

STIGMA

*“I’m just a  
parent”*

How stigma is felt, internalized, and  
perpetuated by parents and caregivers



Oregon  
Family Support  
Network



CHALLENGING STIGMA THROUGH  
UNDERSTANDING & INTENTIONAL ACTION

*We know how difficult parenting can be.  
We've been there and we understand!*

A Family-Run 501(c)(3) Organization

**Serving Families Across Oregon**

1:1 Peer Support

Parent Support Groups

Systems Navigation

Training & Education



A Support Team  
of Families & Friends

**Reach Out Oregon**

1-833-REACH-OR

Warmline

Forum

Email

Live Chat

**Every family deserves to be heard and understood**

**SUPPORT EDUCATE ADVOCATE EMPOWER**

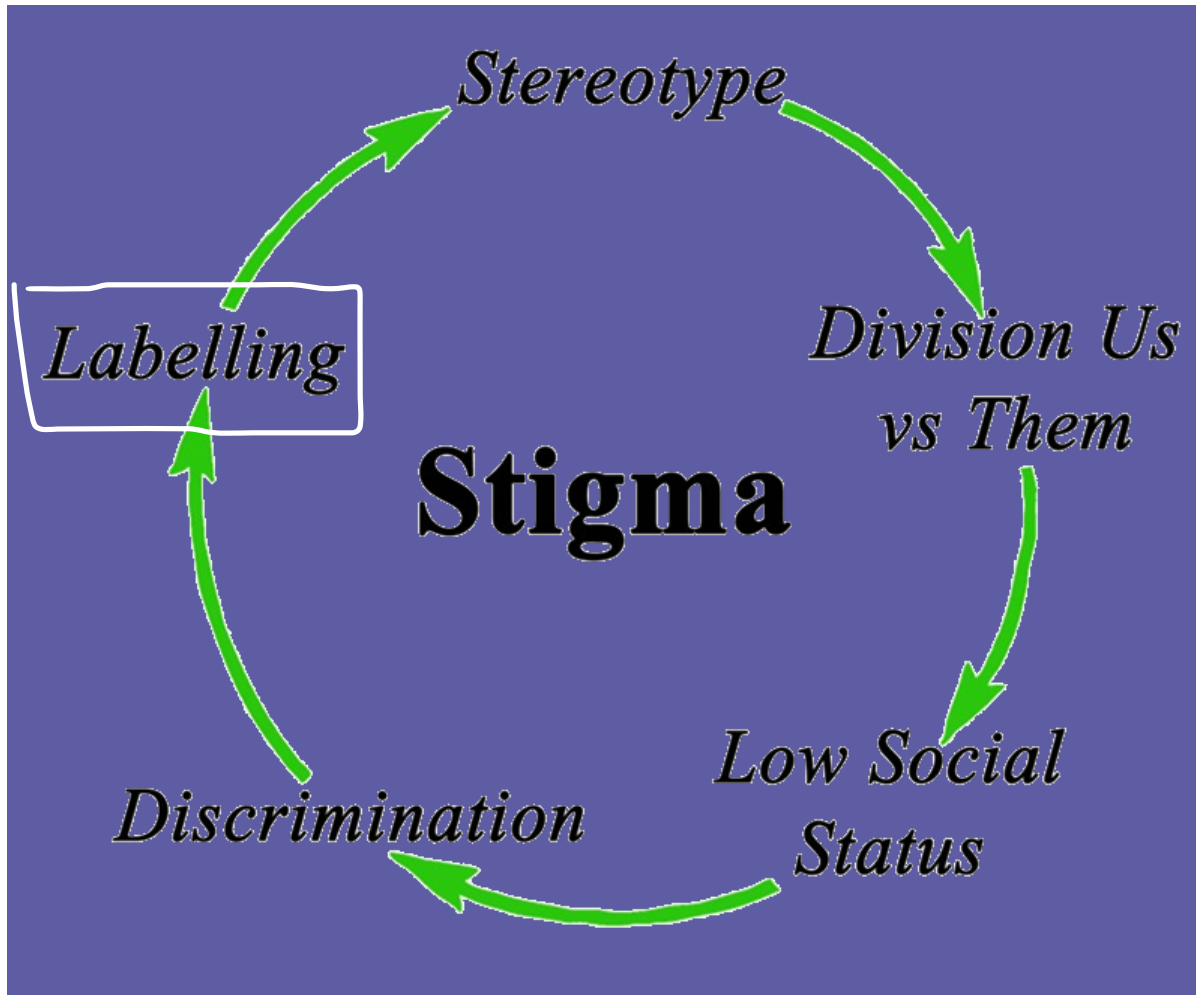




# It takes a village to raise a system

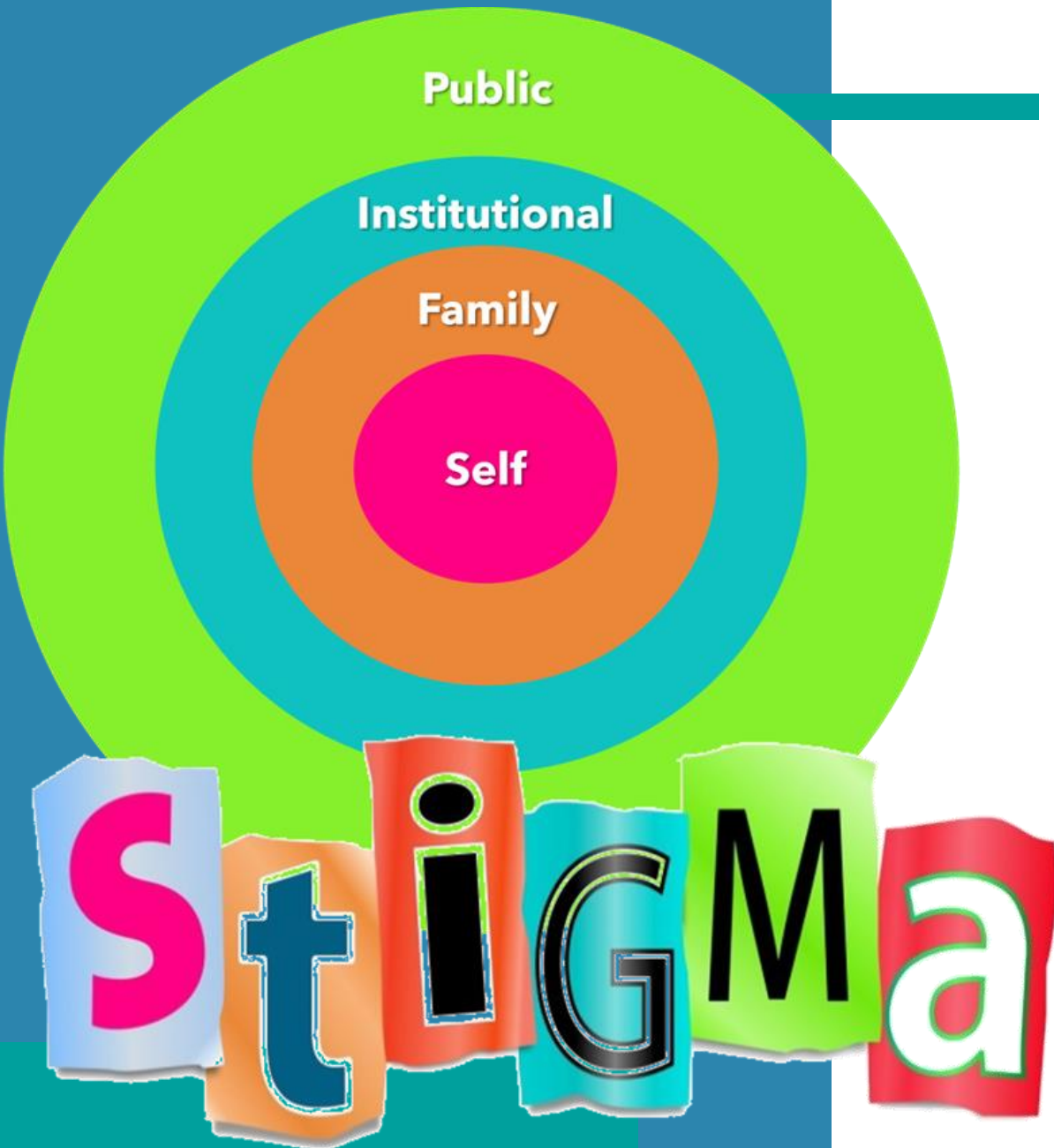
- Nine out of every ten people who experience a mental health condition experiences stigma
- Stigma affects care-seeking
- Stigma leads to disparities in access and outcomes

# Stigma: A pervasive problem



- Stereotypes: *the way we think*
- Prejudice: *the way we feel*
- Discrimination: *the way we act*





# One of the most insidious forms of oppression

Societal attitudes are *internalized* through self-stigma and family stigma. They are *enacted* through public and institutional stigma.

# Breakout

1. Identify a time when you felt marginalized, “othered” or excluded from a group
2. Let members of the breakout group describe how they believe you felt (e.g., emotions, sensations)
3. Move to the next person

*othering n.*

*The perception or representation of a person or group of people as fundamentally alien from another, frequently more powerful, group.*



# Breakout

1. How did it feel to have someone else describing how you felt?
2. Were the descriptions accurate?
3. Is there anything your group-mates missed?

