comes in September at the end of the fellowship year when fellows present their completed projects and discuss challenges and successes in mental health reporting. *The fellowships do not require recipients to leave their places of employment.*

**Jimmie Briggs**  
**2006–2007 Fellow**  
**Freelance Journalist**  
**New York, N.Y.**

“Being a part of the mental health journalism program allowed me the opportunity to have life-altering encounters with survivors of rape in the Democratic Republic of the Congo. The relationships I built—in Africa and Atlanta—are ones that I will continue to nurture. With everything I report now, I’m

constantly looking for the mental health angle to explore.”



See samples of Briggs’ work in the fellowship archives at [www.cartercenter.org/health/mental\\_health/fellowships/index.html](http://www.cartercenter.org/health/mental_health/fellowships/index.html)

## **Stephen Smith**

*1998–1999 Fellow  
Executive Editor  
American RadioWorks  
St. Paul, Minn.*



“In addition to providing support for individual projects, the fellowship program forges valuable professional relationships. Karen Brown’s fellowship followed mine by seven years. Still, we worked together to distribute a national version of her radio project, ‘A Mind of Their Own,’ through the documentary series I run, ‘American RadioWorks.’ Karen’s program was an intimate look at the controversial issue of diagnosing and treating bipolar disorder in children.”

See samples of Smith’s work in the fellowship archives at [www.cartercenter.org/health/mental\\_health/fellowships/index.html](http://www.cartercenter.org/health/mental_health/fellowships/index.html)

## **Creativity**

Fellows are encouraged to select topics that are unique and creative. Projects may educate the public, raise awareness, or inform other journalists in the field. Subjects may range from a report on the use of telemedicine in mental health or a documentary on suicide prevention to a series of reports on the impact of managed care on the delivery of mental health services. The Carter Center Mental Health Program provides resources through its network of scientific, health care, education, consumer, family, provider, and government organizations and agencies.

## **Variety**

Fellowships are tailored to suit the needs, interests, and experiences of each fellow; no two fellows will have the same experience.



***Marion Scher  
and Phil Smith,  
2005–2006 fellows***

## THE FELLOWSHIP ADVISORY BOARD

### **Ben Druss, M.D., M.P.H.**

*Rosalynn Carter Endowed Chair in Mental Health, Rollins School of Public Health  
Emory University  
Member, The Carter Center Mental Health Task Force*

### **Kathryn E. Cade**

*The Carter Center Mental Health Task Force Liaison*

### **Paul Jay Fink, M.D.**

*Professor of Psychiatry,  
Temple University School of Medicine  
Consultant, Youth Violence and Youth Murder  
Past President, American Psychiatric Association*

### **Larry Fricks**

*Director, Appalachian Consulting Group  
Former Director, Office of Consumer Relations, Georgia Department of Human Resources, Division of Mental Health*

### **John F. Head**

*Fellow, 1999–2000  
Freelance Journalist*

### **Kay Redfield Jamison, Ph.D.**

*Professor of Psychiatry, The Johns Hopkins University School of Medicine*

### **Lawrence A. Kutner, Ph.D.**

*Co-director, Harvard Medical School Center for Mental Health and Media*

### **Bill Lichtenstein**

*President, LCMedia  
Senior Executive Producer,  
“The Infinite Mind”*

### **Bob Meyers**

*President, National Press Foundation*

### **Ellen Mickiewicz, Ph.D.**

*James R. Shepley Professor of Public Policy Studies, Duke University  
Director, DeWitt Wallace Center for Media and Democracy, Duke University*

### **Arlene Morgan**

*Associate Dean, Prizes and Programs  
Columbia University Graduate School of Journalism*

### **Otto Wahl, Ph.D.**

*Director, The Graduate Institute of Professional Psychology  
University of Hartford*

### **Isabel Wilkerson**

*James M. Cox Jr. Chair,  
Department of Journalism  
Emory University*

### **Lawrence Kutner, Ph.D.**

*Advisory Board Member  
Co-director, Harvard Medical School Center for Mental Health and Media*



“I’m a psychologist, but I’ve also been a columnist for The New York Times and for several magazines, a television reporter and documentary producer, and a radio talk show host. The best part of mentoring the fellows is the opportunity to work with high-level professional journalists on a wide range of issues. We challenge and learn from each other about everything from neuroscience research to newsroom politics to ways to raise funds for productions.”

