



# Overcoming Stigma

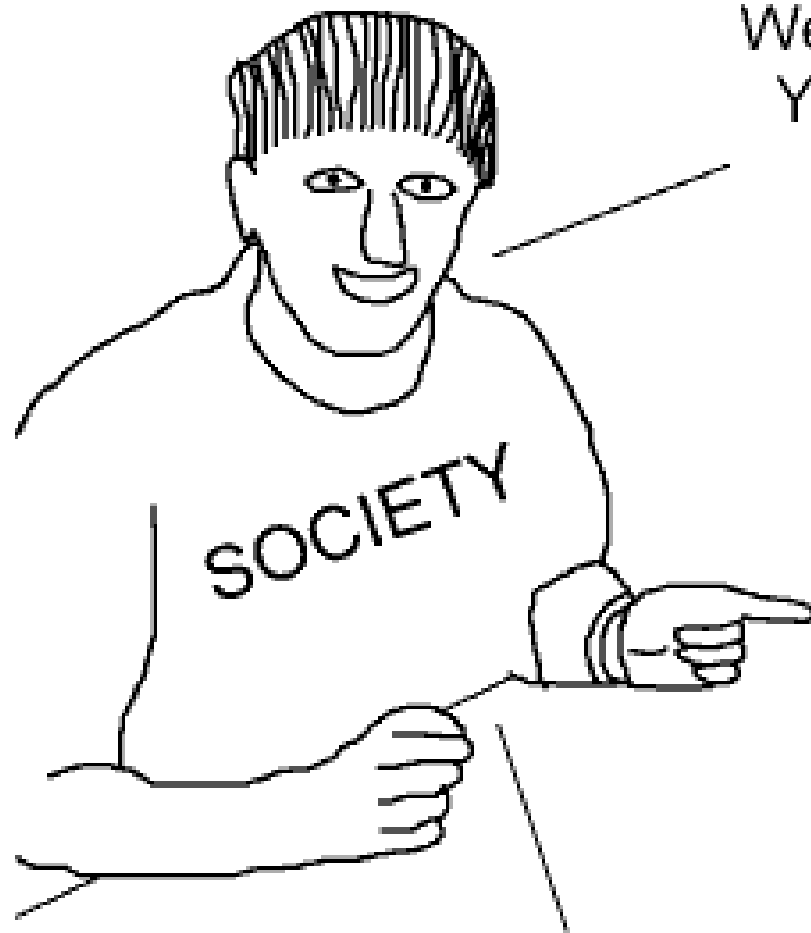
Peggy Reed-Lohmeyer, MSW, LCSW

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



We don't want you!  
You are: sick!  
dangerous! threatening!  
acting like a criminal!



We are not hurting the mentally ill.  
They are crazy!

Mike Lake - NiceMike.com

# 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.alteredstatesofthearts.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

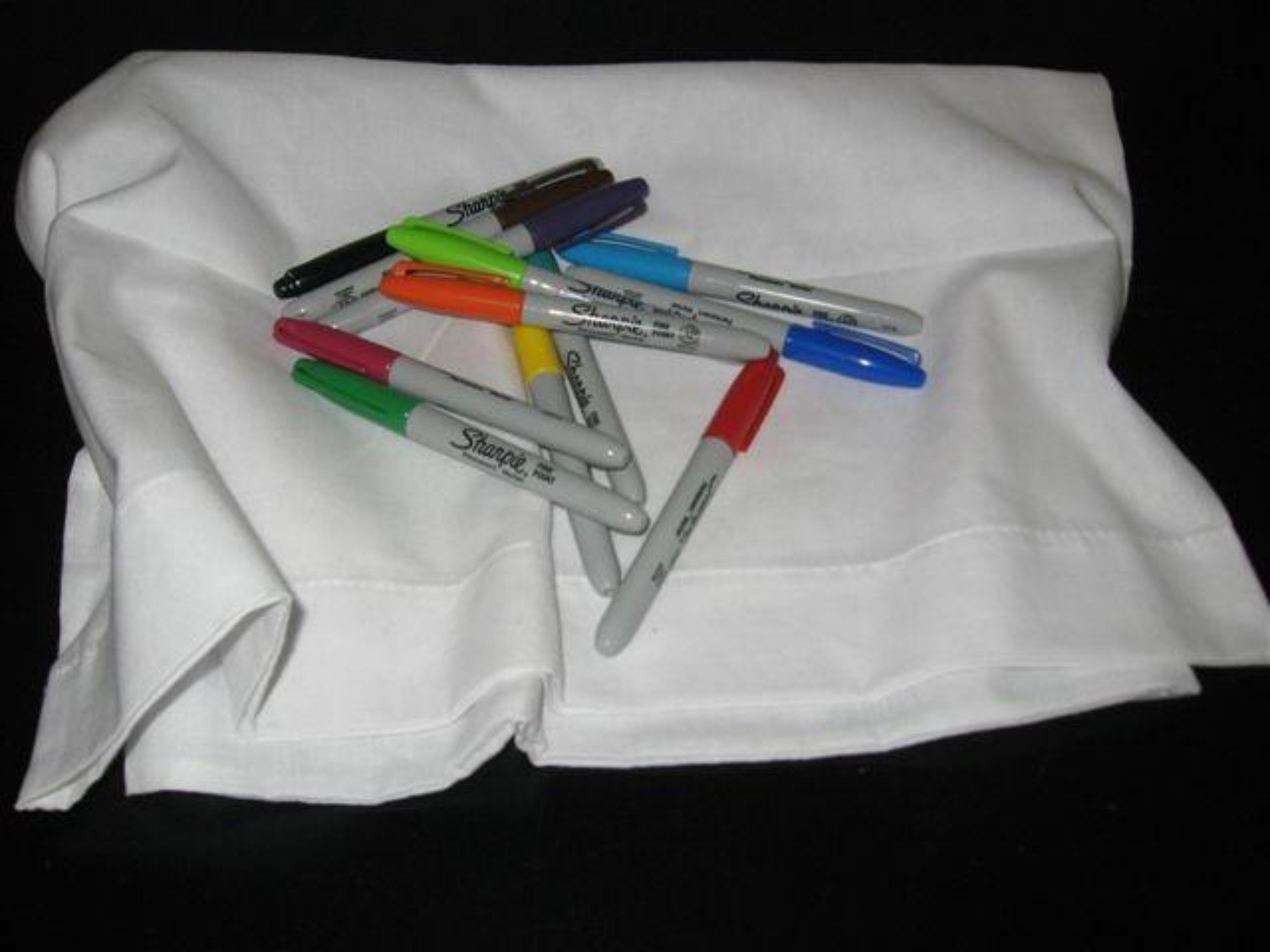
# Why a pillowcase:

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

Hello My name is Missy. I am making this pillowcase to show you  
I am share with you my life and how to recovery. I am 23 years old I am  
diagnosed with major depression and bipolar disorder. I was born in October 12th  
1985 in Columbia MA. I had a tough start my mother passed away when I was four years old.  
This left me being placed in foster care. I have 2 sisters and 1 brother when my mother  
passed away we was all placed in foster care. I have been in 6 foster homes all  
together out of those 6 homes 3 of them I have been with one sister some of the homes  
was good the others had. There is one foster mother that I kept in contact with. When  
I was 15 I was sent to Marshall Hall Center because the last foster home was bad  
and I got upset and did some bad things. I tried to stab my foster mom and  
then I ran away from that home. I have been in 15 hospitals thru my life. I am  
currently at Fulton State Hospital trying to make my way to minimum security. It is  
tough but I know I can do this. I just keep looking towards the future with my  
family when I get out. Thank you for taking time to read about my life.

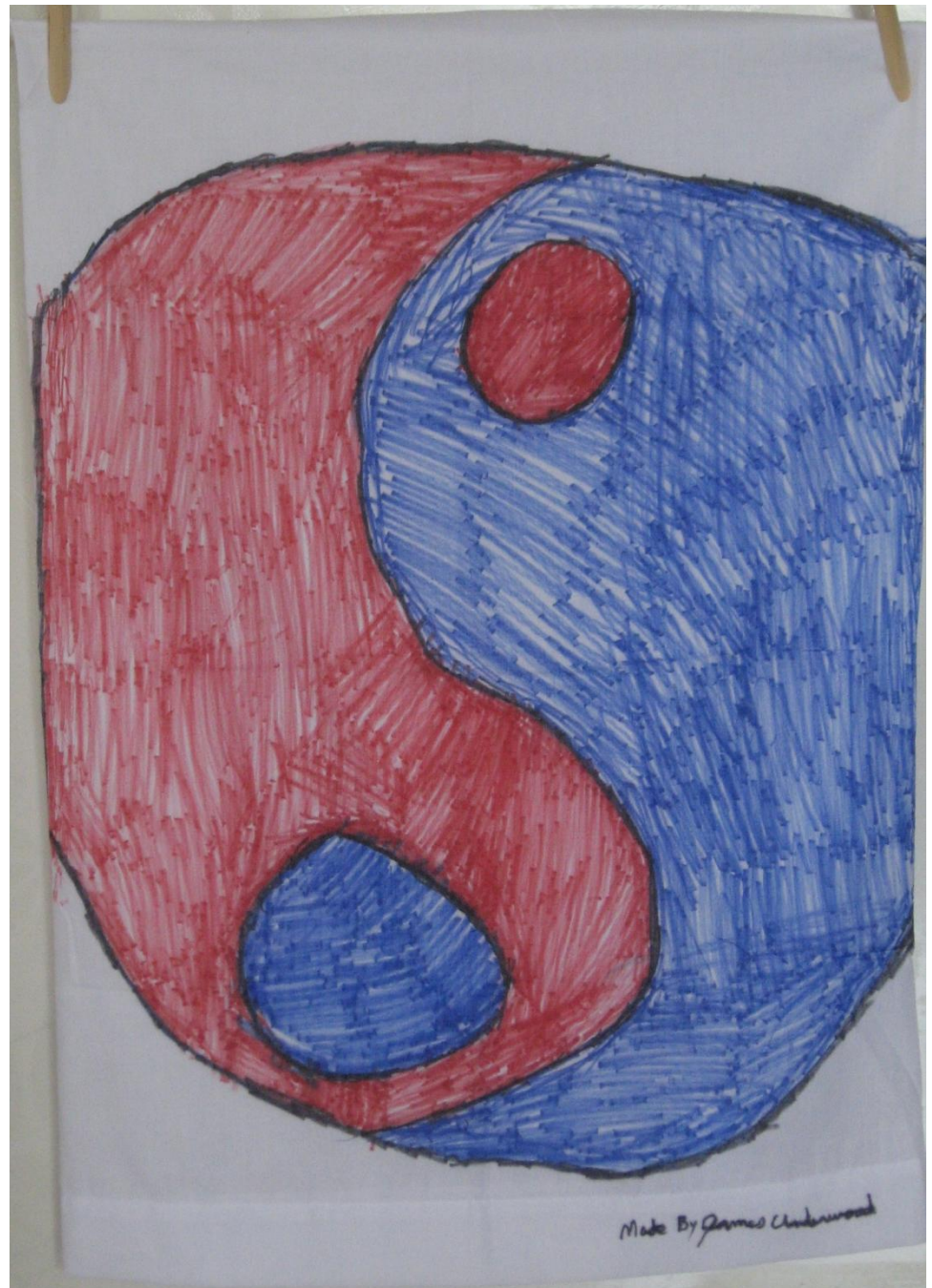
M.F

Missy

Fuller

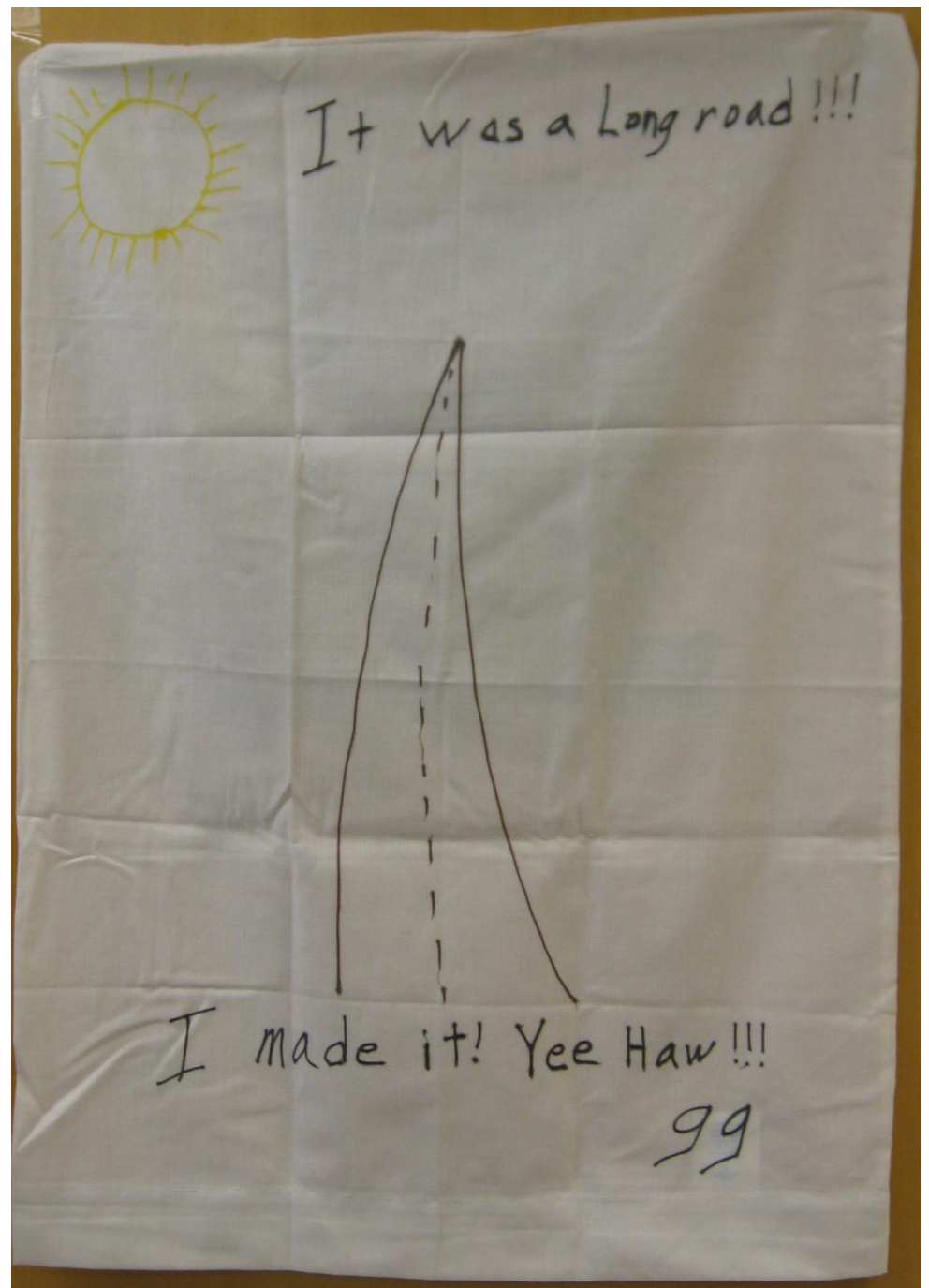


# Then & Now





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.

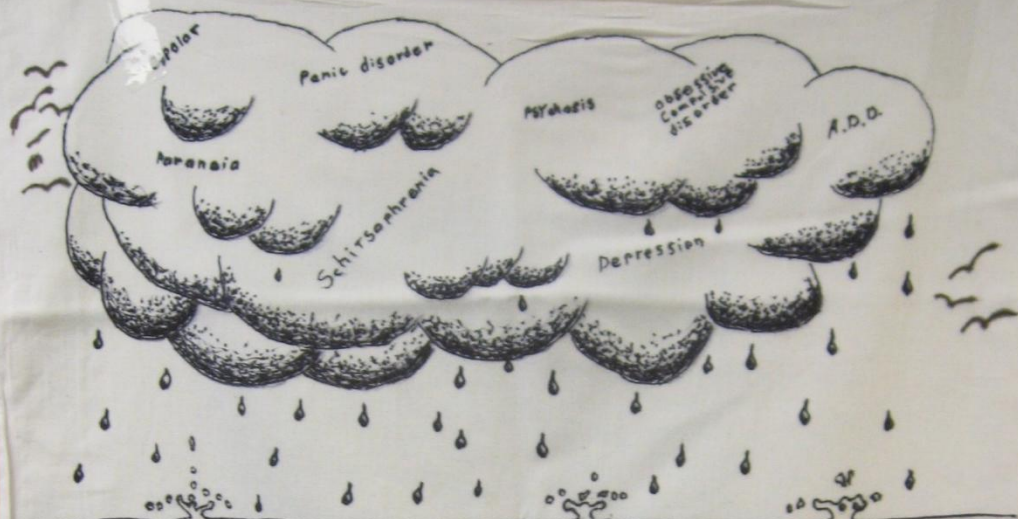
Thank You very very much!