Were you describing similar feelings or emotions with each event?

*othering n.*

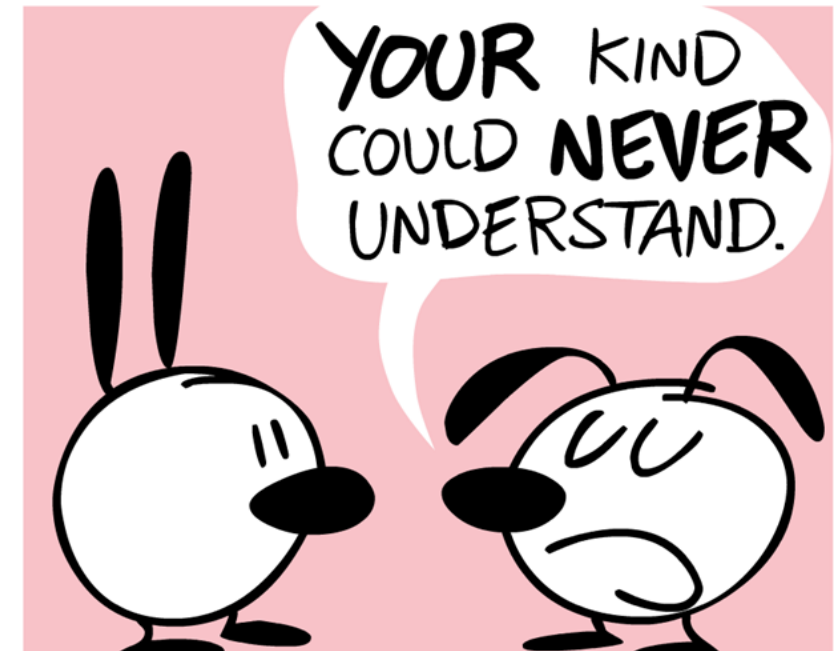
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# In-Groups & Out-Groups

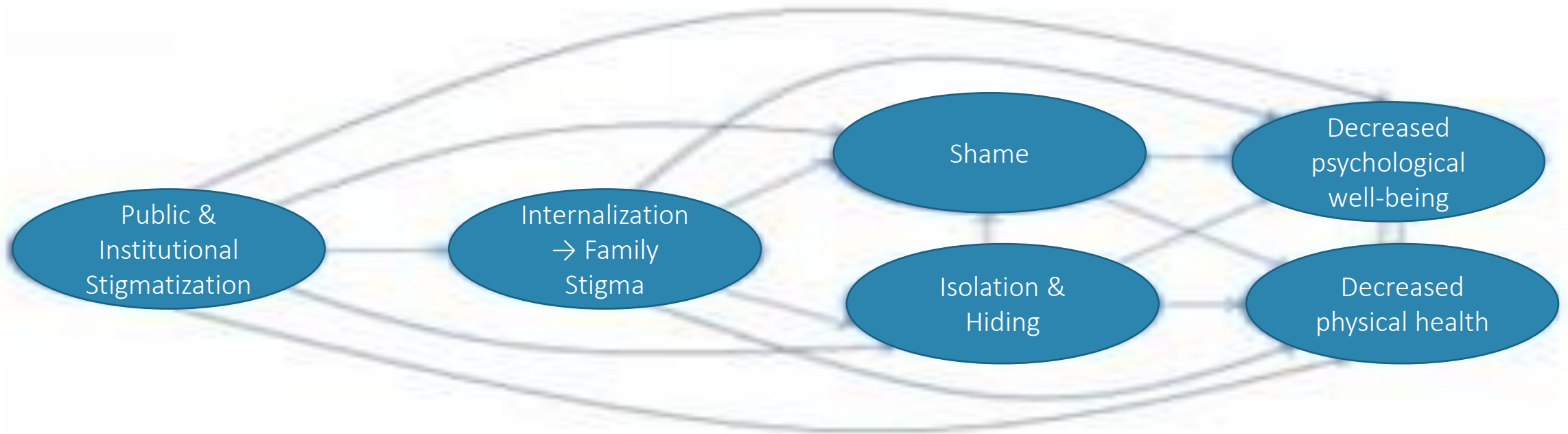
- Othering emphasizes differences and overlooks similarities
- Othering reinforces hierarchy
- Othering signals how we think and feel about *us* and *them*





# ***“I’m just a parent”***

Othering is experienced as marginalization, disempowerment, and social exclusion



# Breakout

What did you need? What would you have liked during a time when you felt othered?

*othering n.*

*The perception or representation of a person or group of people as fundamentally alien from another, frequently more powerful, group.*





## We have a choice!

- What assumptions are you making?
- Can you challenge them?
- Can you replace them?



# Thank you!

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