

Coming Out Proud

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Understanding Stigma for Stigma Change: CONSTRUCTS BY TYPES

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	Public stigma	Self-stigma	Label avoidance	Structural stigma
stereotype				
prejudice				
discrimination				

Social Psychological Constructs

- ▶ STEREOTYPES
 - All Irish Americans are drunks and beat their wives.
- ▶ PREJUDICE
 - That's right. They're drunks and I loathe them.
- ▶ DISCRIMINATION
 - So, don't: hire, rent, or befriend them

Social Psychological Constructs

- ▶ STEREOTYPES
 - People with MI are: weak, dangerous....
- ▶ PREJUDICE
 - They are bad because: scary, shameful.
- ▶ DISCRIMINATION
 - So, don't: hire, serve, or rent to them

Understanding Stigma for Stigma Change: STRUCTURES BY TYPES

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S t r u c t u r e s	Public stigma	Self- stigma	Label avoidance	Structural stigma
	stereotype			
	prejudice			
	discrimination			

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The Egregious Effects of Public Stigma: Its Impact on SOCIAL INCLUSION

- ▶ Lost employment
 - ▶ Subpar housing
 - ▶ Worse health care

 - ▶ Worse educational opportunities
 - ▶ Diminished legislative support
 - ▶ Alienated faith communities

 - ▶ Coercive treatment
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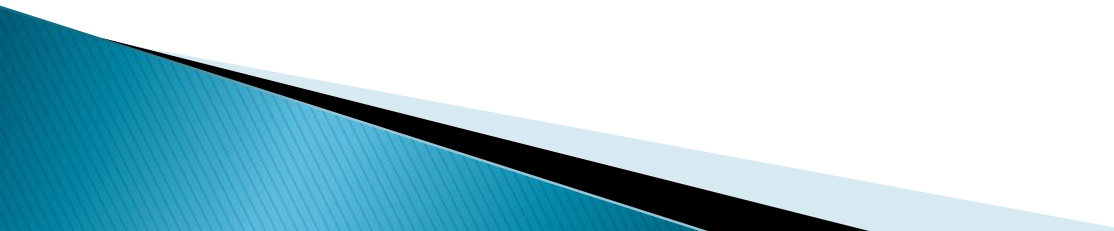
Framing Stigma Change

-----processes-----

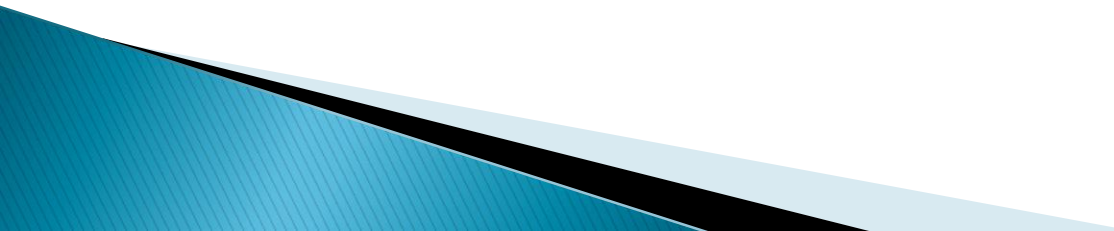
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	Protest	Education	Contact
Media-based			
<i>In vivo</i>			

The Grand Plan

- ▶ Come out everyone
 - ▶ Come out everywhere
- 

The Grand Plan

- ▶ Come out Mad
 - ▶ Come out Proud
- 

Understanding Stigma for Stigma Change: STRUCTURES BY TYPES

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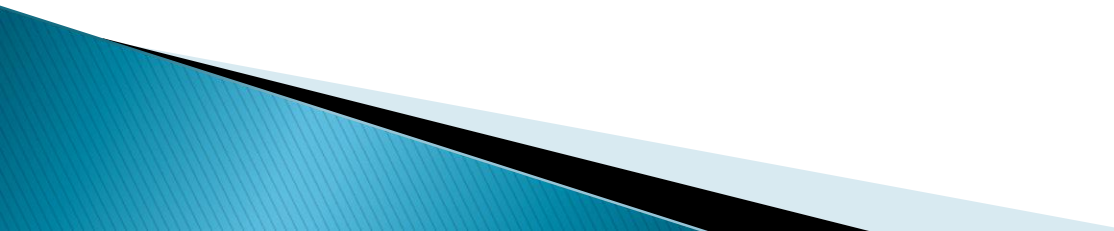
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Self-Stigma

- ▶ Decreased self-esteem
 - I am not worthy
- ▶ Decreased self-efficacy
 - I am not able
- ▶ Why try?!
 - I am not worthy of a good job
 - I am not able to live alone

Beating Self-Stigma

- ▶ Psycho-education
 - ▶ Challenging stigmatizing thoughts
 - ▶ Mindfulness and acceptance
 - ▶ Peer support
- 

