

Speaking Record

National Alliance for Mental Illness North Carolina Annual Conference. Panelist, “*Beauty for Ashes: Creating Stigma-free Faith Communities.*” October 6, 2023.

National Alliance on Mental Illness North Carolina. NAMI at Noon Webinar: “*NAMI at Noon: Early Recovery After Psychosis: Initial Reactions, Needs, and Creating a Realistic, Positive Life Outlook.*” February 18, 2025. NAMI North Carolina. One CEU Credit.

Welcoming Wellness. *Emotional Recovery After Psychosis.* April 6, 2025

North Carolina Association of Indian Americans, “*Why We Don’t Seek Help: Stigma and Mistaken Subjectivity with Mental Illness.*” July 20, 2025.

University of North Carolina at Chapel Hill School of Medicine

UNC Psychiatry, *Case Study Presentation,* April 10, 2025.

Grand Rounds: *Case Study Presentation.* September 24, 2025.

Q&A with Resident Psychiatrists. September 24, 2025.

Welcoming Wellness. *Social and Cultural Myths Surrounding the Use of Antipsychotic Medicines.* Feb. 22, 2026

National Alliance on Mental Illness North Carolina, Thursdays with NAMI, Sponsored by NC Department of Health and Human Services. “*My Story of Anosognosia.*” March 2, 2023

Mountain Area Health Education Center, NC. Hendersonville County Behavioral Conference. Closing Keynote Speaker. “*Stability Isn’t the Finish Line: What True Healing Really Takes for SMI.*” March 23, 2026

The Empowering Minds Mental Health Podcast, “Psychosis & Recovery: A Lived Experience.” April 6, 2026.

Teva International Panel on World Schizophrenia Day, Recorded Interview as part of Panel with internal employees, also distributed as social media clips online. May 24, 2026.

Life After Psychosis Series, in partnership with the National Alliance on Mental Illness

North Carolina, a 12-part, virtual monthly series on popular posts of Sarah Merritt Ryan's Personal Perspectives Blog on Psychology Today, expounded and developed into hour long presentations, hosted by Shereka Dunston, MS, MSW, Director of Programs and Initiatives at NAMI NC.

Achieving Independence After Psychosis | August 19, 2025

Radical Acceptance Applied to Psychosis | September 16, 2025

Disclosing Your Mental Health Diagnosis to a Partner | October 21, 2025

Professional Life After Psychosis | November 18, 2025

Embarrassment After Psychosis | December 16, 2025

Reclaiming 'Lost' Years | January 20, 2026

Why Psychotic Breaks Are Not Your Fault | February 17, 2026

Separating My Identity from Schizophrenia | March 17, 2026

Navigating Relationships After Psychotic Breaks | April 21, 2026

Why I'm Taking Antipsychotics for Life | May 19, 2026

Self-Love After Psychosis | June 16, 2026

Emotional Recovery After Psychosis | July 21, 2026

North Carolina State University, Honors Classes by Professor Kristen Hetrick, titled “*Writing Illness*” and “*Writing about Stigma.*” **Guest Speaker.** April 6, 2023; November 7, 2023; April 2024; November 2024; April 2025; November 2025, April 2026, and November 2026 (forthcoming).