2007–2008 **Journalism Fellows**



**Ilse Pauw**  
*Senior Writer/Editor*  
*Health24.com*  
*Cape Town, South Africa*

Write a series of feature articles highlighting individuals living with a mental illness.

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**Andrea Petersen**  
*News Editor,*  
*Personal Journal*  
*The Wall Street Journal*  
*Brooklyn, N.Y.*

Write a series of articles and a book on the diagnoses, causes, and treatment of anxiety disorders.

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**Paul Radu**  
*Co-Founder, Romanian*  
*Center for Investigative*  
*Journalism*  
*Investigative Journalism*  
*Trainer and Investigative*  
*Projects Coordinator*  
*Bucharest, Romania*

Conduct specialized training about mental health issues for journalists in Romania.

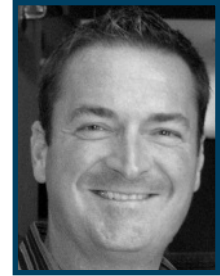
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**Molly Knight Raskin**  
*Freelance Journalist*  
*Washington, D.C.*

Write a series of feature-length articles on borderline personality disorder to give a general understanding of the illness as well as highlight recent breakthroughs in treatment.

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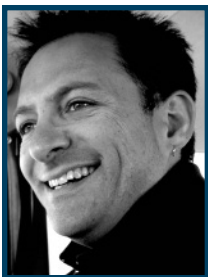
**Kevin Roy**  
*News Anchor/Reporter*  
*WLS-TV,*  
*ABC7 Chicago*  
*Chicago, Ill.*

Produce a series of stories about suicide prevention, including what is being done to bring down suicide rates in Illinois.

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**Marc Shaffer**  
*Documentary  
Filmmaker  
Oakland, Calif.*

Produce a television documentary on the criminalization of people with mental illnesses that will explore the reasons those with severe mental illnesses are incarcerated and solutions to reverse this destructive trend.

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**Chandra Thomas**  
*Staff Writer  
Atlanta Magazine  
Atlanta, Ga.*

Explore the stigma surrounding mental illnesses in the African-American community.

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**Alexandru Ulmanu**  
*Assistant Professor,  
School of Journalism and  
Mass Communication  
University of Bucharest  
Universitatea Media  
Bucharest, Romania*

Conduct specialized training about mental health issues for journalists in Romania.

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**Gregory Warner**  
*Freelance Journalist  
New York, N.Y.*

Produce a radio episode about the treatment of trauma in the United States and abroad.

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**Pieter van Zyl**  
*Senior Writer  
Media 24  
Cape Town, South  
Africa*

Explore and portray the influence of crime on South Africa's children, therapists, single parents, and others, as well as provide journalists with guidelines on how to interview victims of crime.

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# THE **International** CONNECTION

While the majority of Rosalynn Carter journalism fellows hail from the United States, international journalists have participated since 2001. As in the United States, mental illnesses in most countries are under-recognized health problems, often characterized by stigma and misinformation. The

program awards fellowships in select countries to educate local journalists about mental health issues.

The first international program was in New Zealand, which awarded 10 journalists with fellowships over a five-year period (see box for more information on New Zealand). Today, the program has been established in southern Africa and Romania.

## **Southern Africa**

To date, eight journalists from southern Africa have received fellowships. These journalists have covered a variety of topics for southern African readers, including exploring the impact of trauma, shift work, and organizational changes on the mental health of

## **New Zealand Mental Health Media Grants**

A goal of the Rosalynn Carter fellowships is to help journalists report mental health issues more accurately and influence their colleagues to do the same. In 2006, the New Zealand Mental Health Media Grants program was established to sustain the work of the Rosalynn Carter fellowship program in New Zealand without The Carter Center. The Mental Health Foundation of New Zealand and the national anti-stigma campaign “Like Minds, Like Mine,” are co-creators and supporters of the new program.

The first recipient, radio journalist Halina Ogonowska-Coates, will be recording people’s experience of mental illness to build up a media file of in-depth personal stories that can be drawn on by media at short notice. She sees the collection as an opportunity to generate a greater community understanding of the actual experience of mental illness.

“We hope stigma and discrimination continue to diminish as we connect the voices of people with experience of mental illness with the wider world,” said Judi Clements, chief executive of The Mental Health Foundation of New Zealand. To learn more, visit [www.mediagrants.org.nz](http://www.mediagrants.org.nz).