*Sue*

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

# Patrick's pillow case



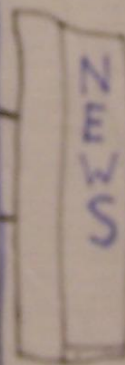


The storm of mental illnesses can turn our colorful lives into a mud puddle of symptoms and of sicknesses.

Luke Trotter



OUT OF SIGHT & OUT  
OF MIND.





Sometimes love is hard  
to give

1Grime:  
7/09

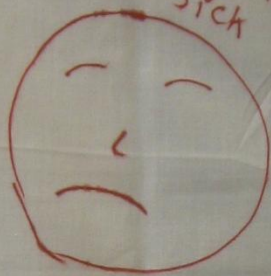




from  
Rebecca  
S.A.

when still  
sick o

HELP  
ME!



Sad Depressed Anxious



oo Yippee

when  
Recovering

Happy Glad Ecstatic





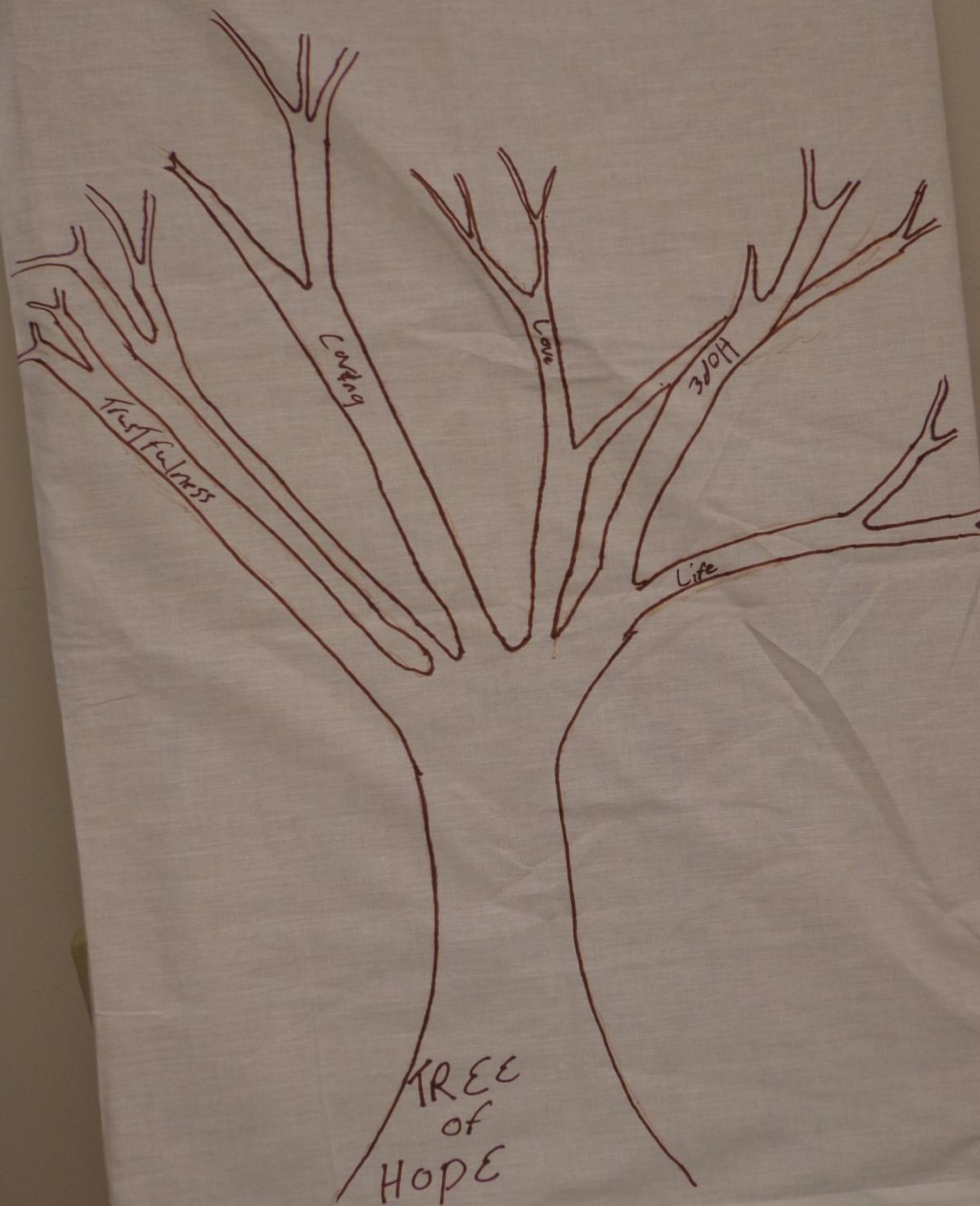
**MEDICATED**

Ryan's

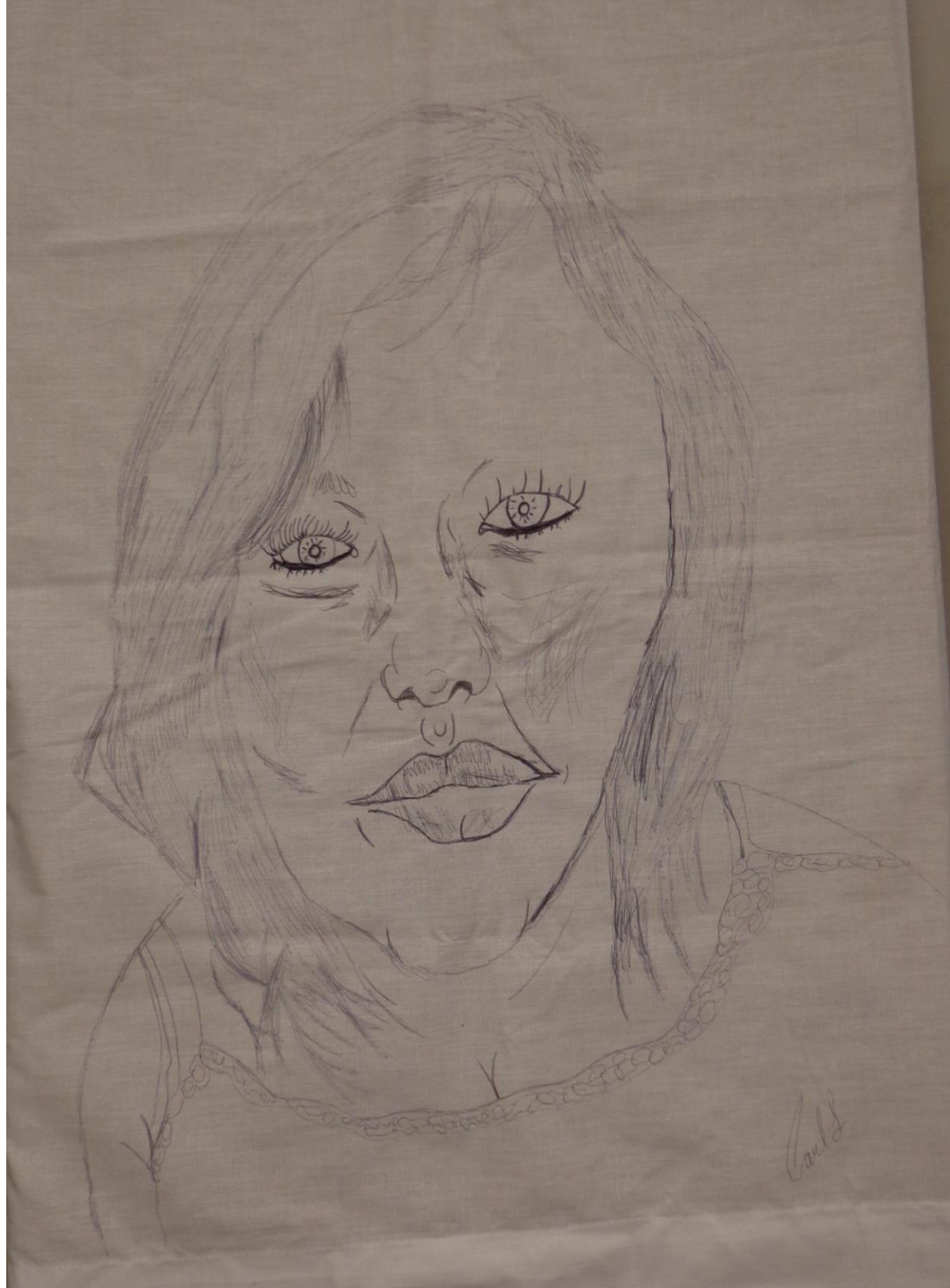
PROPERTY OF  
FULTON STATE HOSPITAL

