

# Up To Me (Parents): Starting the Conversation

*Part 2 of 6*

## *- Defining Stigma -*

Presented by:

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**ROGERS**  
Behavioral Health

**wise** END  
STIGMA  
TOGETHER  
*one story at a time*

## The goals of the Up To Me Program for Parents are to help parents:

Consider

Consider the pros and cons of telling someone about their loved one's mental health challenge.

Know

Know the reason for telling about their loved one's experience

Decide on

Decide on the level of disclosure (sharing) that is right for you

Decide

Decide who in your life has the characteristics of someone you think is safe and trustworthy...IF you choose to tell someone.

## Goals of the Up To Me Program (cont.):

Test

Test the person - bringing up a mental health topic from the media and assess whether the person responds in a way that increases your sense of trust.

Consider

Consider what you will say ahead of time if possible.

Think

Think about what parts of your experience you want to share to support your reason for sharing.

Emphasize

Emphasize strength, recovery and wisdom when sharing

Prepare

Prepare responses just in case the person does not respond as you had hoped.

# Goals for today's presentation:

Define	Talk about	Discuss
Define stigma	Talk about how mental health stigma shows up in our society	Discuss effects of stigma on a child with a mental health challenge - And stigma of the parent.

# They are us! They are our children!

- ▶ 21% of U.S. adults experienced mental illness in 2020 (52.9 million people). This represents 1 in 5 adults.
- ▶ 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- ▶ 50% of all lifetime mental illness begins by age 14, and 75% by age 24



# Stigma

## Definition

- ▶ Stereotype-ideas
- ▶ Prejudice-beliefs
- ▶ Discrimination-actions

## Types

- ▶ Public
- ▶ Perceived Stigma
- ▶ Self- Stigma
- ▶ Label Avoidance
- ▶ Stigma by Association
- ▶ Structural

# Internalized Shame/Self Stigma

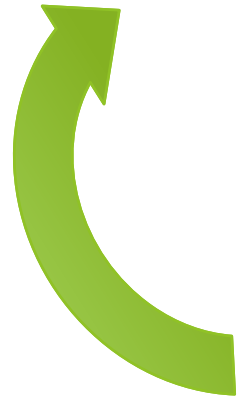
Public Stigma



↓ self esteem  
**I am not good**

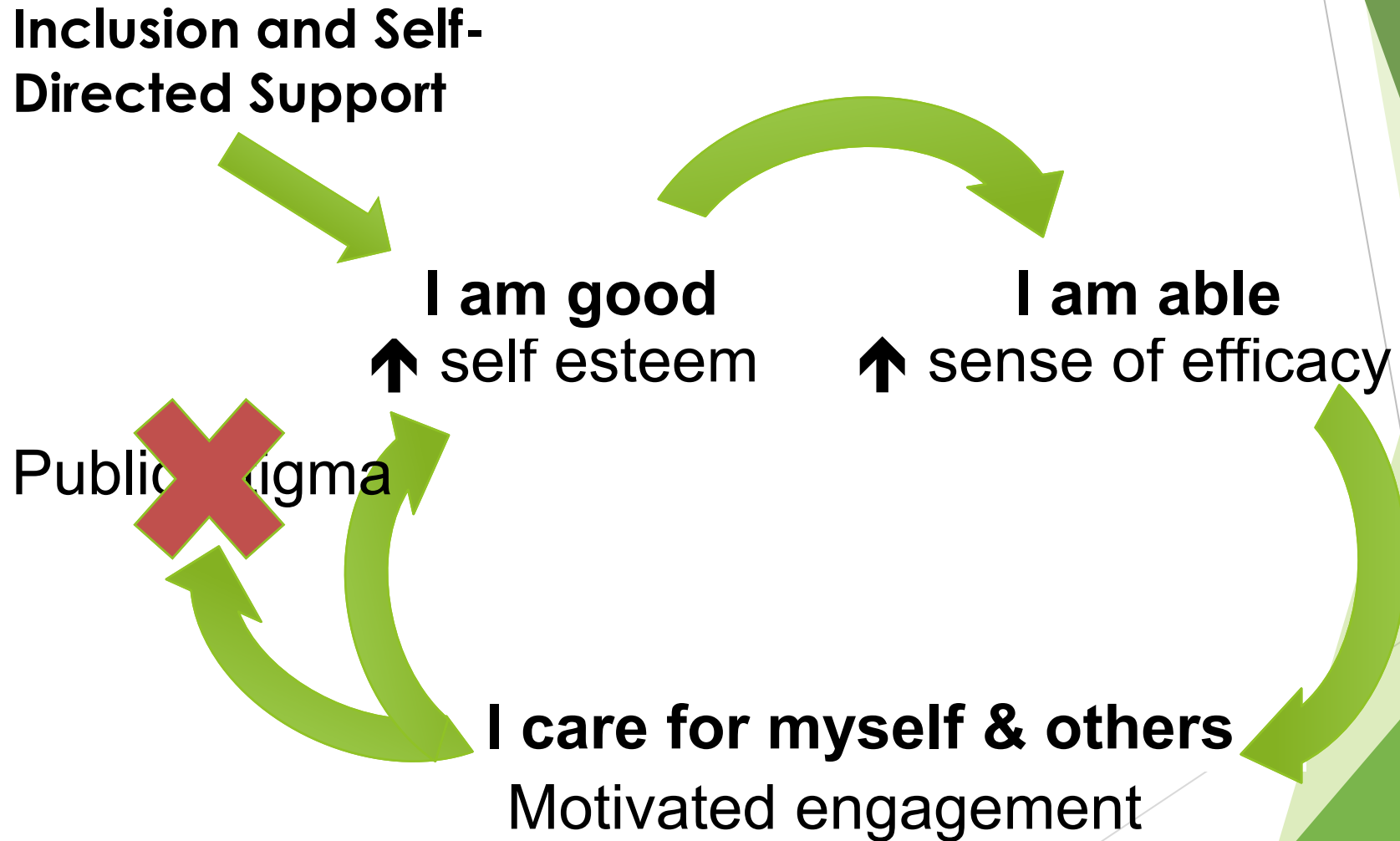


↓ sense of efficacy  
**I am not able**



**So, why try?**  
avoidance, anger and apathy

# Reversing Self and Public Stigma





# Break the Stigma

We can break the stigma.



# Stigma Change Processes

- ▶ Protest
- ▶ Education
- ▶ Contact





# Contact



There are many other ways in which you can help to reduce stigma and support yourself and your loved ones - with or without disclosing your story:

See	See the person not the illness
Strive	Strive to listen and understand
Use	Use respectful language
Offer	Offer your support to others during their mental health struggles and recovery
Encourage	Encourage equality in how people perceive physical and mental illness

Please join my colleague, Emily Jonesberg, next month as she discusses:

## **Self Stigma and it's impact on you**

This session will further explore the concept of self-stigma, the story you tell yourself about the challenges you and your loved one face.

Participants will have the opportunity to:

- Identify the negative narratives one has told themselves
- Challenge the negative narratives one has told themselves
- Explore alternatives to the negative narratives one has told themselves



# Questions?

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**Thank you!**