

Addressing Stigma

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Adam Blua, Chief Psychiatrist for the New York City Board of Education in 1946, “warned, that unless retrained, left-handed children risked severe developmental and learning disabilities...”

Kushner, H. I. (2011). Retraining the King’s left hand. *The Lancet*, 377(9782), 1998–1999, page 1998.

Addressing Stigma

Agenda

- What is stigma
- Why stigma is important
- How we can reduce stigma

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What is Stigma

“A mark of disgrace or dishonor associated with a particular circumstance, quality, or person.”
 “A strong feeling of disapproval that most people in society have about something.”

Webster's New World Dictionary

Stigma can result in

- negative attitudes about people with a condition
- discriminatory behaviors and policies.

National Academies of Sciences, Engineering, and Medicine. (2016). Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington, D.C.: National Academies Press.



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What is Stigma

Public Stigma





Public Stigma

- Barrier to new relationships
- Isolate individuals
- Reduce employment
- Reduce access to housing

Corrigan, P., & Watson, A. (2002). Understanding the impact of stigma on people with mental illness. World Psychiatry, 1(1).



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What is Stigma

Public Stigma



Self Stigma



Self Stigma

- Lower self-esteem
- Increase shame
- Reduce hope
- Reduce social support
- Increase symptoms
- Decrease compliance with treatment

Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. Social Science & Medicine (1982), 71(12), 2150-2161.



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What is Stigma

Public Stigma

Self Stigma

Self Stigma

- Lower self-esteem
- Increase shame

“Humiliation, shame, guilt and angst are not the primary engines of change. Ironically, such experiences can even immobilize the person, rendering change more remote.”

Miller, W. R., & Rollnick, S. (2002). *Motivational Interviewing, Second Edition: Preparing People for Change* (2nd ed.). New York: The Guilford Press.

Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. *Social Science & Medicine* (1982), 71(12), 2150-2161.

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What is Stigma

Public Stigma

Self Stigma

Self Stigma

- Lower self-esteem
- Increase shame

Approximately one in 75 people in Oregon who have a problem gambling disorder received treatment (specifically publicly funded treatment).

Gambling & Problem Gaming in Oregon, Oregon Council on Problem Gambling

Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. *Social Science & Medicine* (1982), 71(12), 2150-2161.

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What is Stigma

Public Stigma

Self Stigma

Courtesy Stigma

- Isolate family members
- Lead family members to feel guilty
- Create a sense of shame
- Less likely to encourage treatment

National Academies of Sciences, Engineering, and Medicine. (2016). *Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change*. Washington, D.C.: National Academies

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What is Stigma

Structural Stigma

- Increase barriers
- Reduce access to treatment and on-going care
- Reduce employment opportunities
- Poor health outcomes

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What is Stigma

Structural Stigma

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Perception of Stigma

My perception of whether most people have stigmatizing beliefs.

Problem Gambling Perceived Stigma Scale

- Recent online survey
 - 1,225 Oregon adults participated (50% male, ages 18+)

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Language and Labels

Addict	Has a substance use disorder
Junkie	Has a substance use disorder
Schizophrenic	Has schizophrenia
Crazy	
Compulsive gambler	
Problem gambler	



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Learn about the issue

Stigmas are slow to change, even when evidence no longer supports the underlying assumptions.

Jones, E. E., Farina, A., Hastorf, A. H., Marcus, H., Miller, D. T., & Scott, R. A. (1984). *Social stigma: The psychology of marked relationships*. New York, NY: Freeman.



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Learn about the Issue

Research shows that education reduces stigma.

What do you need to learn more about?

- Brain Science of Addiction
- Mental Health Disorders
- Brain Science of Trauma

National Academies of Sciences, Engineering, and Medicine. (2016). *Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change*. Washington, D.C.: National Academies Press.
 Corrigan, P. W., Morris, S. B., Michaels, P. J., Rafique, J. D., & Rüschi, N. (2012). Challenging the public stigma of mental illness: a meta-analysis of outcomes studies. *Psychiatric Services*, 63(10), 963-973.
 Griffiths, K. M., Carron-Arthur, B., Parsons, A., & Reid, R. (2014). Effectiveness of programs for reducing the stigma associated with mental disorders: A meta-analysis of randomized controlled trials. *World Psychiatry*, 13(2), 161-175.



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How we can reduce stigma

Four Ways to Reduce Stigma

1. Change our language and labels
2. Learn about the issue
3. Personal experiences
4. Review practices and policies

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What if we could eliminate stigma?

Adam Blua, Chief Psychiatrist for the New York City Board of Education in 1946, “warned, that unless retrained, left-handed children risked severe developmental and learning disabilities...”

Kushner, H. I. (2011). Retraining the King's left hand. *The Lancet*, 377(9782), 1998–1999, page 1998.

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