# 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

OFFERING SUPPORT for CHARITABLE ORGANIZATIONS

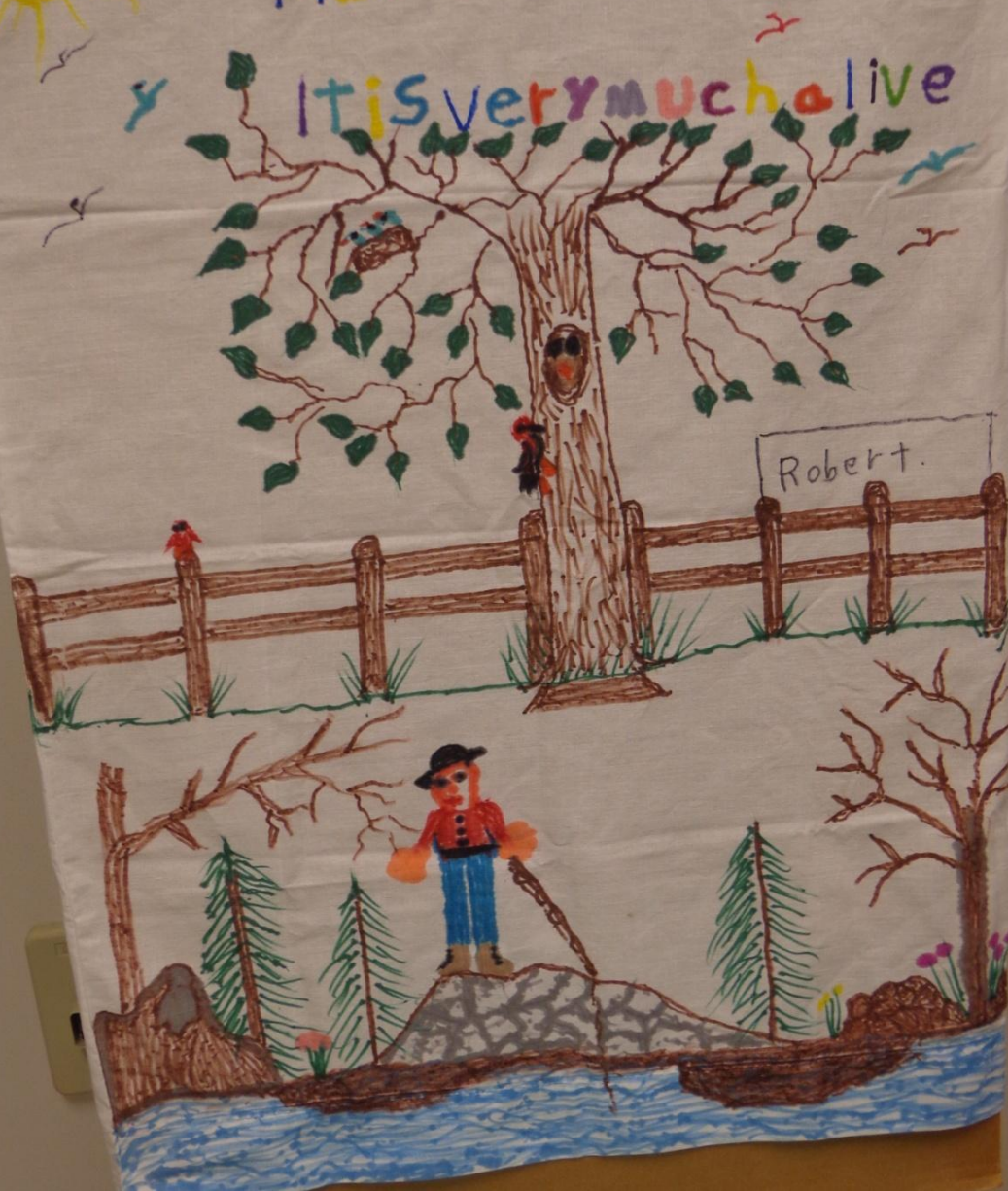
PEACEFUL RELATIONSHIP

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

R. W.

HOPE is like a tree

It is very much alive







April 21  
The Republic of my  
land is my home  
