



Overcoming Stigma

Peggy Reed-Lohmeyer, MSW, LCSW

Fulton State Hospital

Overcoming Stigma Team Chair

Learning Objectives

- Participants will be able to identify negative impacts of stigma
- Participants will be able to identify creative ways to lessen stigma



Predictors of Stigma

- Lack of education
- Misinformation
- Negative media portrayals
- Prejudices
- Biases

Correlates of Stigma

- Beliefs that people with mental illnesses are:
 - Dangerous
 - Unintelligent
 - Cannot recover
 - Hard to understand
 - All homeless
 - Have substance abuse issues
 - Violent

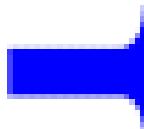
Negative Effects of Stigma

- Rejection and discrimination
- Expect to be treated poorly by the general public
- Have reduced life satisfaction
- Feel that they are treated as less competent compared to others
- Are advised to lower their expectations of themselves
- Report being shunned or avoided

Negative Effects of Stigma

- Have lower self esteem and confidence in general
- less likely to disclose information about their illness
- More likely to avoid social contact
- Less likely to apply for a job of higher education
- Less likely to trust others
- Experience persistent increased anxiety and depression due to their experiences associated with stigma

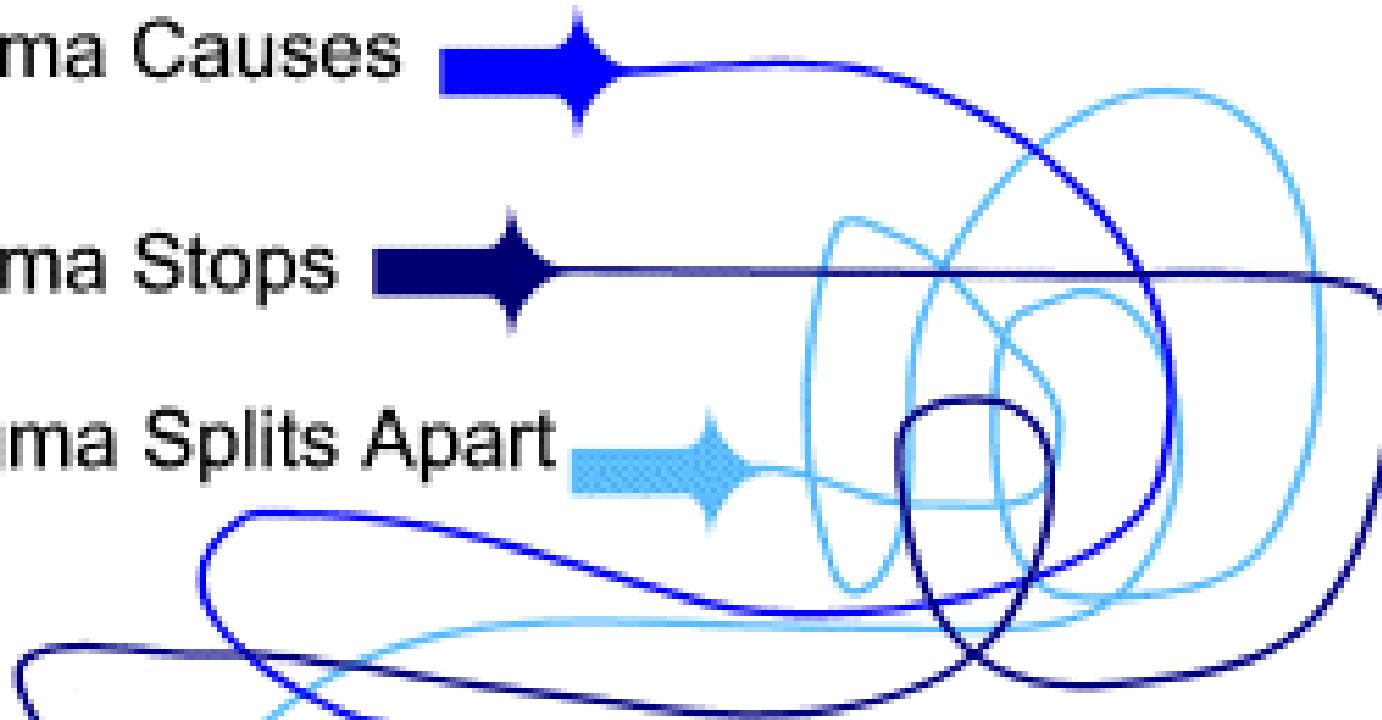
Stigma Causes



Stigma Stops



Stigma Splits Apart



■ Fear, Mistrust, Discrimination

■ People getting the help they need

■ Families & Friends

Positive Effects of Stigma

- May speak up & try to educate others
- Being able to turn negative encounters into positive ones, shows how strong they are
- Individual coping strategies developed

Evidence

Results from a study done in 1996, surveying 1,031 patients showed:

- 25% suffered from a diagnosis of bipolar disorder
- 19% with a diagnosis of schizophrenia
- 15% had a major depressive diagnosis

Evidence continued

- Approximately 80% had overheard people making hurtful or offensive comments about mental illness
 - half reported noticing these often or very often
- 77% reported seeing hurtful portrayals or representations of people with mental illness in the media
 - nearly half (47%) saying that they saw this very often or often

Evidence continued

- 3 out of 10 people said they were discriminated against when applying for insurance
- 7 of 10 respondents noted they had been treated as less competent by others once people found out about their illness

Evidence continued

- 27% reported having been advised to lower their expectations about their future and jobs and to apply for ones beneath their education levels
- 28 out of 100 people said they felt stigma from the people who were supposed to be caring for them

Evidence continued

When asked what they wanted people to know, one respondent said: "Try to be understanding and compassionate. Whenever you hear that somebody's got a mental illness, don't act like they've died or like they're worthless or they're no good anymore, like they're ruined; treat them as valuable human beings"

Evidence continued

Why we must intervene: This study shows that stigma can cause hurt, anger, depression, and harm an individual's self esteem. It causes people to withhold information and not strive toward bettering their life because people tell them they cannot or will not succeed.

Overcoming Stigma Team

- Pillows of Unrest
- See Inside of Me
- Nature Photo Contest
- Pillows of Hope
- Art Show

“Pillows of Unrest”

Mental health consumers depict
on pillowcases their stories of
struggle and recovery

“Pillows of Unrest” History

- Started on East Coast, by Frank Marquit
 - National Artists for Mental Health
- Altered States of the Art website provides information now
 - <http://www.alteredstatesofhearts.com/>

“Pillows of Unrest” History at FSH

- National Association of State Mental Health Program Directors conference
 - Marty Martin-Forman, COO
 - Sharon Britten, Client Advocate
- Strategic Planning Team

Why a pillowcase:

For any person who has experienced almost any kind of suffering whether it be a developmental disability, substance abuse, or mental illness, the resting of one's head on a pillow represents a time when the person lays down his/her troubles and lets his/her true feelings and frustrations out.

The quote:

“In desperation, we lie down and rest out weary heads on our pillows. If those pillows could talk, they would talk, they would tell the story of struggle, one that begins within, but is often fed by an environment that lacks understanding. It is our purpose to give voice to these separate and lonely struggles through the Pillows of Unrest Project and the exhibition of these pillowcases.”