***Ioana Avadani,***  
***international adviser,***  
***and Alexandru***  
***Ulmanu, 2007–2008***  
***fellow***

South African police officers; and a series of articles on the mental health of South Africans living with HIV/AIDS.

## **Romania**

In August 2007, two Romanian journalists were awarded Rosalynn Carter fellowships. This is the first time that journalists from the Eastern European country participated in the program. This inaugural class of Romanian fellows will work collaboratively to develop a curriculum and relevant teaching materials for courses aimed at promoting more responsible mental health journalism. The Carter Center and the Center for Independent Journalism in Bucharest, Romania, are partners in this important new program.

## INTERNATIONAL ADVISERS

### **Ioana Avadani**

*Executive Director  
Center for Independent Journalism  
Bucharest, Romania*

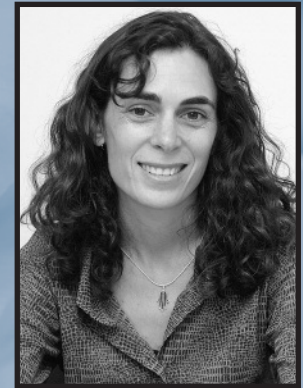
### **Anton Harber**

*Caxton Professor of Journalism  
and Media Studies  
University of the Witwatersrand  
South Africa*

### **Tamar Kahn**

*2006–2007 Fellow  
Health and Science Editor  
Business Day  
Cape Town, South Africa*

“I wasn’t seeing a lot of stories in the local media exploring why so many policemen were committing suicide or committing acts of violence against their loved ones. I wondered what might be causing the situation and why it wasn’t being addressed. I hoped my stories would take our leaders to places they would never go, and perhaps even prompt them into taking some action.”



See samples of Kahn’s work in the fellowship archives at [www.cartercenter.org/health/mental\\_health/fellowships/index.html](http://www.cartercenter.org/health/mental_health/fellowships/index.html)

# Previous Fellows

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## 2006–2007 Fellows

### **Andrea Ball**

*Reporter, Austin American-Statesman, Austin, Texas*

Series of articles that chronicle the emotional and psychological burdens surrounding a family dealing with a premature birth

### **Tracy Breton**

*Reporter, The Providence Journal, Cranston, R.I.*

Series of articles that examine the abuse, neglect, and exploitation of elderly people with mental health issues in Rhode Island, focusing particularly on how the state is meeting the needs of its elderly residents as compared to other states and countries

### **Jimmie Briggs**

*Freelance Journalist  
New York, N.Y.*

The psychosocial impact of gender-based violence

on female survivors of war living in the Democratic Republic of the Congo

### **David Dent**

*Freelance Journalist  
New York, N.Y.*

The mental health challenges that many Hurricane Katrina survivors encountered while moving to and forging new lives in the West

### **Tamar Kahn**

*Science and Health  
Editor/Correspondent  
Business Day  
Cape Town, South Africa*

Series of articles on the impact of trauma, shift work, and organizational changes on the mental health of South African police officers, including how their mental health problems affect their families, co-workers, and the citizens they protect

### **Susan Kruglinski**

*Associate Editor  
Discover magazine  
New York, N.Y.*

Series of articles about a person with a mental illness who has never received treatment, a person who has received long-term treatment but remains ill, a mental health worker, and a neuroscientist

### **Vida Li Sik**

*Features Writer  
Drum magazine  
Johannesburg, South Africa*

Households headed by children as a result of HIV/AIDS and the help available to them to cope with stress and depression

### **Karen Russo**

*Field Producer  
ABC News "Nightline"  
New York, N.Y.*

Television piece focusing on the state of mental health care in Ethiopia and the novel approaches that doctors are taking to care for patients with mental illnesses

### **Stephanie Smith**

*Medical News Producer  
CNN, New York, N.Y.*

Four-part documentary on the mental health of children living in Oregon who have been orphaned by their parents' methamphetamine use

### **Alix Spiegel**

*Freelance Reporter  
National Public Radio  
Washington, D.C.*

Psychosocial impact of Hurricane Katrina on the residents of the Gulf Coast through several follow-up radio stories

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## 2005–2006 Fellows

### **Karen Brown**

*Reporter, WFCR-FM  
Northampton, Mass.*

Radio documentary on the effects of mental illnesses on siblings, from growing up with a sibling with a mental illness to forging relationships as an adult

