Up To Me - Parents - Curriculum Overview -
Wise Initiative for Stigma Elimination (WISE)

- Nationwide collaborative think tank to identify, implement and evaluate evidence based practices
- Insight, resources and support for stigma reduction
- Most members speak from experience of stigma and recovery
- wisewisconsin.org
This curriculum, formerly known as Honest, Open, Proud program and Coming Out Proud to Eliminate the Stigma of Mental Illness, is a program of NAMI-Chicago.

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This overview of the Up To Me program for Parents will:

1. Walk you through the basics of the five part Up To Me - Parent program series
2. Set the tone for the space we will share during each session
3. Create a foundation of common language that we will use throughout the series
Walking through the key concepts:

- Defining Stigma
- Self-Stigma and its impact on you
- Different types of disclosure
- How to disclose
- Applying this information to your loved one’s story
Setting the tone:

21% of U.S. adults experienced mental illness in 2020 (52.9 million people).
This represents 1 in 5 adults.

5.6% of U.S. adults experienced serious mental illness in 2020 (14.2 million people).
This represents 1 in 20 adults.

16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people).

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

6.7% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2020 (17 million people).

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

NAMI https://www.nami.org/mhstats Mental Health by the Numbers
They are us. They are our children.

- Alcohol Abuse
- Depression
- Eating Disorders
- Schizophrenia
- Anxiety
- Trauma
Creating common language:

- We will use the term “person with a mental illness” or “person living with a mental health challenge.”

- Mental illnesses - health conditions that involve changes in ones’ emotion, thinking or behavior (or a combination of these) and are often associated with distress and/or difficulty functioning in social, school, work, and/or family activities. Mental illness is common.

- Stigma - when a person defines someone by their illness rather than who they are as an individual.

- Self-stigma - the story you tell yourself about the challenges you and your loved one face.

- Disclosure - sharing one’s own story or the story of their child or another loved one.

- Parent - used throughout for simplicity and is intended to refer to any caregiver of a loved one living with a mental health challenge.
Join us next month when we will discuss:

- What stigma is

- How stigma shows up in our society around issues of mental health

- Effects of stigma on those who have experienced a mental health challenge, along with their family members
Questions?

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Thank you!