

Up To Me - Parents - Curriculum Overview -

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ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time

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



Acknowledgements

- ▶ 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.
- ▶ Authors:
 - ▶ Jeaneva L. Ohan
 - ▶ Kim Eaton
 - ▶ Patrick Corrigan, corrigan@iit.edu
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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

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.

Next Month:

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!