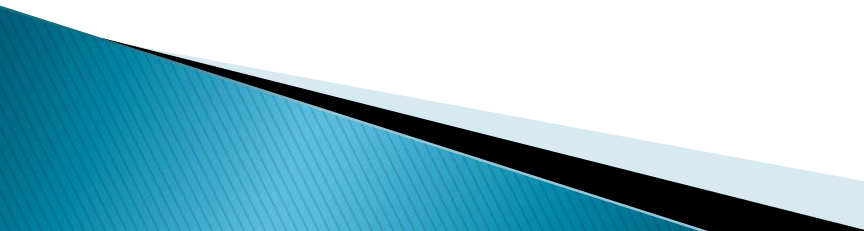
Coming Out Proud program

- ▶ Those who identify positively...
 - Less self-stigma
 - More personal empowerment
 - More goal attainment


- ▶ CONTRARY
 - Cure
 - and get out of the group?

Coming Out Proud program

▶ Three Lessons

- Consider the pros and cons of disclosing
 - There are different ways to disclose
 - Telling your story
- 

Lesson 1: Considering the Pros and Cons of Disclosing

- ▶ Do you identify yourself as a person with mental illness?
 - ▶ Secrets are part of life
 - ▶ Considering the pros and cons of disclosing
- 

Do you identify yourself as a person with mental illness?

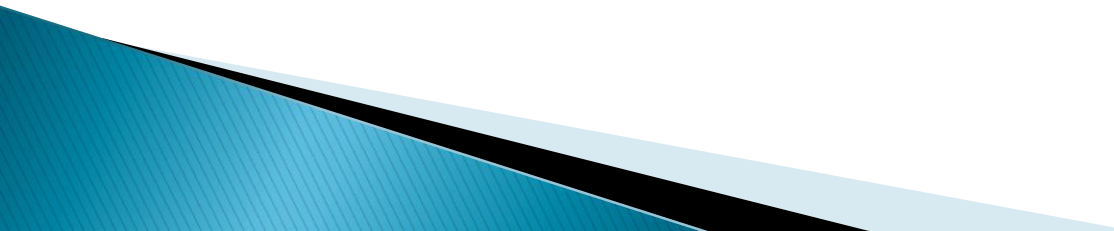
- ▶ **Worksheet 1.1: Some Reasons Why People Decided to Disclose Their Mental Illness**

Considering the pros and cons of disclosing

- ▶ **Worksheet 1.3: The Costs and Benefits Worksheet for Disclosing Mental Illness**

Lesson 2:

There are different ways to disclose

- ▶ Different ways to disclose
 - ▶ To whom might you disclose
 - ▶ How might others respond to your disclosure
- 

Different ways to disclose

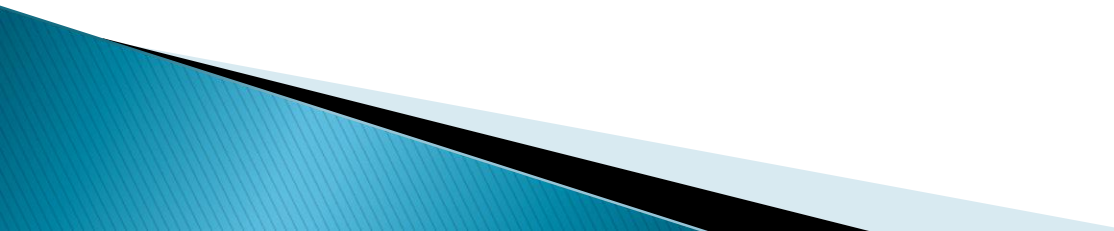
- ▶ Table 2.1: Five Ways to Disclose or Not Disclose

Different Ways to Disclose

- ▶ Worksheet 2.1: Costs and Benefits of the Five Ways to Disclose

Lesson 2:


There are different ways to disclose

- ▶ Different ways to disclose
 - ▶ To whom might you disclose
 - ▶ How might others respond to your disclosure
- 

To whom might you disclose

- ▶ **Worksheet 2.3: Testing a Person for Disclosure**

Lesson 3: Telling Your Story

- ▶ How to Tell Your Story
 - ▶ Coming Out with Peer Support
 - ▶ How Did it Go?
 - ▶ Putting it All Together
- 

Telling Your Story

- ▶ Worksheet 3.1: A Guide to Setting Up A Story...
 - What might go into the story?
 - What do you want to say?
 - Story check!

Telling Your Story

- ▶ **Worksheet 3.3: Characteristics of Consumer Operated Services**

Learn More about It

- ▶ Bibliography
- ▶ Toolkit
- ▶ Four lessons

- ▶ NCSE1.ORG
 - RESOURCES page