National Artists for Mental Health



Why an Art Exhibit:

- Introduces the public to the talents and abilities of people with handicaps
- Inspires public awareness of disabilities & recovery
- Reduces stigma of being different

Where displays have been:

- Real Voices-Real Choices consumer conference
- Chamber After Hours
- Guhleman Forensic Center Open Houses
- Blue Grass & BBQ (annually)
- Mental Health Champions Banquet
- Callaway Bank Window Display
- Callaway County Public Library (annually)
- William Woods University
- Out of the Darkness Walk (annually)

Displayed on FSH's Front Lawn





Downtown Fulton Window Front



Library Display



Where virtual displays have been:

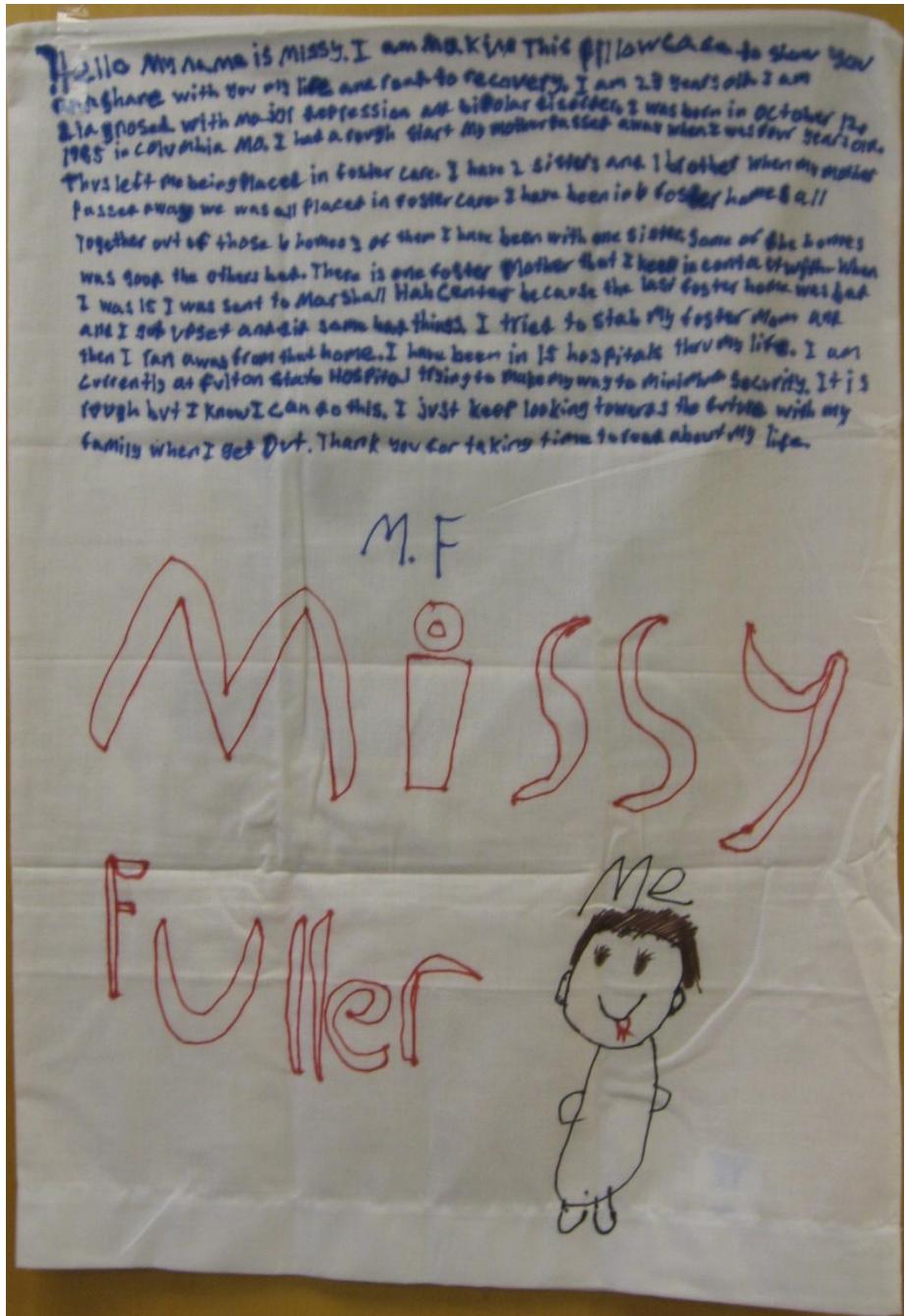
- Altered States of the Art
- Alternatives 2009 National Conference
- Art House in Fulton
 - <http://www.arthousefultonmo.org/>
- Fulton State Hospital's website:
<http://dmh.mo.gov//fulton/index.htm>



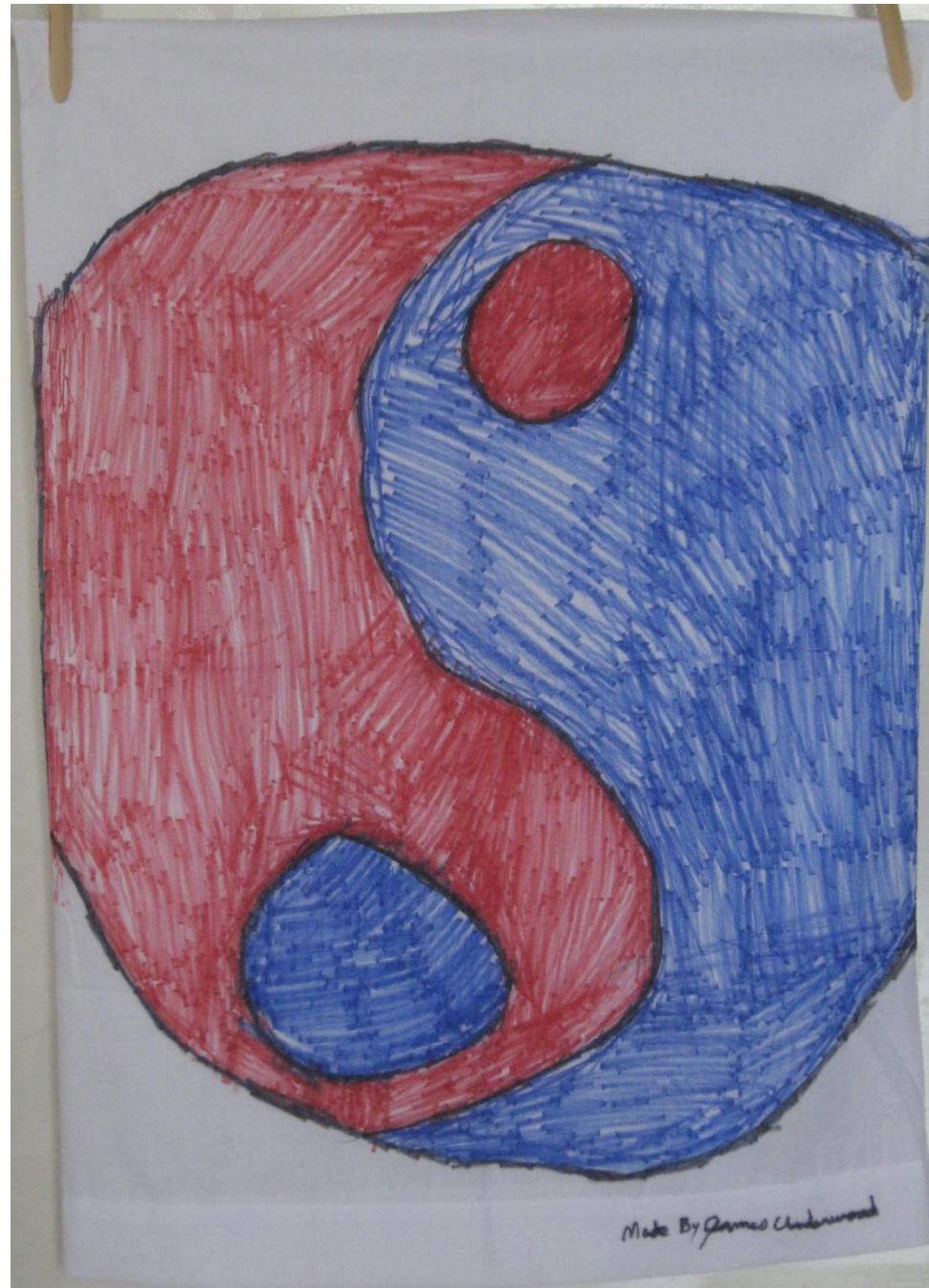
What we learned the first year:

- We have very talented clients
 - We did know this, but the extent of talent and creativity at times did surprise us
- Artistic talent and creativity take different forms
- Our clients like being able to sign their full name
- Art is equalizing
 - Those creating it
 - Those experiencing it
- It helps to know the story behind the art

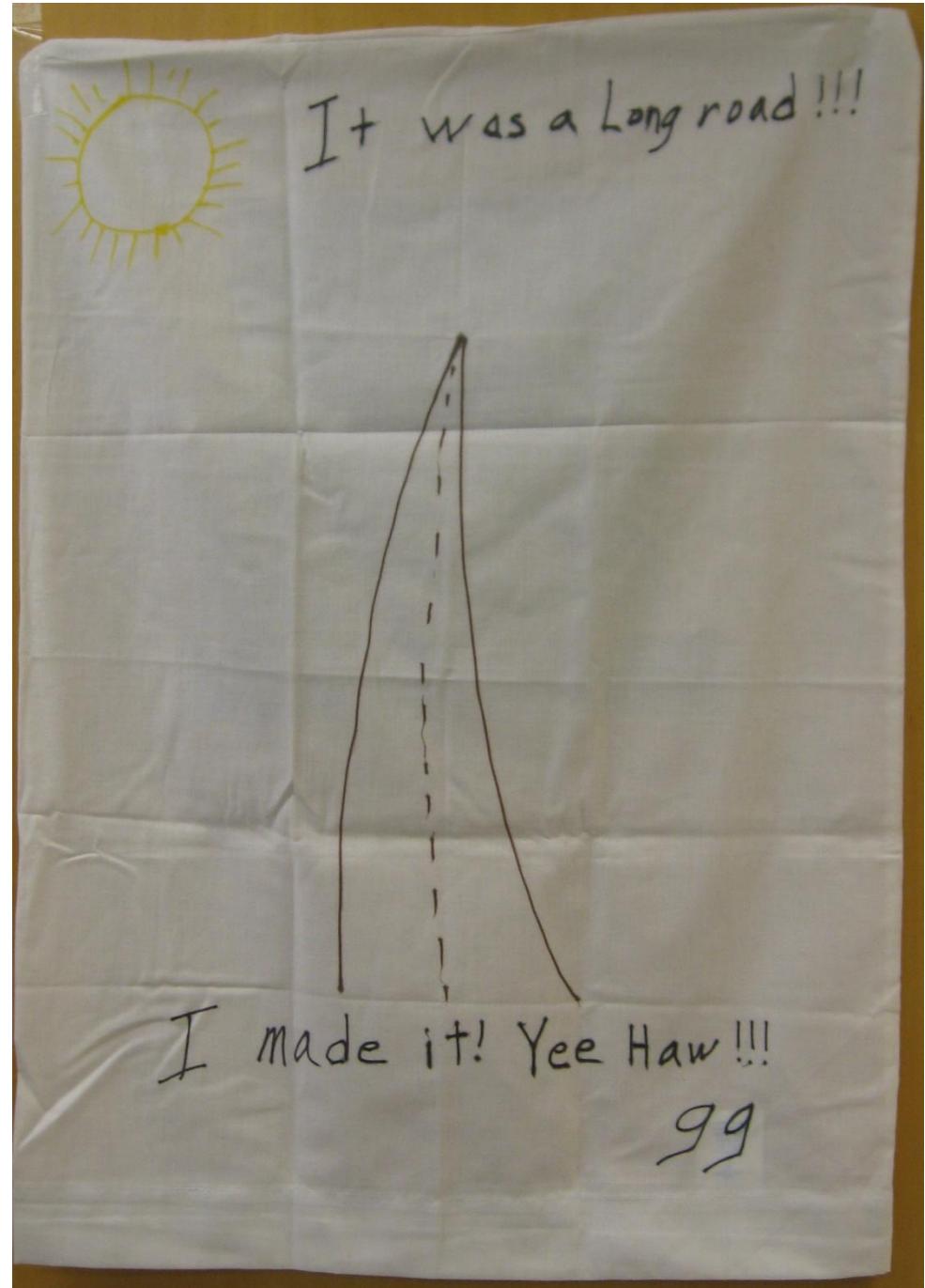
Missy was proud to sign her work



Then & Now



Some
speak very
clearly for
themselves



This pillow
case was a
collaborative
effort by two
clients.



Some
were not
explained



What impact it has had:

- Viewing the pillowcases has made our clients real to people who otherwise would not meet them.
 - “I drive by this place every day, but never knew who was behind the fences.”
 - “They have had such hard lives. No wonder they have problems.”
 - “That could have been any of us.”

The letter:

A woman who attended our last Bluegrass & BBQ festival wrote a letter to our COO

“TO CLIENTS AND Workers,

Today I came to F.S.H. for a Bluegrass show. The music was great, but much more important was the people whom I got to know a little by reading their pillow cases. Just wanted to tell you how much I enjoyed your art work, your thoughts, and sharing your feeling. Your words made a big difference in my day, you made my day better!

So, this day I, am praying God will Bless each of you and He makes the moments add up to better days!