### **Julianne Hill**

*Writer/Producer  
Worldwide Skur, Inc.  
Chicago, Ill.*

Television news series on the work done in Chicago to reduce the stigma and challenges facing individuals with mental illnesses

### **Ingrid Leary**

*Freelance Reporter and  
Producer, TV3 News  
Auckland, New Zealand*

Series of news features on living with mental illnesses in New Zealand and neighboring Pacific countries

### **Shandukani Mathagu**

*Freelance Journalist  
Sibasa, South Africa*

Series of radio interviews exploring the impact of the Tshivenda communicative expressions on mental illnesses in the Vhembe area of the Limpopo province of South Africa

### **Encarnacion Pyle**

*Reporter  
The Columbus Dispatch  
Columbus, Ohio*

Articles on the differences

*Media outlets listed were accurate at time of fellowship.*

in discrimination and stigma faced by two people in Central Ohio—one with Parkinson's disease and another with schizophrenia

**Marion Scher**

*Freelance Journalist*

*Johannesburg, South Africa*

Comparison of the stigma attached to mental illness in both rural and urban areas and black and white communities in South Africa

**Phil Smith**

*Executive Producer*

*Spoken Features*

*Radio New Zealand*

*Wellington, New Zealand*

Radio features that explore the popular belief that people with mental illnesses are dangerous, as well as investigate the treatment of mental illnesses by the New Zealand prison system

**Michelle Trudeau**

*Contributing Correspondent*

*National Public Radio*

*Irvine, Calif.*

Series of radio stories on the psychological

development and well-being of immigrant children and adolescents

**Rob Waters**

*Freelance Journalist*

*Berkeley, Calif.*

Series of articles on the mental health needs and problems of children in foster care and the efforts made by leaders around the country to address them

**Leigh Woosley**

*Reporter, Tulsa World*

*Tulsa, Okla.*

Series of articles profiling adults with anxiety disorders who manage successfully within the workplace and social settings

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**2004–2005 Fellows**

**Caroline Clauss-Ehlers**

*Freelance Writer*

*New York, N.Y.*

Series of articles that explore the impact stigma has on access to mental health treatment, utilization of mental health services, and coping for Latino families

**Tom Davis**

*Columnist, The Record*

*Metuchen, N.J.*

Series of articles following the progress of a New Jersey program designed to divert people from the prison system and find alternative help for mentally ill inmates

**Paul Diamond**

*Producer*

*Radio New Zealand*

*Wellington, New Zealand*

Series of radio features on Maori-based initiatives aimed at improving Maori mental health

**Claire Keeton**

*Reporter, Sunday Times*

*Johannesburg, South Africa*

Series of articles on the mental health of South Africans living with HIV/AIDS

**Jim Marbrook**

*Producer, Director,*

*and Writer*

*Auckland, New Zealand*

Video pieces that explore the role of Maori culture in healing and wellness

**Kevin McCormack**

*Producer, KRON-TV*

*San Francisco, Calif.*

Multipart series on how families cope with mental illness and the controversy surrounding involuntary commitment

**Peggy Mears**

*Producer*

*Brainchild Productions*

*Irvine, Calif.*

Series of radio pieces focusing on mental illnesses in adolescents and the challenge that developmental stages and dramatic transitions present in detection and treatment

**Greg Miller**

*Staff Writer and Online*

*News Editor*

*Science magazine*

*Blacksburg, Va.*

Series of articles exploring the looming mental health crisis in the developing countries

**Michelle Roberts**

*Reporter*

*The Oregonian*

*Portland, Ore.*

Series of articles about the resiliency of children, particularly how they overcome trauma, abuse, and other mental health crises

**Kathryn Strachan**

*Freelance Writer*

*Johannesburg, South Africa*

Series of in-depth magazine articles on deinstitutionalization programs in South Africa

**www.cartercenter.org**

Visit the Carter Center Web site for comprehensive information on the Rosalynn Carter Fellowships for Mental Health Journalism, including an archive of past fellowship projects that can be searched according to name, fellowship class, or topic: [www.cartercenter.org/health/mental\\_health/fellowships/index.html](http://www.cartercenter.org/health/mental_health/fellowships/index.html)



# Application INSTRUCTIONS

## Eligibility

Eligible applicants must:

- Have at least three years of professional experience in print or electronic journalism (writing, reporting, editing, producing, filmmaking)
- Submit a complete application packet
- Attend orientation and presentation meetings in September at the beginning and end of the fellowship year

## Application Packet

The application packet must be mailed (no faxes or e-mails accepted). The packet includes the following:

- Complete the online profile of personal and professional information available on the Carter Center Web site:

[www.cartercenter.org](http://www.cartercenter.org). The profile may be e-mailed to [ccmhp@emory.edu](mailto:ccmhp@emory.edu), or a hard copy may be included with the application packet.

