

# Overcoming Mental Health Stigma Workshop Wednesday Session

## Presenters:

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# Disclaimer and Funding Statement

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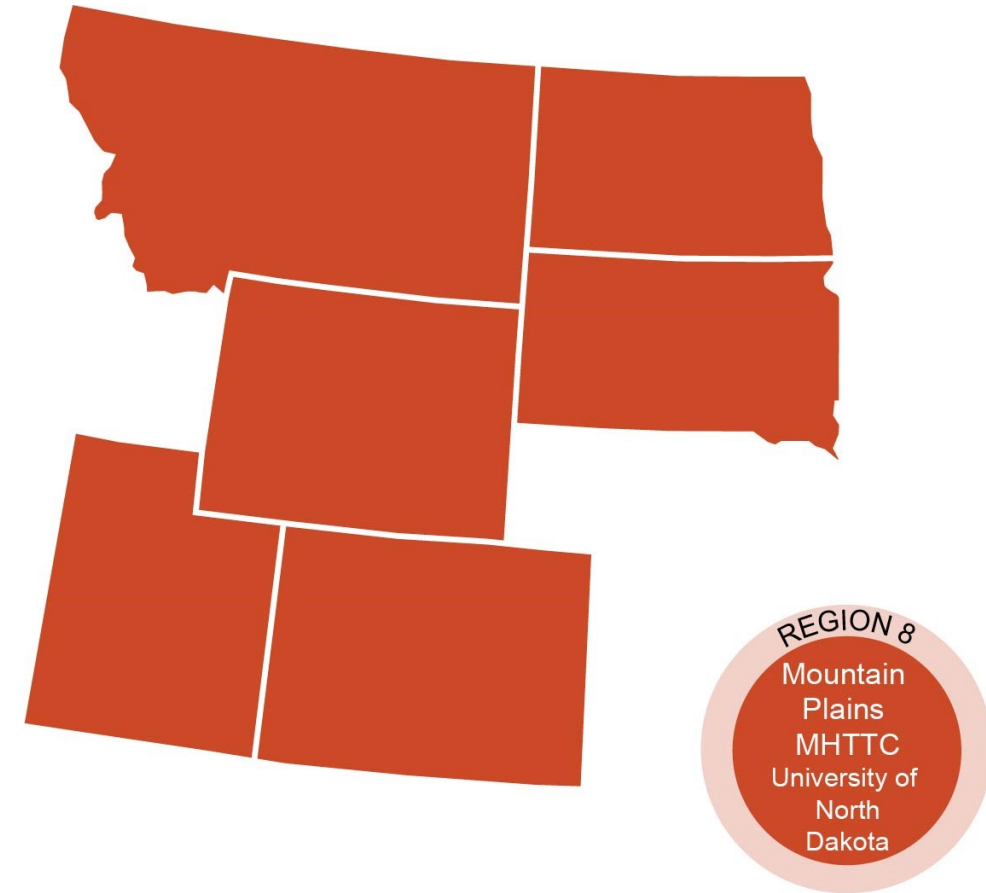
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# The Mountain Plains Mental Health Technology Transfer Center

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

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

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:

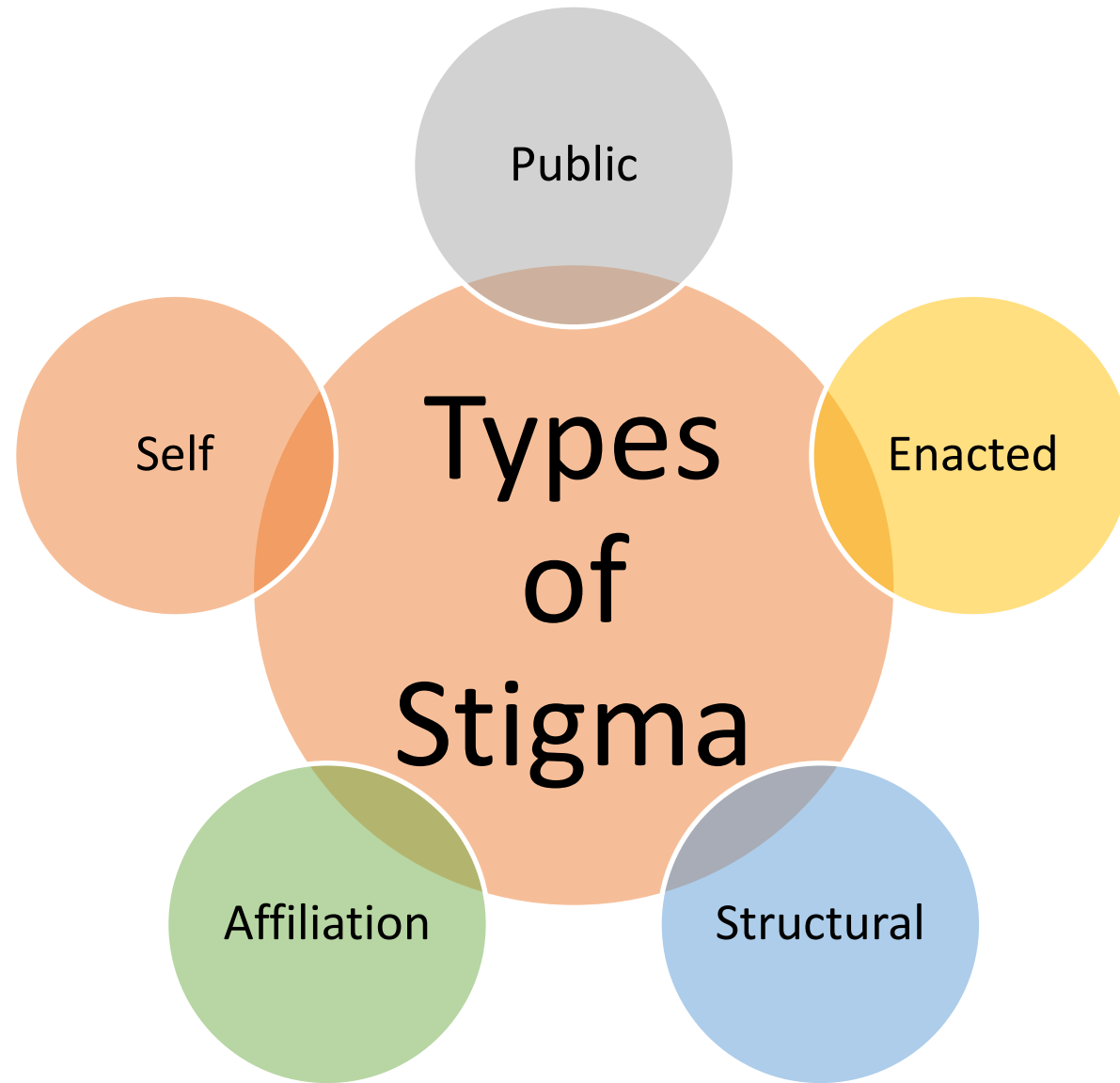
- Define mental health stigma.
- Identify common factors that influence mental health stigma.
- Describe the consequences and impacts of stigma related to accessing mental health treatment.
- Explore techniques to overcome various forms of stigma.



# Mental Health Stigma

- When someone sees a person in a negative way because of **mental illness**.





# 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

THE TREATMENT GAP

## Injecting Drugs Can Ruin a Heart. How Many Second Chances Should a User Get?

A life-threatening heart infection afflicts a growing number of people who inject opioids or meth. Costly surgery can fix it, but the addiction often goes unaddressed.

## HIV positive man deemed a 'danger to society' gets 10-year prison sentence

by Amy Russo | Friday, July 26th 2019

## Jeffrey's journey: An addict's trail from street to cell

San Francisco Chronicle

## Mentally ill man kills father

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## Mental Illness and Mass Murder

The FBI found 70% of shooters had 'stressors' or 'concerning behaviors' prior to the attack.

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

**METRO**

USNews NEWS » News Best Countries Best States Healthiest Communities Cities The Report Photos Events America 2020

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## Opioid-Addicted Babies Cost U.S. More Than \$500 Million Annually

Dec. 16, 21



Hawaii Tribune Herald  
Tuesday, Jan. 21, 2020 88 Today's Paper 77,999  
Hawaii News  
Paddlers say homeless ruining bays  
By CHELSEA JENSEN West Hawaii Today | Monday, January 20, 2020, 12:09 a.m.  
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ANALYSIS

## Crack Babies: Twenty Years Later

May 3, 2010 - 12:00 PM ET  
Heard on Tell Me More

# 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.

### DO SAY

- "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."

### DON'T SAY

- "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."

