

“A ROAD TO HOME” April 2nd Human Rights Film Screening and Panel Discussion

Panelists:

Mia Sebastian is a Graduate Student pursuing her Master of Arts in Clinical Mental Health Counseling at WVU's College of Applied Human Sciences. She also attended WVU as an undergraduate and received her Bachelor of Arts in Psychology and Criminology with minors in Anthropology and Forensics. She plans to become a Licensed Professional Counselor and work with at-risk youth, unhoused individuals, and individuals experiencing Substance Use Disorder. She is currently completing her internship at Milan Puskar Health Right where she has gained experience counseling low-income, uninsured, and under-insured community members. She also helps out with Health Right's Harm Reduction Clinic, Comprehensive Opioid Addiction Treatment Program, and the Friendship Fairmont Drop-In Center.

Sarah Riedel, M.S., is a Clinical Therapist at Milan Puskar Health Right and a graduate of the University of Pittsburgh's Clinical Mental Health Counseling program. With over two years of experience in individual and group therapy, she takes a holistic, biopsychosocial approach to treatment. Although she is grounded in existential-humanist and cognitive-behavioral frameworks, particularly Acceptance and Commitment Therapy, she tailors therapy to each client's needs. Passionate about LGBTQ+ advocacy, she is dedicated to working with underserved populations, including individuals experiencing homelessness and poverty. She believes healthcare is a fundamental right and advocates for accessible mental health care. She is committed to continuous learning and growth as an advocate, striving to bridge the gap between mental health care and systemic change.

Derek Silski is a Licensed Professional Counselor and Approved Licensed Professional Supervisor in the state of West Virginia and a Nationally Certified Counselor with six years of experience in counseling and eight years of experience in Substance Use Disorder treatment. He is a part-time faculty member in WVU's School of Counseling and Well-Being for the Mental Health and Addiction Studies programs and is Mental Health Director at Milan Puskar Health Right, where he helped develop the Comprehensive Opioid Addiction Treatment Program. He also serves on the board of the West Virginia Counseling Association. With a passion for increased access to treatment and harm reduction, he advocates for policy improvements, professional development, best practices in the field, and reducing stigma around mental health and substance use disorders.

Moderator:

Valerie Adkins is an Undergraduate Senior pursuing their Bachelor of Social Work and Bachelor of Arts in Women's and Gender Studies at WVU's Eberly College of Arts and Sciences. They are set to graduate in May 2025 and is accepted as a Master of Social Work candidate for Summer 2025. Valerie plans to become a Licensed Graduate Social Worker and work with the LGBTQ+ population facing comorbid hardships such as housing instability, mental health, substance use, trauma and PTSD, healthcare access, disabilities, chronic illness, and financial instability. They are currently completing an

internship at WVU's LGBTQ+ Center where they have gained experience with program development and facilitation, advocacy, education, and person-centered support.