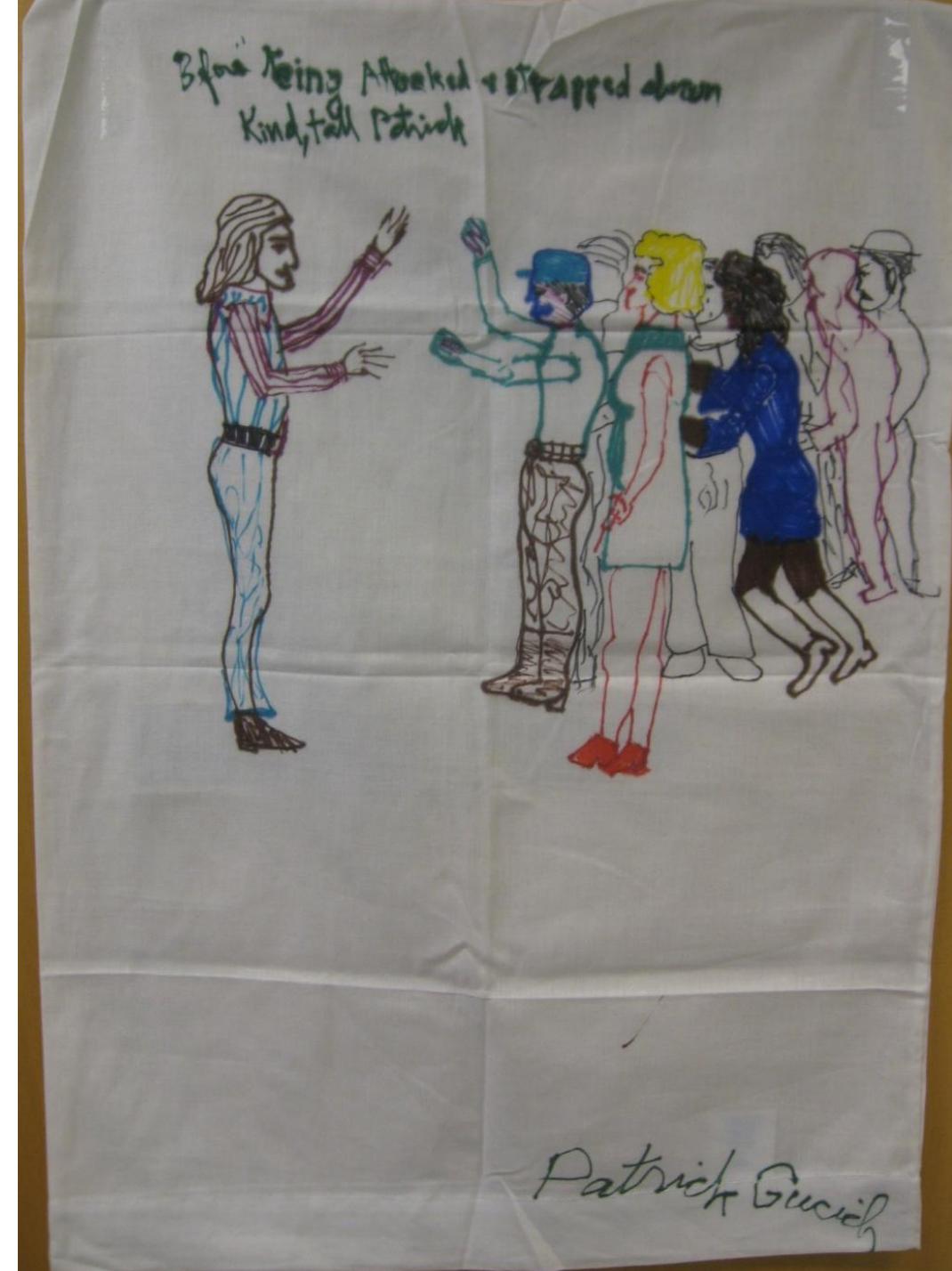
Put simply you Guys gave me a gift that touched my heart and soul.

Thank You very very much!

Sue

p.s. a special thanks to the young man who took time to explain his art work to me.”

Patrick's pillow case





The storm of mental illnesses can turn our colorful lives into
a mud puddle of symptoms and of sicknesses.

Luke Trotter

OUT OF SIGHT & OUT
OF MIND.





