Up To Me (Parents): Starting the Conversation

Part 2 of 6

- Defining Stigma -

Presented by:
Sharon M Dossett, MBA, MSW, CAPSW
The goals of the Up To Me Program for Parents are to help parents:

<table>
<thead>
<tr>
<th>Decide</th>
<th>Decide who in your life has the characteristics of someone you think is safe and trustworthy...IF you choose to tell someone.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know</td>
<td>Know the reason for telling about their loved one’s mental health challenge.</td>
</tr>
<tr>
<td>Decide on</td>
<td>Decide on the level of disclosure (sharing) that is right for you</td>
</tr>
<tr>
<td>Consider</td>
<td>Consider the pros and cons of telling someone about their loved one’s mental health challenge.</td>
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</table>
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:

<table>
<thead>
<tr>
<th>Define</th>
<th>Talk about</th>
<th>Discuss</th>
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<tbody>
<tr>
<td>Define stigma</td>
<td>Talk about how mental health stigma shows up in our society</td>
<td>Discuss effects of stigma on a child with a mental health challenge - And stigma of the parent.</td>
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</table>
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

- Public stigma
- Inclusion and Self-Directed Support
- I am good
  - ↑ self esteem
- I care for myself & others
  - Motivated engagement
- I am able
  - ↑ sense of efficacy
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:

<table>
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<tr>
<th>See</th>
<th>See the person not the illness</th>
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<tbody>
<tr>
<td>Strive</td>
<td>Strive to listen and understand</td>
</tr>
<tr>
<td>Use</td>
<td>Use respectful language</td>
</tr>
<tr>
<td>Offer</td>
<td>Offer your support to others during their mental health struggles and recovery</td>
</tr>
<tr>
<td>Encourage</td>
<td>Encourage equality in how people perceive physical and mental illness</td>
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</tbody>
</table>
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!