

# Humanizing Bipolar Disorder

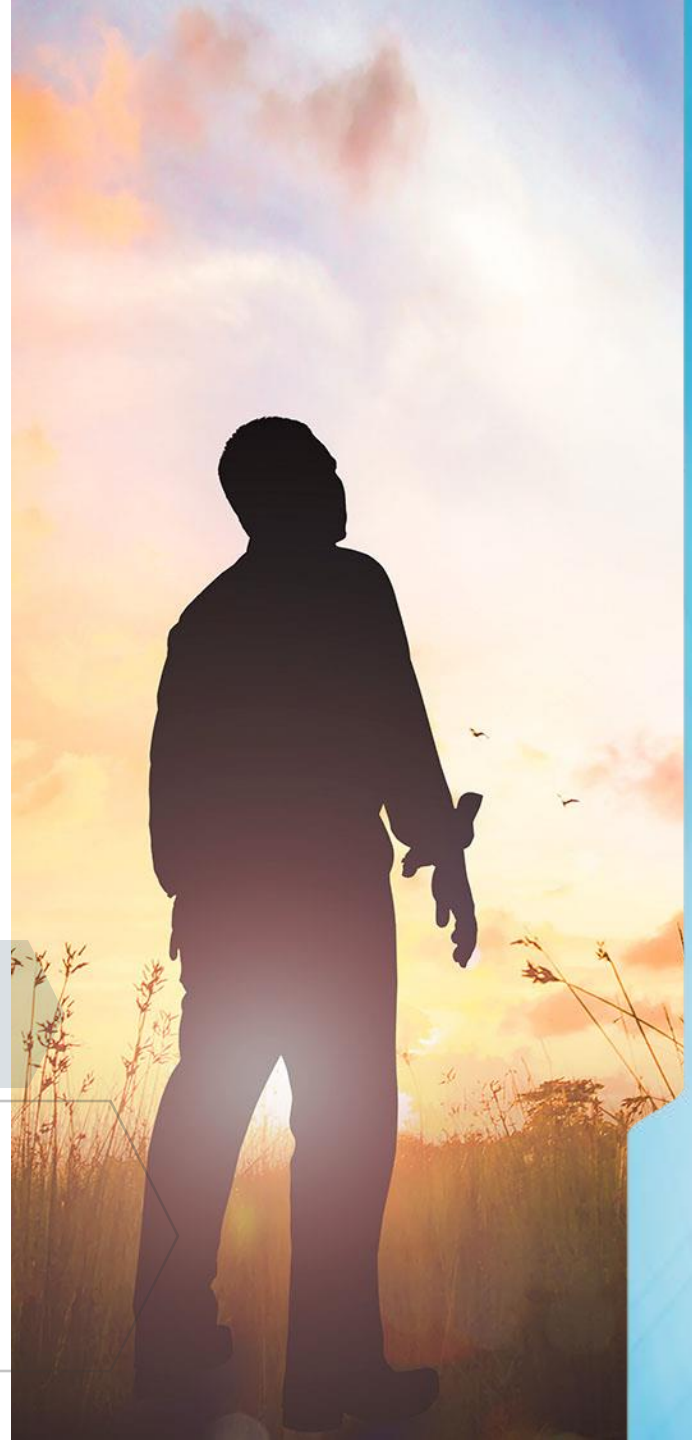
## David's Story Of Hope, Recovery, & Wellness

# Objectives

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- **Understand & hear the personal experiences of an individual living with a behavioral health diagnosis**
- **Discuss the different forms of stigma and share ways of combatting mental health stigma**
- **Address barriers to treatment and share stigma reduction strategies**

# David's Story: An Introduction





# Stigma Takes Many Forms



**Public Stigma<sup>1</sup>**



**Self-Stigma<sup>2</sup>**



**Structural Stigma**

1. National Academies of Sciences, Engineering, and Medicine. (2016). Ending discrimination against people with mental and substance use disorders: The evidence for stigma change. Washington, DC: The National Academies Press. doi: 10.17226/23442.
2. Corrigan PW, Larson JE, Rüsch N. *World Psychiatry*. 2009;8(2):75-81.