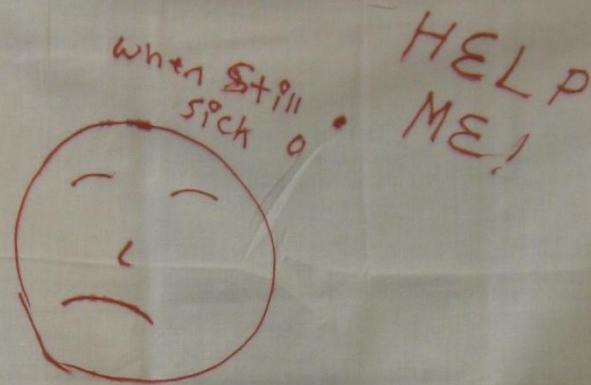
Sometimes love is hard

to give

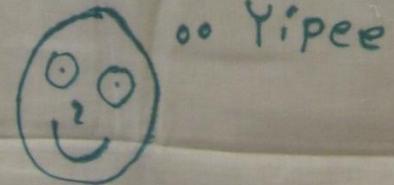
16rine.
1/69



From
Robert
5/27

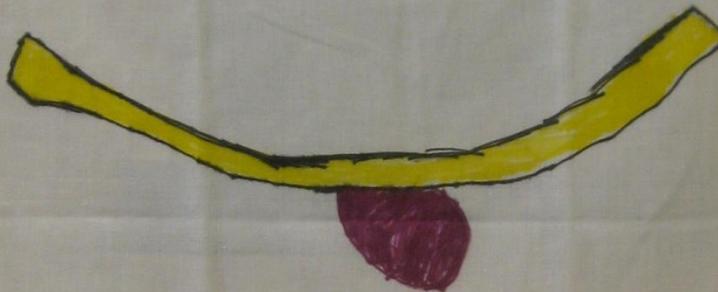


Sad Depressed Anxious



when
Recovering

Happy Glad Ecstatic



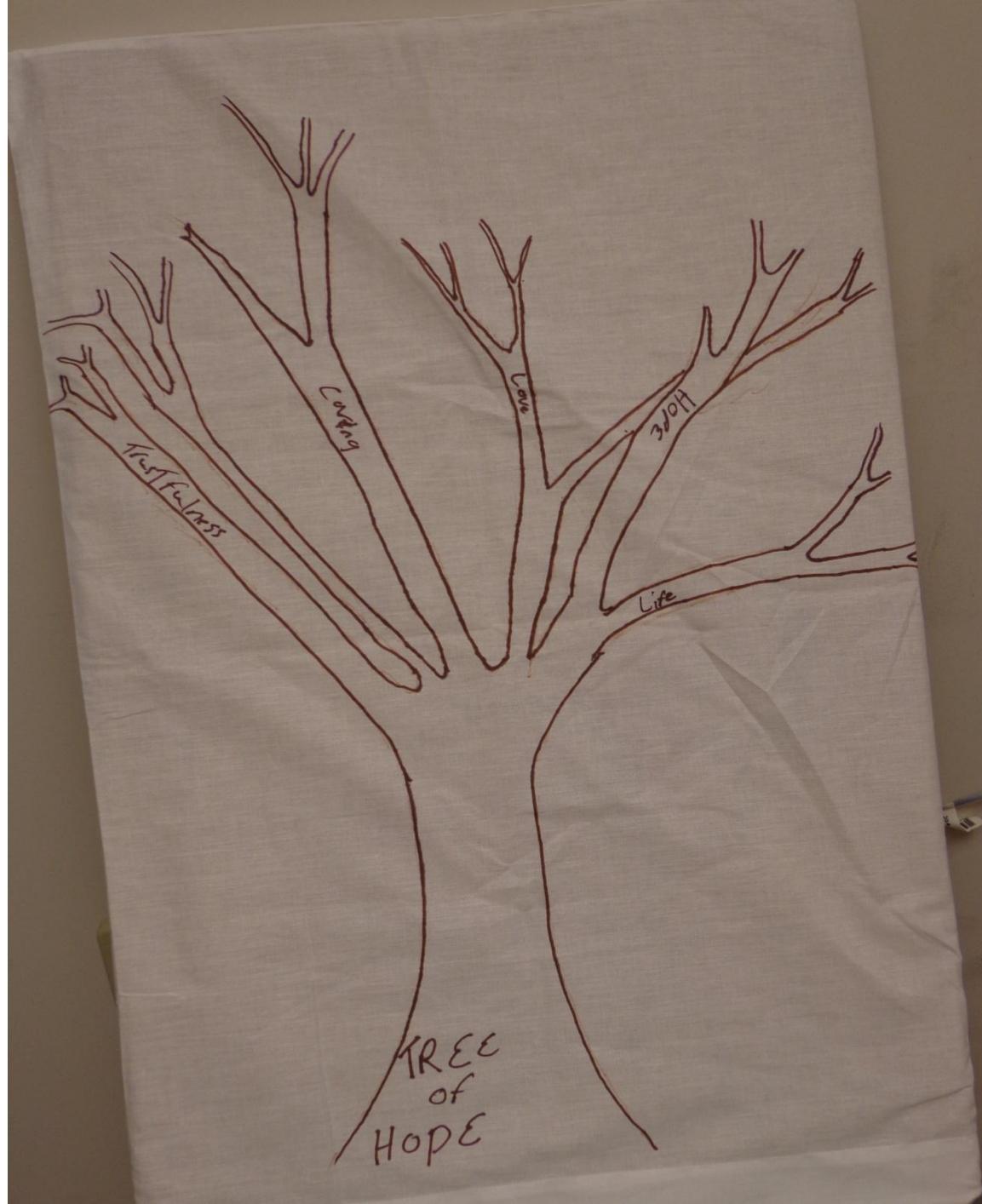
Ryan

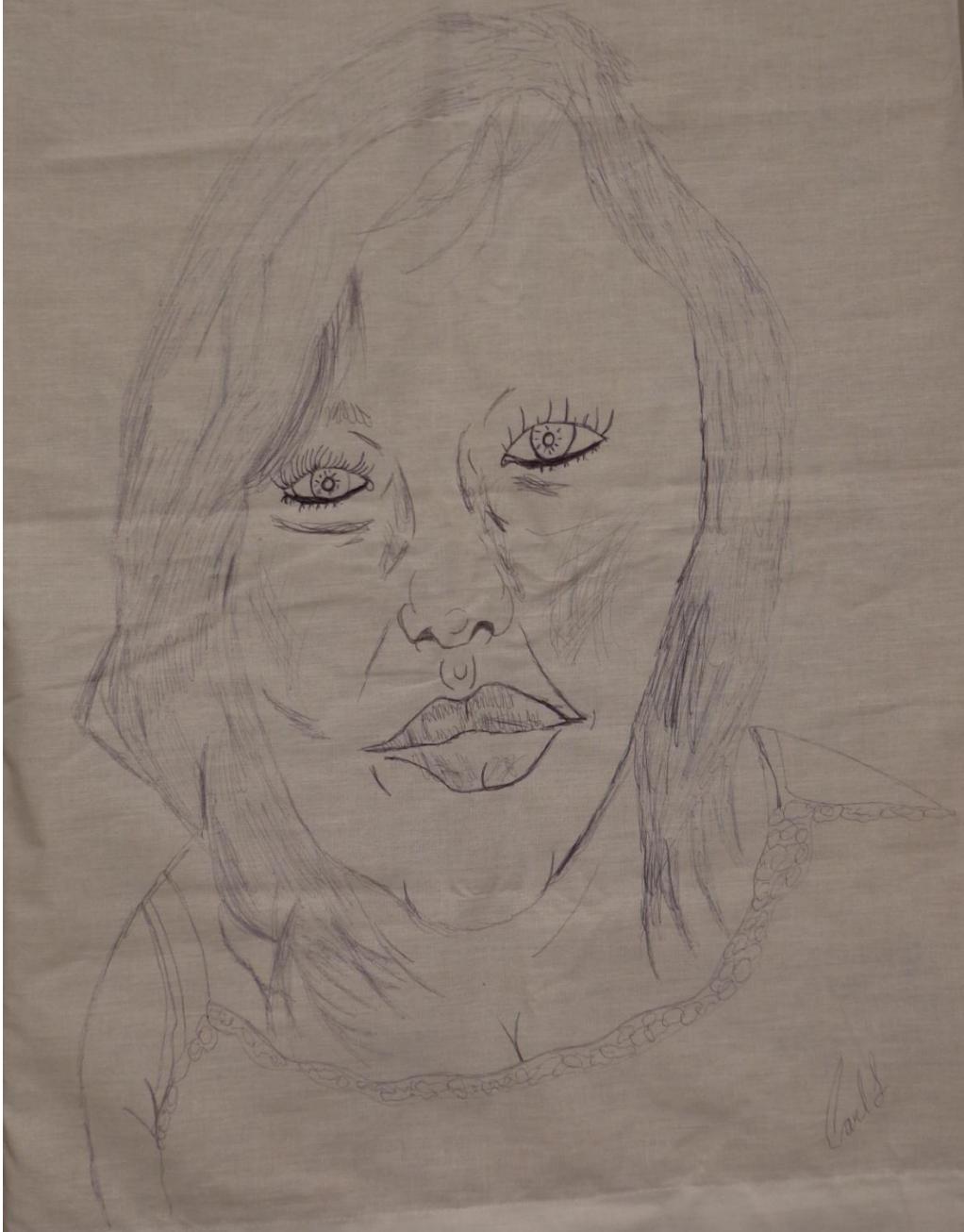
~~MEDICATED~~

PROPERTY OF
FULTON State HOSPITAL

Pillows of Hope

- Altered States of the Arts saw a shift in what was being shared
 - Once, “Unrest”
 - Now, “Hope”





INCREDIBLE HOPE



Even through the dark vines of
imprisonment,

My heart shines bright.



HOPE

HELPING OTHERS IN NEED

OFFRING SUPPORT for CHARABLE ORGANZANS

PEACEFUL RELATIONSHIP

EVER DAY THERE'S SOME HEART BROKEN.
THAT NEEDS SUPPORT & LOVE

R.W.