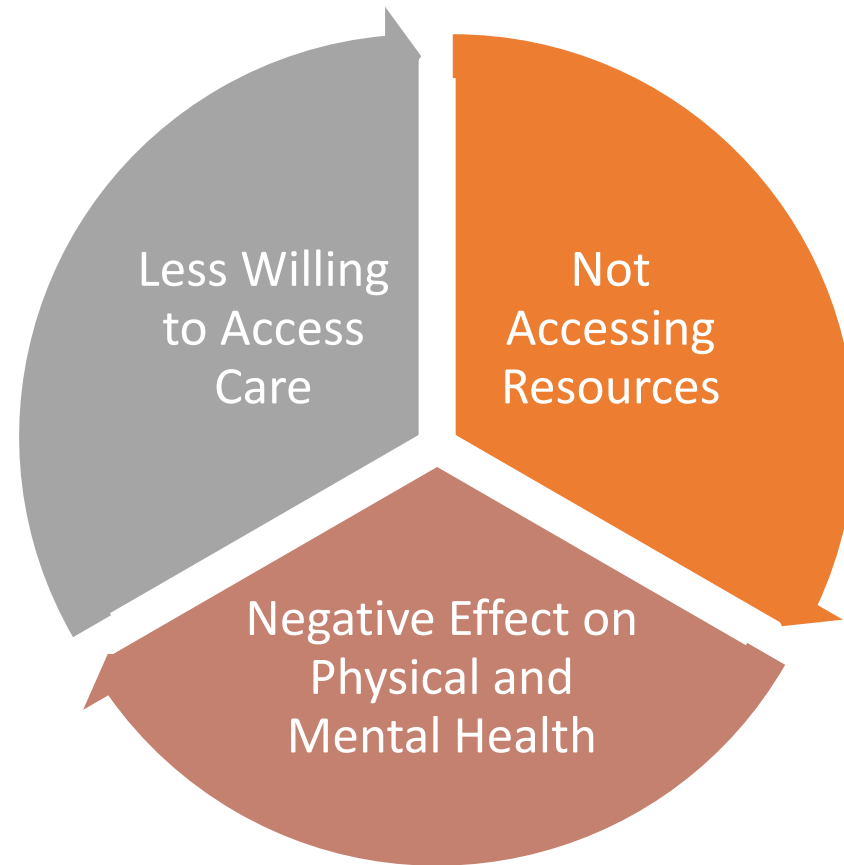


# Consequences of Stigma

- 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



# 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

# ACES can have lasting effects on....



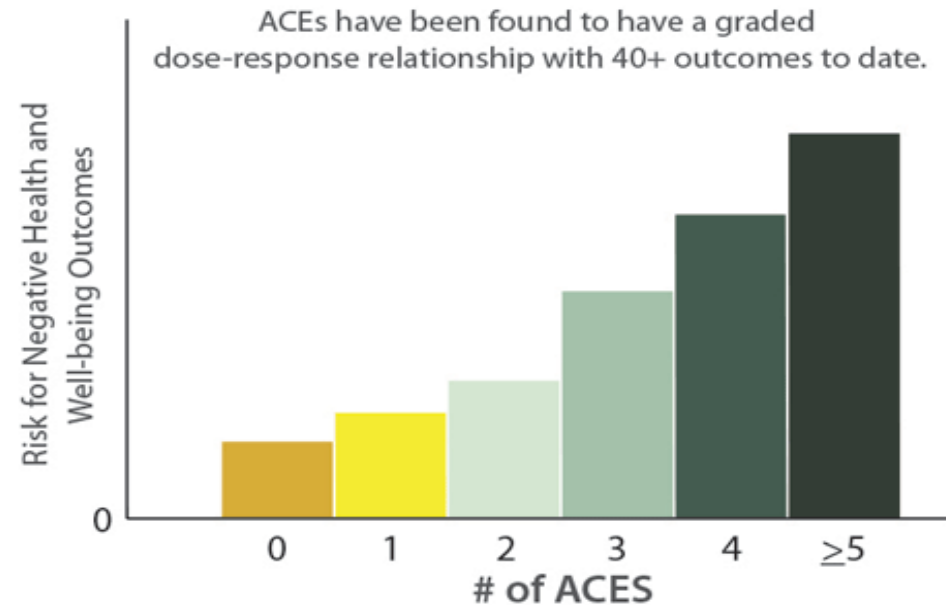
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



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

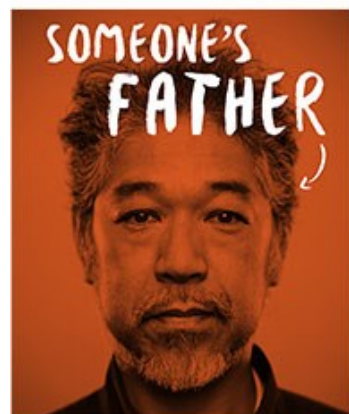


\*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

# “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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