- Resume: Include a list of representative publications; membership in professional organizations; major journalism prizes and/or awards and year awarded.
- Objectives for Fellowship and Project Description: In an informal essay not to exceed 1000 words, the following points must be addressed:
  - describe reasons for applying and how this fellowship could benefit the applicant's body of work;
  - clearly outline the proposed project and a plan for carrying it out;
  - discuss the significance and timeliness of the topic, and

Fellowship awards will be announced on the Carter Center Web site ([www.cartercenter.org](http://www.cartercenter.org)) Friday, July 18, 2008, 9 a.m. EDT. Inquiries regarding the fellowships are welcome throughout the year.

- explain the feasibility of completing the project;
- detail the potential impact the chosen topic, and overall fellowship project, may have on reducing the stigma of mental illnesses; and
- describe the expected audience reach.
- **Samples of Professional Work:** Submit up to three examples of your work. At least one of the samples should be in the media form proposed. Printed materials should be in the format in which they were originally published, and electronic news reports should be airchecks. Do not submit an item that cannot be replaced, as materials will not be returned.
- **Letters of Recommendation\*:** Provide letters from two people familiar with your work, commenting on your abilities and potential as a journalist. Letters

must be originals: signed and printed on letterhead.

- **Letter of Support\*:** One letter from your organization's publisher, editor, producer, manager, or director, supporting the application. If self-employed, the third letter must come from an individual familiar with your work. Letters must be originals: signed and printed on letterhead.

*\* Letters may be included with the application packet or mailed directly to the Mental Health Program. Letters cannot be e-mailed.*

### **Time Line**

Application packets and letters of recommendation and support for 2008–2009 fellowships must be postmarked no later than Monday, April 28, 2008. Materials postmarked after the deadline will not be accepted. Due to the large number of applicants for the fellowship positions, individual feedback on applications will not be provided.

**U.S. applicants should send all application materials to:**

Rebecca G. Palpant, M.S.  
Senior Program Associate  
Mental Health Program  
The Carter Center  
One Copenhill  
453 Freedom Parkway  
Atlanta, GA 30307

### **Inquiries:**

ccmhp@emory.edu  
www.cartercenter.org  
(404) 420-5165

**Southern African and Romanian applicants** should consult the Journalism Fellowship Web site, [www.cartercenter.org/health/mental\\_health/fellowships/index.html](http://www.cartercenter.org/health/mental_health/fellowships/index.html), for country-specific application submission guidelines and contact information.

THE ROSALYNN CARTER FELLOWSHIPS FOR MENTAL  
HEALTH JOURNALISM ARE MADE POSSIBLE THROUGH  
SUPPORT FROM THE FOLLOWING PARTNERS:

*Annenberg Foundation*

*Boston Foundation*

*Bristol-Myers Squibb Company*

*Elfenworks Foundation*

*Charles Engelhard Foundation*

*William Randolph Hearst Foundation*

*Charles E. Kubly Foundation*

*Walter H. and Phyllis J. Shorenstein Foundation*

*Sidney Stern Memorial Trust*

*...and many generous individuals*

*Jimmy and Rosalynn Carter founded the not-for-profit Carter Center  
in 1982 in partnership with Emory University. Guided by a fundamental com-  
mitment to human rights and the alleviation of human suffering,  
the Center brings people and resources together to wage peace,  
fight disease, and build hope worldwide.*



THE CARTER CENTER  
MENTAL HEALTH PROGRAM

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453 Freedom Parkway  
Atlanta, GA 30307

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www.cartercenter.org FAX (404) 420-5158

*To view projects completed under the auspices of the  
Rosalynn Carter Fellowships for Mental Health Journalism,  
visit [www.cartercenter.org](http://www.cartercenter.org).*