HOPE is like a tree
IT is very much alive





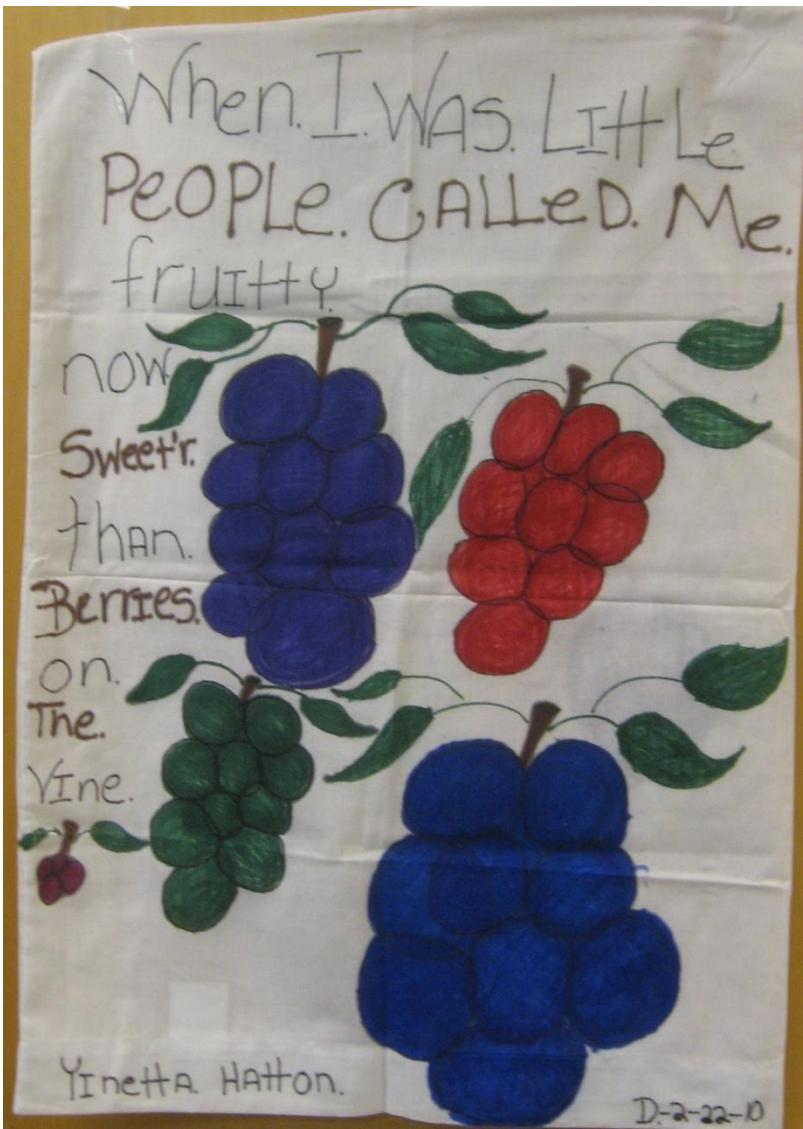
Across Time

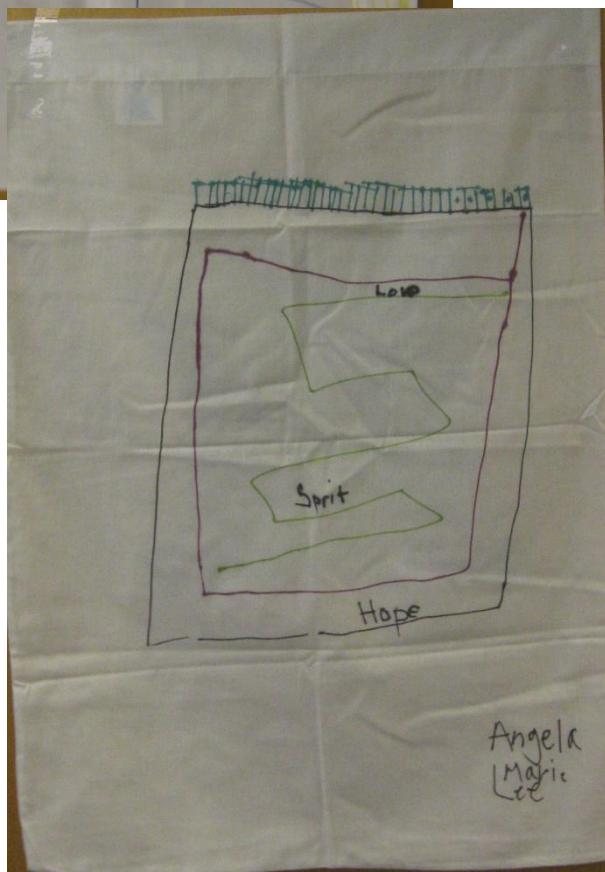
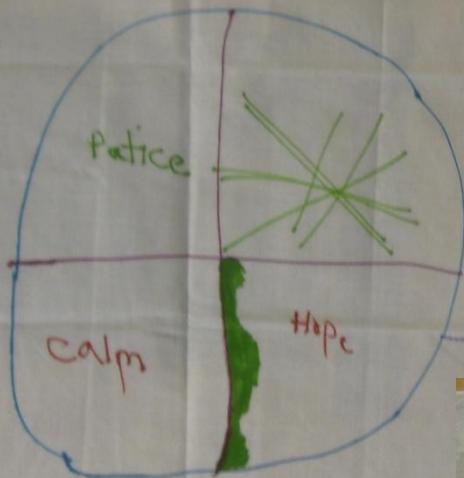


CHANGING VIEWS

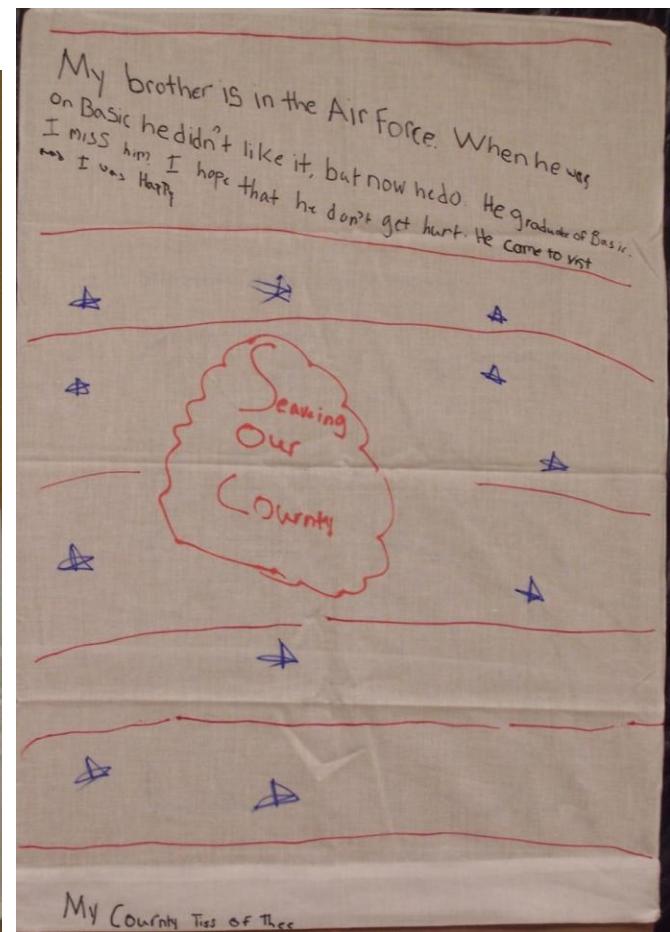


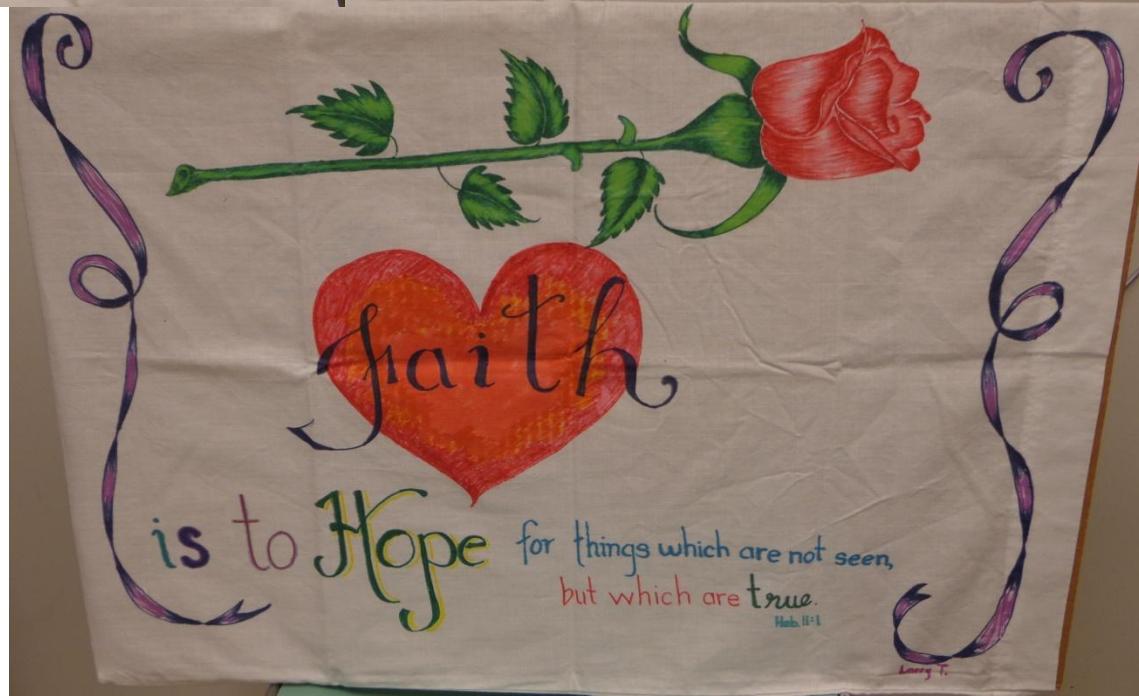
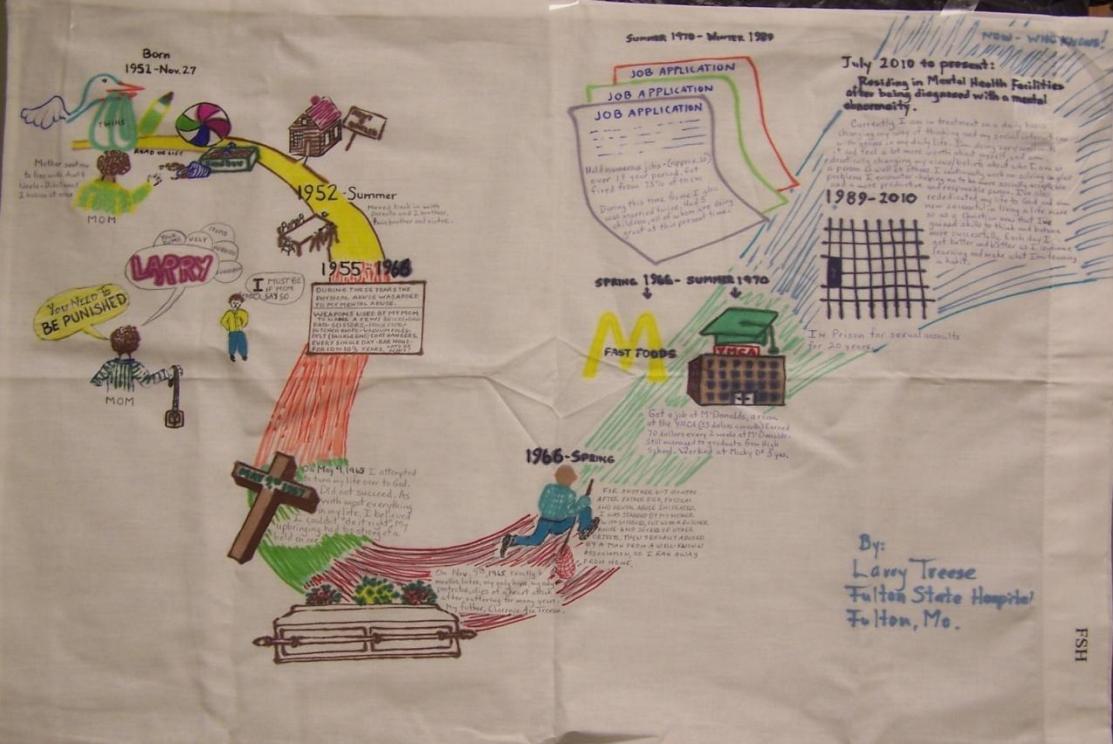
From a ball &
chain to sweet'r
than berries on
the vine.