and I love it  
very much

Across Time

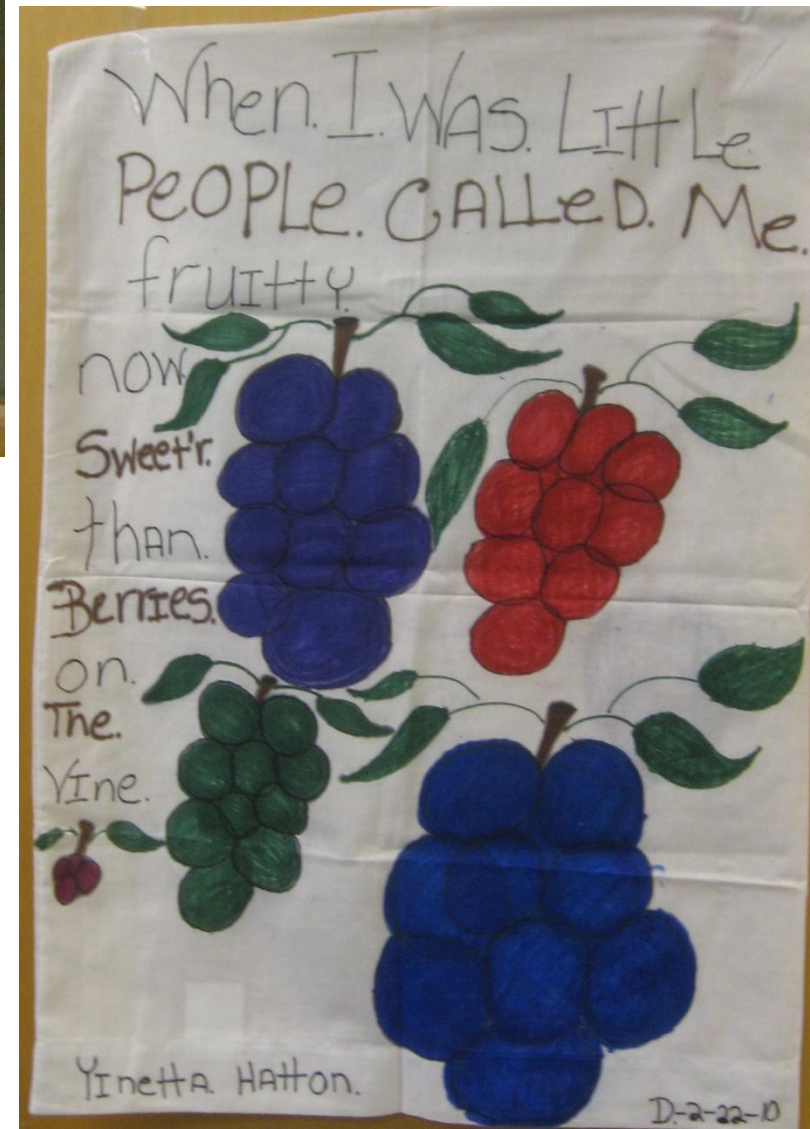


# CHANGING VIEWS

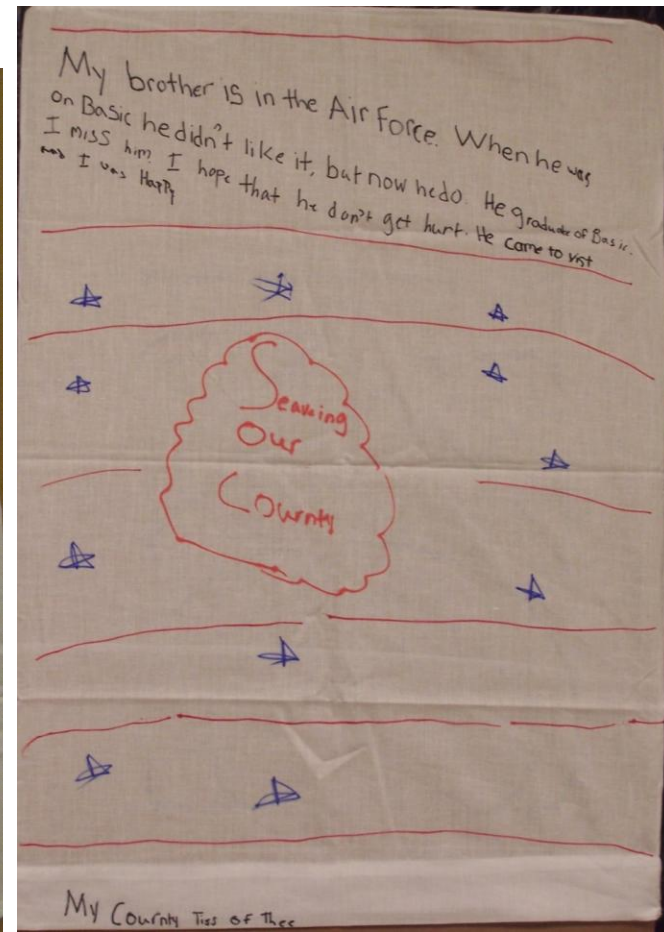
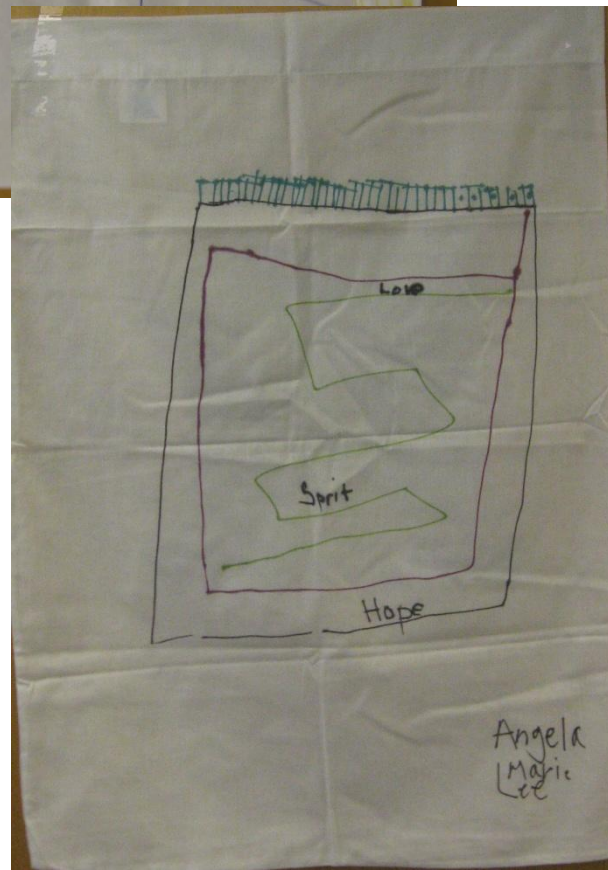
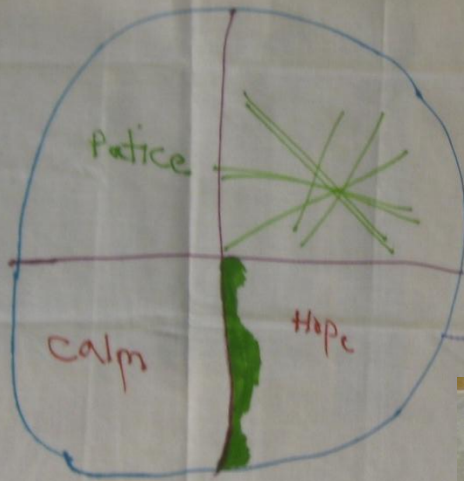




From a ball &  
chain to sweet'r  
than berries on  
the vine.



Three years work  
of pillow cases.