# Combating Stigma Considerations



## For Individuals With A Behavioral Health Diagnosis<sup>1</sup>

- Face-to-face interaction with other individuals with lived experience\*
- Social media sites for people with lived experience\*
- Decide on desired level of disclosure (selective, indiscriminant)<sup>2</sup>
  - Disclosure can be empowering and protective against self-stigma-mediated effects on Quality of Life

\*Lived Experience-an individual with first hand experiences

1. National Academies of Sciences, Engineering, and Medicine. (2016). Ending discrimination against people with mental and substance use disorders: The evidence for stigma change. Washington, DC: The National Academies Press. doi: 10.17226/23442.
2. Corrigan PW, Kosyluk KA, Rüsch N. Am J Public Health. 2013;103(5):794-800.

# David's Story: My Journey

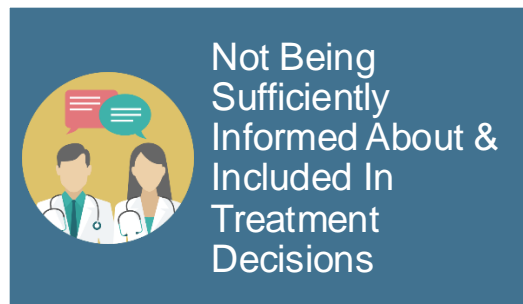
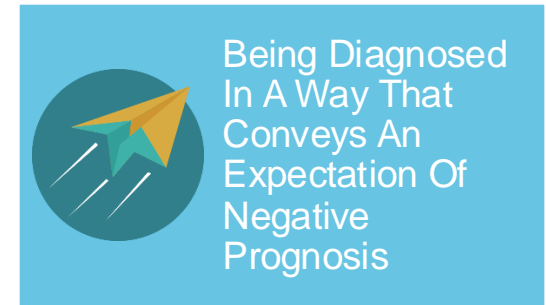






# Stigma From The First Person Perspective

- Attitudes / routine practices may be experienced as stigmatizing
- Specifically, mental healthcare consumers have reported feeling stigmatized by:



Schulze B. *Int Rev Psychiatry*. 2007;19(2):137-155.