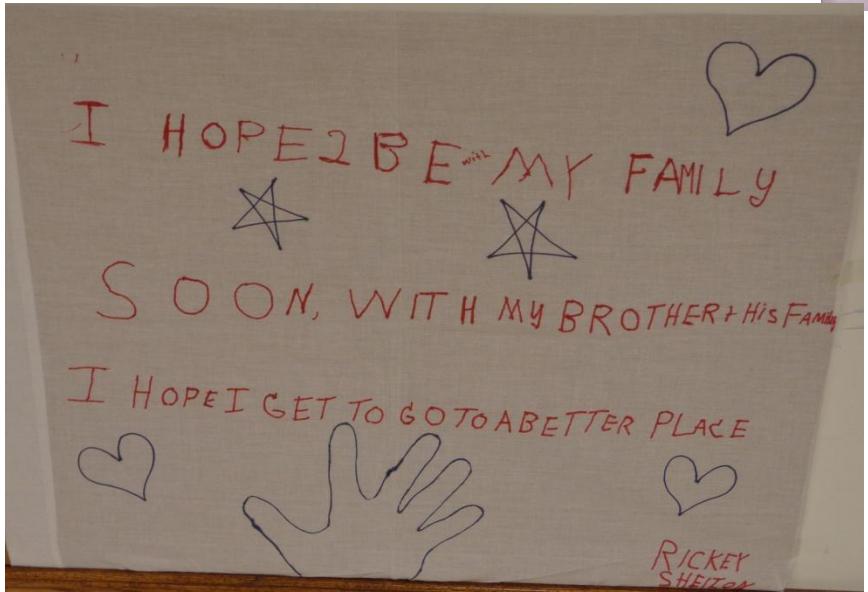
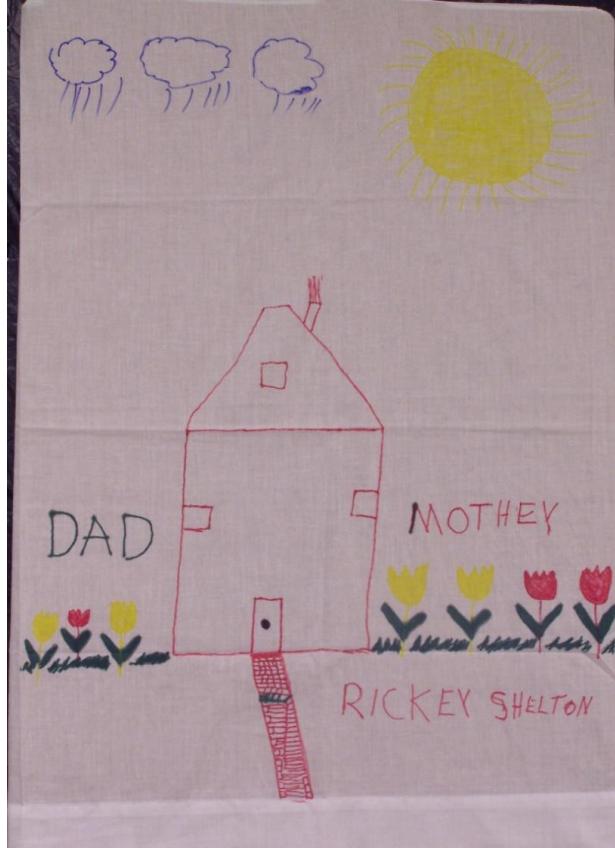




Three years work
of pillow cases.