RICKEY SHETON



FROM RICKEY SHETON



ROY E WILSON



DAD

MOTHEY

RICKEY SHETON

I HOPE 2 BE <sup>with</sup> MY FAMILY



SOON, WITH MY BROTHER + HIS FAMILY

I HOPE I GET TO GO TO A BETTER PLACE



RICKEY  
SHETON

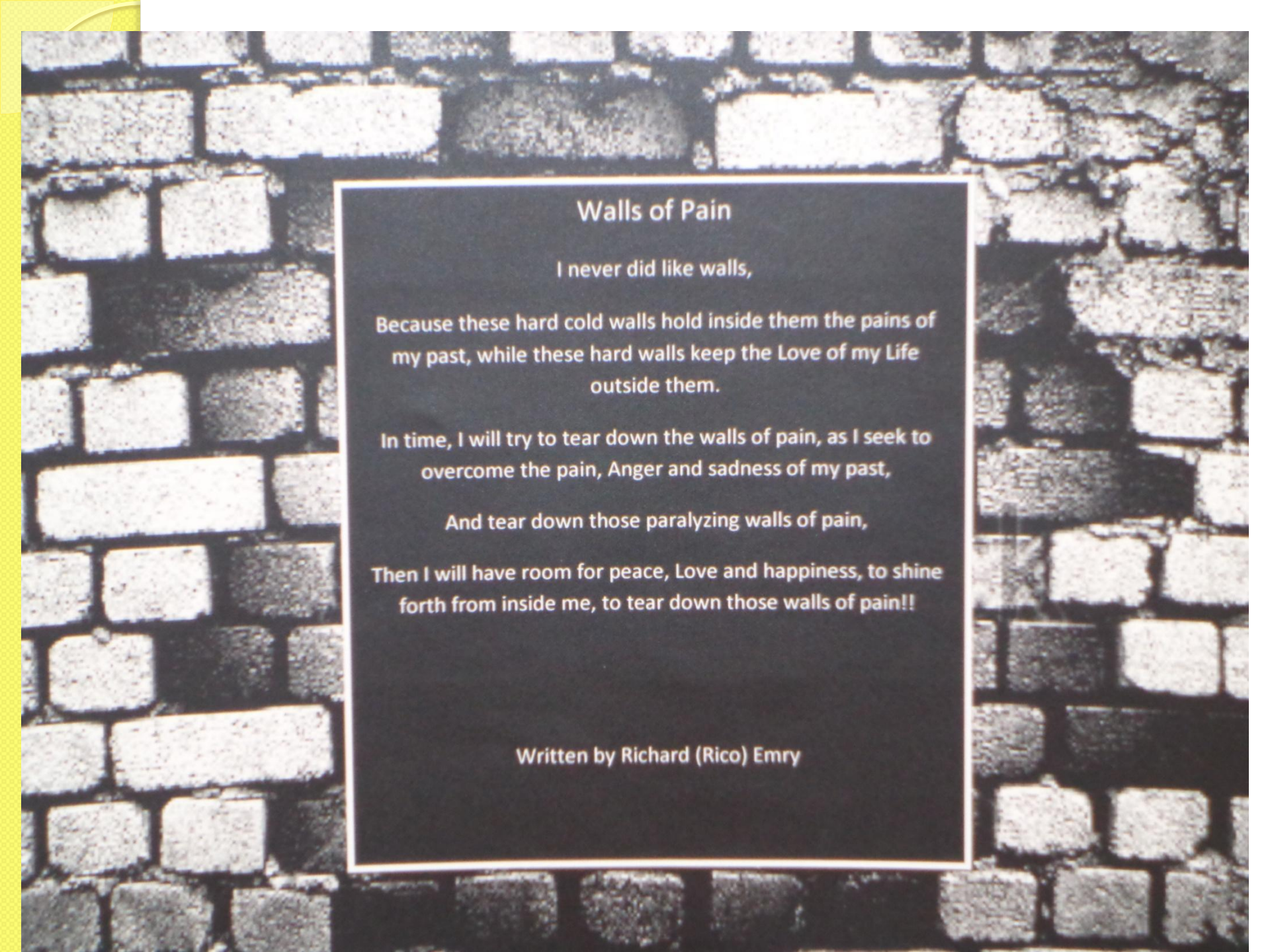
# 2014 Art Project

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







The background of the entire image is a close-up, high-contrast photograph of a stone wall. The stones are irregular in shape and size, with some appearing light grey and others dark grey or black, creating a textured, masonry pattern. In the center of the image, there is a dark rectangular box with a thin white border. Inside this box, the text of the poem is written in a white, sans-serif font. The title 'Walls of Pain' is centered at the top of the box. Below it, the poem's verses are arranged in several lines, with some lines indented to create a sense of rhythm. At the bottom of the box, the author's name is written.

## 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'll live in this prison.

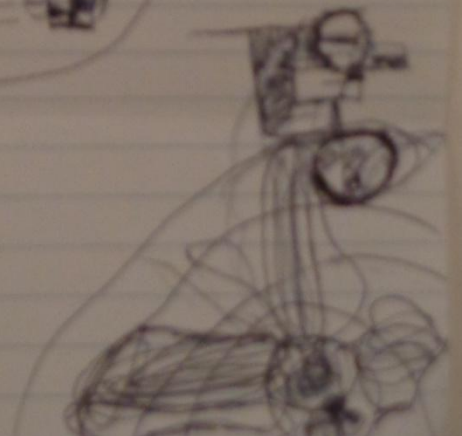
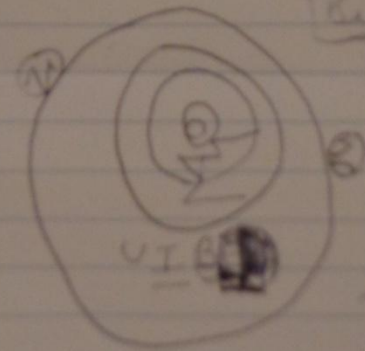
Live with all ~~these~~ lady,  
now, is what I heard through  
the grapevine. &

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



What I'm really about  
my own little me  
or children fly  
sensitive, and my family  
people who died, the who  
I'm with her. Margaret my  
mother who died we've been  
together in the the  
house

Kitt











## 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:

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