

Resources for Mental Health Education

What is Stigma? A negative label that we place on the mentally ill. From the dictionary: **stigma 1.** a mark of disgrace or infamy; a stain or reproach, as on one's reputation **2. Med.** a mental or physical mark that is characteristic of a defect or disease: *the stigmata of leprosy* [Random House Dictionary of the English Language, 2nd ed. unabridged]

What Does Stigma Lead To? Stigmatization of people with mental disorders has persisted throughout history. It is manifested by bias, distrust, stereotyping, fear, embarrassment, anger, and/or avoidance. Stigma leads others to avoid living, socializing or working with, renting to, or employing people with mental disorders, especially severe disorders such as schizophrenia (Penn & Martin, 1998; Corrigan & Penn, 1999). It reduces patients' access to resources and opportunities (e.g., housing, jobs) and leads to low self-esteem, isolation, and hopelessness. It deters the public from seeking, and wanting to pay for, care. In its most overt and egregious form, stigma results in outright discrimination and abuse. More tragically, it deprives people of their dignity and interferes with their full participation in society.

“The Roots of Stigma.” *Mental Health: A Report of the Surgeon General*.
<http://www.surgeongeneral.gov/library/mentalhealth/chapter1/sec1.html>

The stigma that envelops mental illness deters people from seeking treatment. . . . Stigma impedes people from seeking help for fear that the confidentiality of their diagnosis or treatment will be breached. It gives insurers—in the public sector as well as the private—tacit permission to restrict coverage for mental health services in ways that would not be tolerated for other illnesses.

“Overcome Stigma.” *Mental Health: A Report of the Surgeon General*.
<http://www.surgeongeneral.gov/library/mentalhealth/chapter8/sec1.html>

RESOURCES

www.providentliving.org

A Church website for Spiritual and Temporal Welfare Topics. Go to Social and Emotional Strength, then to Library of Helpful Information, then to Mental Health. This is linked with useful material in Church publications on www.ldschurch.org Also has a link to **LDS Family Services**

www.nami.org

Web site for the National Alliance for the Mentally Ill. Contains a variety of useful information on the nature of these illnesses, how to find support, and how to fight stigma as well as the latest national legislative issues relating to mental illness.

www.namiut.org

Web site for the Utah Chapter of the National Alliance for the Mentally Ill. Links to support groups and many other resources in Utah

www.nimh.nih.gov

Web site for the National Institute of Mental Health, which is under the U. S. Dept. Of Health and Human Services, contains a variety of useful information growing out of biomedical and behavioral research.

www.MentalHealthLibrary.info

Web site for Mental Health Resource Foundation whose “interests are to identify, develop, and promote resources for those persons with mental health concerns.” Talks given to church leaders can be found on <http://MentalHealthLibrary.info/library/nami> One of the links is to Elder Alexander B. Morrison’s “Mental Illness and the Family.” An earlier version of this talk is also a chapter in Elder Morrison’s book *Valley of Sorrow: A Layman’s Guide to Understanding Mental Illness* (Deseret Book, 2003).

http://www.sprc.org/statepages/state_ut.asp Utah page of the Suicide Prevention Resource Center

Joyce Burland, *What Hurts / What Helps: A Guide to What Families of Individuals with Serious Brain Disorders Need from Mental Health Professionals*. 4th edition. NAMI, 1999. [pamphlet 24 pages]

Marleen S. Williams, “Raising a Child with a Disability,” *Ensign*, October 2004. 12-16.

Dawn and Jay Fox, “Easing the Burdens of Mental Illness,” *Ensign*, October 2001. 32-35.

Jan Underwood Pinborough, “Mental Illness: In Search of Understanding and Hope,” *Ensign*, February 1989. 51-58.

Living Essentials: Social and Emotional Strength

This DVD is part of a BYU “Living Essentials” series on most aspects of personal welfare. The two disks in this part include “Social and Emotional Strength: An Introduction,” “Dealing with Depression,” “Understanding Mental Illness,” “Dealing with Abuse,” “Interpersonal Communication,” “Grief and Loss,” and “Dealing with Substance Abuse.” For descriptions of each program and transcripts, visit www.byubroadcasting.org/livingessentials or order from www.creativeworks.byu.edu ISBN 0-8425-2582-3 KB232

Family-to-Family Education Program

A free NAMI Utah 12 week course taught by trained family members for families of those suffering from clinical depression, panic disorder, schizophrenia, bipolar disorder (manic depression), obsessive compulsive disorder (OCD). The course discusses the treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

BRIDGES

A free NAMI Utah 10 week course taught by consumers (those with the illness) to other consumers to help them learn about facts and feelings that will help them toward recovery.

Provider Education Course

A NAMI Utah 10 week course based on the Family-to-Family course but for mental health professionals.

Hope for Tomorrow

A NAMI Utah/PTA program for the public schools that addresses mental health, eating disorders, and addictive disorders.

These education programs can be accessed through: NAMI Utah, 309 East 100 South, Salt Lake City UT 84111 Phone: (801) 323-9900 or Toll Free (877) 230-6264 Fax: (801) 323-9799 Email: Education@namiut.org Web site: www.namiut.org President: Gigi Arrington; Executive Director: Sherri Wittwer

[Compiled by Professor Jay Fox, Ph.D. Jay_Fox@byu.edu April 2005]

PREDICTABLE STAGES OF EMOTIONAL REACTIONS

I. DEALING WITH CATASTROPHIC EVENTS

Crisis/Chaos/Shock

Denial

Hoping Against Hope

NEEDS: *Support *Comfort *Empathy for confusion *Help finding resources *Crisis intervention
*Prognosis *Empathy for pain *NAMI

II. LEARNING TO COPE

Anger/Guilt/Resentment

Recognition

Grief

NEEDS: *Vent feelings *Keep hope *Education *Self-care *Networking *Skill training *Letting go *Co-op from System *NAMI

III. MOVING INTO ADVOCACY

Understanding

Acceptance

Advocacy/Action

NEEDS: *Activism *Restoring balance in life *Responsiveness from System *NAMI

Joyce Burland, *NAMI Family-to-Family Education Program Teaching Manual*. 2nd ed. (Arlington: National Alliance for the Mentally Ill, 1998) 1.19-1.20.