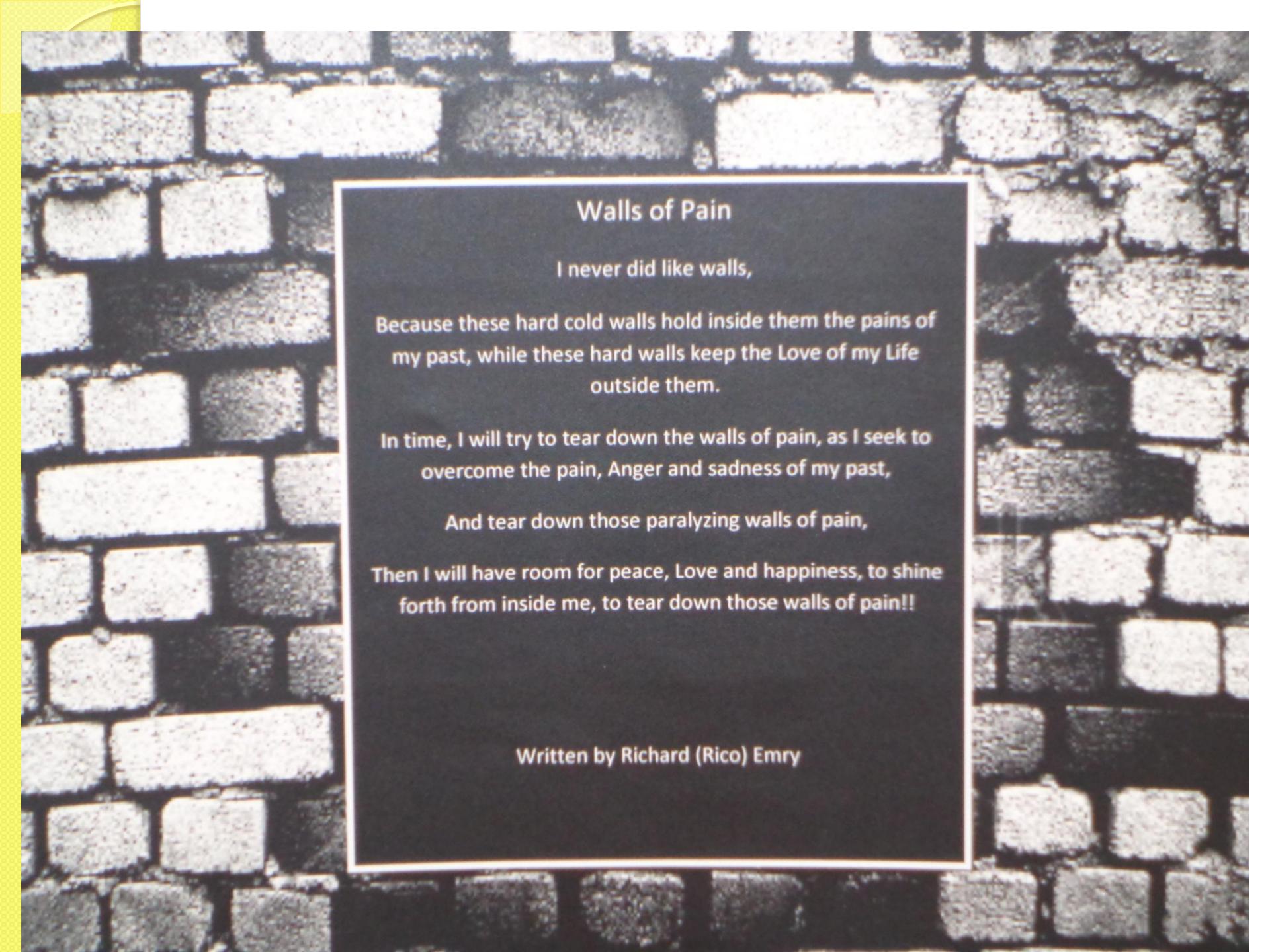




2014 Art Project

- More traditional art
- Art show in gallery
 - Show: May 7-21st
 - Reception: May 15th, 5pm-7pm
- Will look for new venues to display art





Walls of Pain

I never did like walls,

Because these hard cold walls hold inside them the pains of
my past, while these hard walls keep the Love of my Life
outside them.

In time, I will try to tear down the walls of pain, as I seek to
overcome the pain, Anger and sadness of my past,

And tear down those paralyzing walls of pain,

Then I will have room for peace, Love and happiness, to shine
forth from inside me, to tear down those walls of pain!!

Written by Richard (Rico) Emry

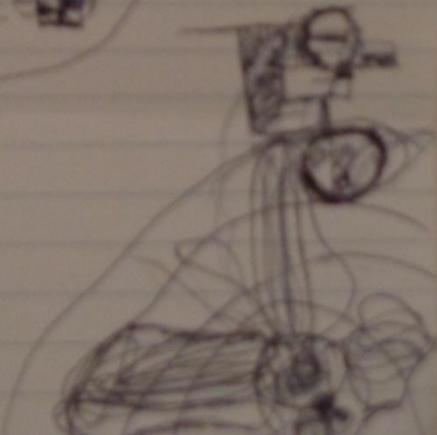
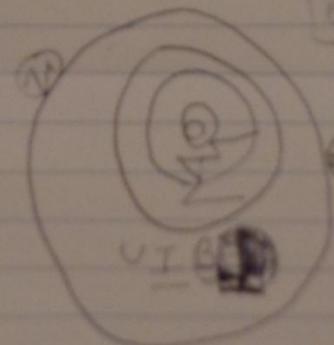
I+ never ever

Tonight I found out that
I live in this place
live with all ~~the~~ lady
now, is what I heard though
he grapevine. ☺

However I don't understand
what the meaning is of the
pictures of alien, ~~the~~ Syborgs and such, that I
saw in a National Geographic
magazine. How it really been
that long? I guess time flies
when your having fun.



that is what went
my mom told me
in Chicago City
concert, and my Grandpa
told me who died, ~~he~~ I
see - he is. Now yesterday my
mother who died we live free
to take it back ~~to~~ ~~to~~
Cutt







Questions & comments:

Please feel free to ask questions
and to share your thoughts &
comments.

Research Information:

Research information on Mental Illness & Stigma was provided as part of a learning project completed by BSW students in a research class at the University of Missouri-Columbia. Their references are listed on the last slide.

References:

Manderscheid, R., Delvecchio, P., Marshall, C., Palpant, R. G., Bigham, J., Bornemann, T. H., Kobau, R., & Zack, M. Centers for Disease Control and Prevention, (2010). *Attitudes toward mental illness -- 35 states, district of columbia, and puerto rico, 2007* . Retrieved from Centers for Disease Control and Prevention website: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5920a3.htm>

Missouri Department of Mental Health. (2013). *Welcome to fulton state hospital*. Retrieved from Missouri Department of Mental Health website: <http://dmh.mo.gov/fulton/>

National Alliance on Mental Illness. (2013). *Dual diagnosis: Substance abuse and mental illness*. Retrieved from http://www.nami.org/Content/ContentGroups/HelpLine/Dual_Diagnosis_-_Substance_Abuse_and_Mental_Illness.htm

National Alliance on Mental Illness. (2013). *Mental illnesses: Depression symptoms, causes, diagnosis*. Retrieved from <http://www.nami.org/Template.cfm?Section=Depression&Template=/ContentManagement/ContentDisplay.cfm&ContentID=89096>

National Alliance on Mental Illness. (2013). *Spending money in all the wrong places: Jails & prisons*. Retrieved from http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Public_Policy/Policy_Research_Institute/Policymakers_Toolkit/Spending_Money_in_all_the_Wrong_Places_Jails.pdf

National Coalition for the Homeless. (2006, June). *Mental illness and homelessness*. Retrieved from http://www.nationalhomeless.org/publications/facts/Mental_Illness.pdf

Substance Abuse and Mental Health Services Administration. (2006). *Prevalence of illicit substance and alcohol use*. Retrieved from Substance Abuse and Mental Health Services Administration website: http://www.samhsa.gov/data/StatesInBrief/2k9/MISSOURI_508.pdf

Substance Abuse and Mental Health Services Administration, *Results from the 2010 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-41, HHS Publication No. (SMA) 11-4658. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2011

Substance Abuse and Mental Health Services Administration. (2006). *Social acceptance is key to mental health recovery*. Retrieved from Substance Abuse and Mental Health Services Administration website: <https://store.samhsa.gov/shin/content/SMA07-4257/SMA07-4257.pdf>

Wahl, O. F. (1999). Mental health consumers' experience of stigma. *Schizophrenia Bulletin* , 25(3), 467-478. doi: <http://dx.doi.org/10.1093/oxfordjournals.schbul.a033394>

Wier, L. M., Pfuntner, A., Maeda, J., Stranges, E., Jagadish, P., Collins Sharp, B., & Elixhauser, A. Agency for Healthcare Research and Quality, (2009). *Hcup facts and figures: Statistics on hospital-based care in the United States, 2009*. Retrieved from the Agency for Healthcare Research and Quality website: http://www.hcup-us.ahrq.gov/reports/factsandfigures/2009/pdfs/FF_report_2009.pdf