

Up To Me (Parents): Starting the Conversation

Part 4 of 6

- Different Types of Disclosure -

Presented by:

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ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time

Goals for today's presentation:

Learn

Learn the various types of disclosure

Explore

Explore the advantages of each type of disclosure

Consider

Consider the disadvantages of each type of disclosure

5 TYPES OF DISCLOSURE

SOCIAL AVOIDANCE



PRIVACY



SELECTIVE DISCLOSURE



OPEN DISCLOSURE



BROADCASTING YOUR EXPERIENCE

Rogers InHealth: 5 Stages of Disclosure



YouTube > Rogers Behavioral Health
March 23, 2021

SOCIAL AVOIDANCE:

Not telling anyone about your child's challenges and avoid situations where people may find out about it. Because this would include school, you may decide to homeschool your child.

- ▶ **PROS** - You don't encounter people who will unfairly harm you.
- ▶ **CONS** - You lose the opportunity to meet new people who may possibly be supportive

PRIVACY:

Participating in work and community situations but keeping your child's challenges a secret.

- ▶ **PROS** - Like social avoidance, you withhold information about your mental health challenge from others. But, you don't avoid important things like participating in sports or friendships in the process.
- ▶ **CONS** - Some people feel guilty about keeping secrets. You may also receive less support from others because they are unaware of your mental health challenge.

SELECTIVE DISCLOSURE:

Disclosing your child's challenges to selected individuals, like their child's teacher and your close friends, but not to everyone.

- ▶ **PROS** - You find a small group of people who will understand your experiences and provide support.
- ▶ **CONS** - You may disclose to some people who then hurt you with the information. You may have difficulty keeping track of who knows and who doesn't.

OPEN DISCLOSURE:

Making the decision to no longer conceal your child's challenges; this does not mean, however, that you are telling everyone everything.

- ▶ **PROS** - You don't worry who knows about your problems. You are likely to find people who will be supportive.
- ▶ **CONS** - You may tell people who then hurt you with the information. People who you have disclosed to may break your confidentiality and tell others

BROADCASTING YOUR EXPERIENCE

Actively seeking out and educating people about your child's challenges.

- ▶ **PROS** - You don't have to worry who knows about your history of mental health challenges. You are promoting a personal sense of empowerment in yourself. You are striking a blow against stigma.
- ▶ **CONS** - You are going to encounter people who may try to hurt you with this information. You are also going to meet people who disapprove of your political statement.

Consider the 5 disclosure choices in groups YOU are a part of...

My Pros and Cons of the 5 Choices of Disclosure

Setting [ex. work, running group, Sunday dinner w/family] _____

Social
Avoidance

Pros

Cons

Privacy

Pros

Cons

Selective
Disclosure

Pros

Cons

Open
Disclosure

Pros

Cons

Broadcast

Pros

Cons

5 TYPES OF DISCLOSURE

SOCIAL AVOIDANCE



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graph TD; A[SOCIAL AVOIDANCE] --> B[PRIVACY]; B --> C[SELECTIVE DISCLOSURE]; C --> D[OPEN DISCLOSURE]; D --> E[BROADCASTING YOUR EXPERIENCE]
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PRIVACY

SELECTIVE DISCLOSURE

OPEN DISCLOSURE

BROADCASTING YOUR EXPERIENCE

Disclosure choices when someone else brings up the subject to you:

- ▶ Giving a medical explanation: My child has a chemical imbalance that their health care providers are trying to figure out
- ▶ Do not respond
- ▶ Use humor
- ▶ Make up another reason for your child's depression: Saying that your child has indoor/outdoor allergies or that they spend too much time playing video games to explain their fatigue

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

How To Disclose

Should someone decide to disclose their story or that of a loved one, this section addresses how to do so.

Emily will walk you through:

- ▶ How to select a person to share one's story with, how to share in a way that honors their reason for sharing, and which parts of their story to tell
- ▶ How to cope if the wanted response is not given
- ▶ The delicate balance of sharing a loved one's story that both honors the loved one's decisions around disclosure *and* provides an opportunity for the parent or caregiver to receive support



Questions?

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Thank you!