# David's Story: My Experience





# Barriers To Treatment<sup>1</sup>

## Early Intervention

### Mental Health America's Screening-To-Supports (S2S)



Information & Education



Referral To Care & Services



Engagement With Peers



DIY Self-Help Tools

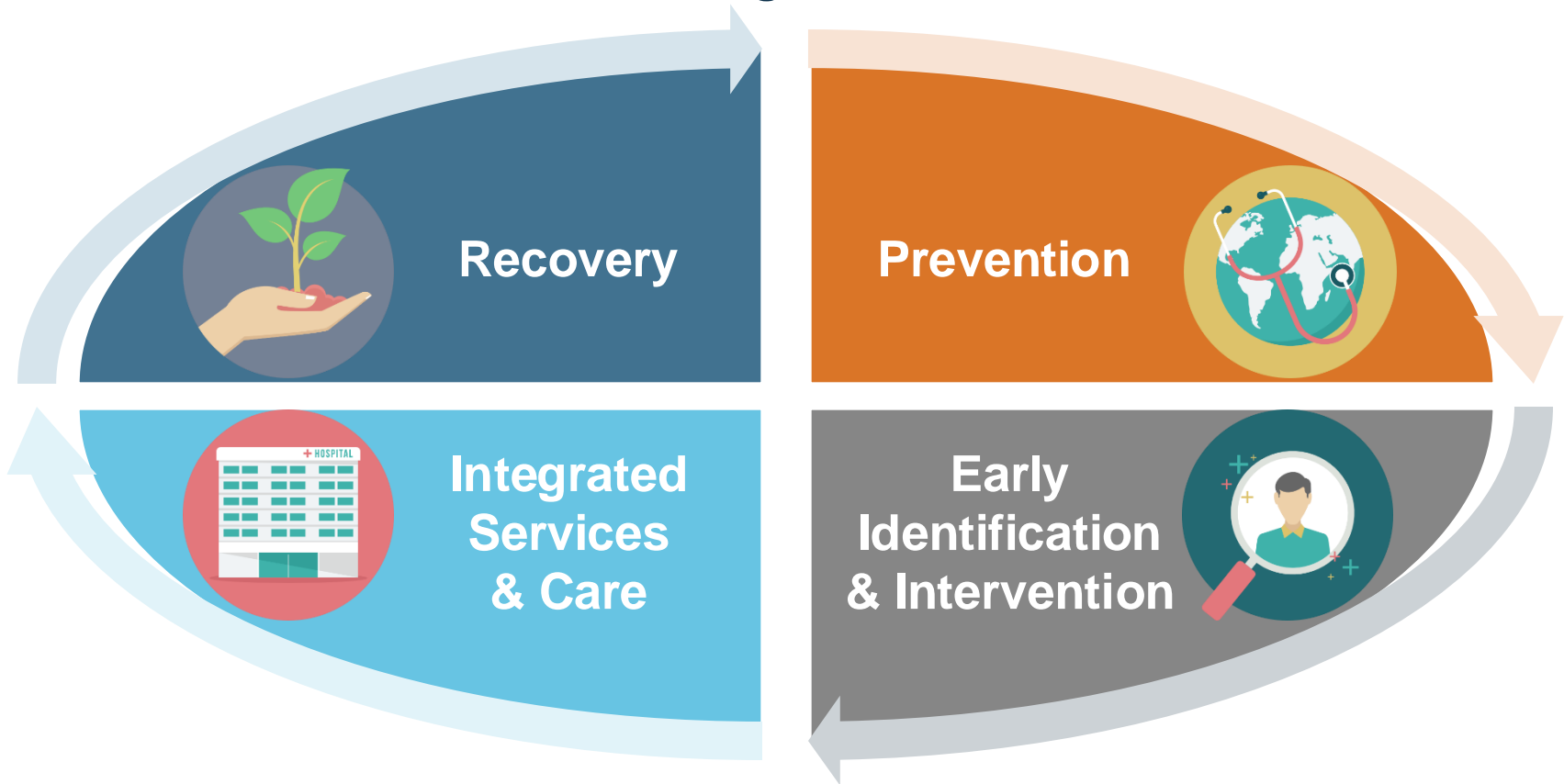
DIY = Do It Yourself

Mental Health America. #B4Stage4: Mental Health America (MHA): #B4Stage4: Screening-to-Supports (S2S) Program Description. September 2016. Accessed October 3, 2016.

# Barriers To Treatment

## Promoting Wellness & Recovery

### Mental Health America's #B4Stage4



1. Mental Health America (MHA). #B4Stage4: Mental Health America Screening-to-Supports (S2S) Program Description. September 2016. Accessed October 3, 2016.
2. Mental Health America (MHA). B4Stage4: Changing the Way We Think About Mental Health. MHA Website. Available at: <http://www.mentalhealthamerica.net/b4stage4-changing-way-we-think-about-mental-health>. Accessed September 2016.

