Overcoming Mental Health Stigma Workshop Wednesday Session

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Disclaimer and Funding Statement

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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).
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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

- Strengths-based and hopeful
- Inclusive and accepting of diverse cultures, genders, perspectives, and experiences
- Healing-centered/trauma-responsive
- Person-first and free of labels
- Non-judgmental and avoiding assumptions
- Respectful, clear and understandable
- Consistent with our actions, policies, and products

Learning Objectives

At the end of this presentation, participants will be able to:

- Define mental health stigma.
- Identify common factors that influence mental health stigma.
- Describe the consequences and impacts of stigma related to accessing mental health treatment.
- Explore techniques to overcome various forms of stigma.
Mental Health Stigma

• When someone sees a person in a negative way because of mental illness.
Types of Stigma

- Public
- Self
- Enacted
- Affiliation
- Structural
Factors that Influence Stigma

• Blame
• Stereotypes
• Knowledge
• Experience (or lack thereof)
• Media
• Race, Ethnicity, Culture
Rural America
Mental Health Stigma in Rural America

• “I shouldn’t need help”
• Access to Care
• Lack of anonymity
  • Healthcare
  • Community
  • Schools
  • Employers
• Few resources specifically targeted for rural communities
Language of Stigma

Mentally ill man kills father

Eric Adams: Use Kendra’s Law to get dangerous mentally ill off subways

HIV positive man deemed a ‘danger to society’ gets 10-year prison sentence

Jeffrey’s Journey: An addict’s trail from street to cell

Mental Illness and Mass Murder

The FBI found 70% of shooters had ‘stressor’ or ‘concerning behaviors’ prior to the attack.
Stigmatizing Vs Person Centered Language

**STIGMATIZING**

- Mentally Ill
- Schizophrenic, Bipolar
- Hostile / Aggressive
- Manipulative
- Resistant

**PERSON CENTERED**

- Person living with mental health condition
- Person with schizophrenia, bipolar
- Protective
- Resourceful
- Chooses not to
# Stigmatizing Vs Person Centered Language

## STIGMATIZING
- It could be worse
- We’ve all been there
- Deal with it or snap out of it
- Try thinking happier thoughts
- Pull yourself together

## PERSON CENTERED
- Thank for opening up to me
- How can I help?
- This must be tough
- I’m here for you when you need me
How do we stop stigma?
Try these simple tips for talking.

<table>
<thead>
<tr>
<th>DO SAY</th>
<th>DON'T SAY</th>
</tr>
</thead>
</table>
| • "Thanks for opening up to me."  
• "Is there anything I can do to help?"  
• "How can I help?"  
• "Thanks for sharing."  
• "I'm sorry to hear that. It must be tough."  
• "I'm here for you when you need me."  
• "I can't imagine what you're going through."  
• "People do get better."  
• "Oh man, that sucks."  
• "Can I drive you to an appointment?"  
• "How are you feeling today?"  
• "I love you." | • "It could be worse."  
• "Just deal with it."  
• "Snap out of it."  
• "Everyone feels that way sometimes."  
• "You may have brought this on yourself."  
• "We've all been there."  
• "You've got to pull yourself together."  
• "Maybe try thinking happier thoughts." |

Source: MakeItOK.org
Consequences of Stigma

- Discrimination (education, employment, legal)
- Poorer Legal Outcomes
- Housing Instability
- Decreased Social Engagement or Exclusion
- Less likely to Seek Care
- Limited Access to Care
- Trauma
- Lower Self-Efficacy
- Decreased Quality of Life
Trickle Down Effect of Stigma

- Not Accessing Resources
- Negative Effect on Physical and Mental Health
- Less Willing to Access Care
Trauma

- Emotional abuse or neglect
- Physical abuse or neglect
- Sexual abuse
- Household substance abuse
- Mother treated violently
- Person struggling with mental disorder
- Parental separation/divorce
- Criminal member of household

https://attcnetwork.org/centers/mountain-plains-attc/trauma-informed-care
ACES can have lasting effects on....

- **Health** (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)

- **Behaviors** (smoking, alcoholism, drug use)

- **Life Potential** (graduation rates, academic achievement, lost time from work)

*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.*

The Centers for Disease Control and Prevention, 2016
“Awareness without action is worthless”

• Person centered language
• Avoid “shame and blame”
• Screening
• Talk LISTEN to people with lived experience
• Know your referral sources
The People We Interact with are Important to Someone
Questions, Comments, Thoughts?

Thank you so much for attending!
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