

About the Resilient Mind Hosts



Monica Gullotta M.S., is an educator, lecturer, and author. In 1999, she founded and facilitated the Upstate Group for Panic, Anxiety and Depression, where she provided educational group meetings for 16 consecutive years.

In 2008, Monica received an award presented by the Mental Health Association of Onondaga County, and was honored for “innovative work that gives people suffering from panic, anxiety and depression the support and knowledge needed to help themselves.”

In 2009, she founded the Ray of Hope Wellness Center, where she provided one-on-one mentoring to educate individuals contending with anxiety and depression. She has written a number of educational workshops and has lectured and spoken on a wide range of topics at various venues. Monica attended Syracuse University and Capella University, where she received a master’s degree specializing in counseling.



J.L. Meicht is a dedicated Literary Artist and Mental Health Advocate. With extensive experience in Dialectical Behavioral Therapy (DBT) and over 15 years as a counseling client, Jessica has a deep understanding of depression and anxiety, dating back to the pre-2000s. She has cultivated a fulfilling life through the practice of breathwork and intentional journaling.

Her upcoming book, “Swallowed Whole by My Emotions,” set to release in Spring 2025, is an original poetry collection that explores the complexities of mental illness and mood. Through seven thoughtfully curated sections, J.L. Meicht shares the emotional phases she has navigated on her journey towards self-awareness. Each section includes an “Expand Your Mind”

journaling page with shadow work questions designed to help readers heal from past experiences and build a brighter future.



Stephanie Porcello is a multi-passionate artist, International bestselling author, speaker, and mental health advocate. While recovering from a concussion, she discovered painting released the emotions trapped inside her that she couldn’t describe with words.

Stephanie’s abstract paintings are beautiful disasters, teetering between areas of messy chaos and calming deep breaths. Her paintings offer a moment of rest to remind you that you are not alone when you are struggling. They are designed to inspire people to keep reaching for beauty and hope, even when all feels lost.