# Stigma Reduction Strategies



## Implement Culturally Competent Stigma Reduction Initiatives At Local, Regional, & State-Wide Levels

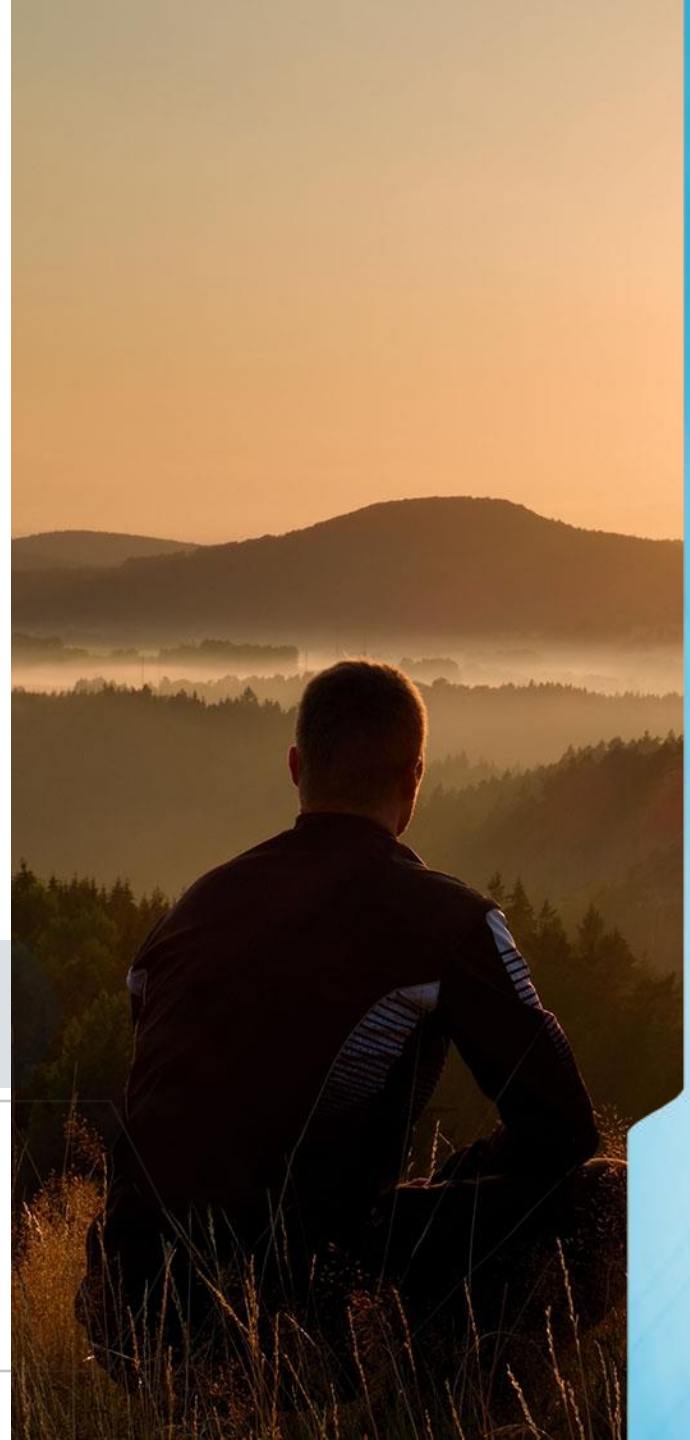


## Offer Assistance To Local Media Regarding How They Can Reduce Stigma By:

- Avoiding Sensationalism
- Ensuring Balance In Coverage
- Encouraging Stories About Recovery, Accomplishment, & Contributions By People With Mental Health Conditions

Centers for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration, National Association of County Behavioral Health & Developmental Disability Directors, National Institute of Mental Health, The Carter Center Mental Health Program. *Attitudes Toward Mental Illness: Results from the Behavioral Risk Factor Surveillance System*. Atlanta (GA); Centers for Disease Control and Prevention; 2012.

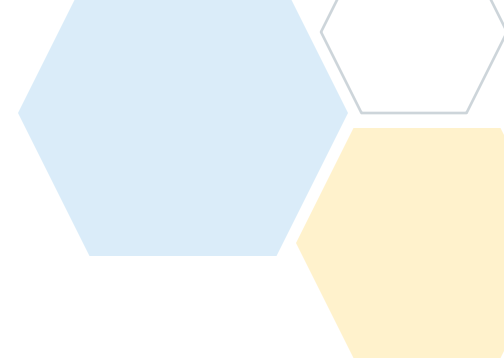
# David's Story: Hope For Wellness







# Closing



# Humanizing Bipolar Disorder

## David's Story Of Hope, Recovery, & Wellness