The PEC had a great 2022. Our Zoom meetings, held every two months, are energetic, dynamic and creative. We currently have 22 active members.

Meetings are an opportunity for members to:

- Suggest topics for webinars, short videos, and blogs
- Volunteer to help create content for ADAA’s website and printed publications
- Suggest new projects
- Set the committee’s direction

2022 Projects:

- Research, coordinate and host ADAA’s Public education webinars
- Suggest and help author ADAA blog posts
  Recent blog posts by PEC members:
  - 10 Tips to Minimize Holiday Season FOMO
  - This Man, 26.2 Miles: David H. Rosmarin Goes the Distance for ADAA
- Creation of short videos and audios including:
  - How to Find a CBT Therapist
  - What is CBT?
  - What is Trauma?
  - What is Depression?

In addition, PEC members are available to respond to requests from ADAA staff for various tasks, including:

- Responding to inquiries from media representatives
- Providing information to members of the public
- Reviewing portions of the ADAA website
- Helping with brochure and other publication content

Below is a list of all 2022 public education webinars. Most of our live webinars are 60 minutes (including Q&A). Our recorded-only webinars are usually about 30 minutes.

Managing Your Holiday Stress
Best Practice CBT for Tinnitus Distress
A Safe Space - Men's Mental Health
Managing Election Stress
Building Resilience: Helping Children Adapt and Thrive
Addressing Suicide Risk – Prevention, Stigma, and Support
Book Conversations - 3 Part Series on Overcoming Anxiety
Feeling Safe at School – Helping Children Cope with School Shootings and Mass Violence
Social Anxiety in Teens & How to Treat It
All About Body-Focused Repetitive Behaviors: Overview and Q&A
Understanding and Managing Chronic Pain & its Relationship with Mental Health
5 Tips for Finding Success for Social Anxiety & Job Interviews
Celebrating Pride & LGBTQ+ Resilience
The Brain, Body, and Sexual Health Connections
Recovering from Bullying and Interpersonal Cruelty
Mental Health & Medication: Debunking the Stigma - Q&A
Overcoming Agoraphobia
Trauma Treatment: Through a Dialectical Behavior Therapy Lens (Chapter 1-3)
Medications for Anxiety Disorders and PTSD: Current Trends and Future Directions
Cannabis Research: The Good, The Bad, and The Ugly
Building the Confidence to Manage Anxiety, ADHD, and Executive Function
5 Easy Motivation Strategies to Overcome Procrastination, Burnout, and Stress
The Relationship Between Migraines and Depression
Calming the Inner-Chatter of Your Mind
Needle Anxiety and How You Can Manage It
Climate Anxiety – What We Know So Far
Beyond Physical Appearance: Understanding Body Dysmorphic Disorder

Recent 2023 webinars created by PEC members:

- Perfectly Imperfect Love: Tips to Recognize & Move Past Relationship OCD
- Protecting Your Self-Esteem from the Thrills & Spills of Dating

In 2023, we will continue to explore short video content that we can highlight/share on social media. We will also pilot live tweeting during the webinars. Our objective is to engage our audience and encourage viewers to invest time in exploring resources on ADAA.org.

We welcome ideas, suggestions and feedback from the Board.