

Synopsis of Stomp Out Stigma presentation

**Community Network Services
Anti-Stigma Program**



Objectives To Encourage and Support Recovery By:

- Educating people about mental health issues
- Raising public awareness about the stigma and discrimination people with mental health and substance abuse disorders face
- Encouraging people to seek help when they need it
- Moving people to do something about the stigma regarding mental health issues

Description:

Stomp Out Stigma is an interactive presentation designed to stimulate discussion about mental health/substance abuse issues and the discrimination and stigma that is faced when someone has a mental health disorder. Sharing their own stories, the presenters create an atmosphere that is helpful for people to be able to learn the facts and myths about mental illness, what to do when faced with a crisis and how to get involved personally to address the stigma surrounding mental health and substance abuse disorders.

Topics may include:

- What is stigma?
- What is mental health?
- An overview of diagnoses
- Myths about mental illness
- Facts about mental health
- You're in good company – people who have faced a mental health and substance abuse challenge
- Personal stories
- The effects of stigma
- There's hope in recovery
- Intervention
- Person first language
- Ways to combat stigma

The sessions last from 30 minutes to 1 ½ hours long.

Speakers Bios:

The two presenters Margaret Thele and Malkia Maisha Newman come together at Community Network Services under a grant from the Michigan Department of Community Health to form the “Anti-Stigma Team”.

Margaret comes from a background in administration, adult education, sales and theater. Malkia is a strong advocate having served as a commissioner on the Pontiac Housing Commission Board since 2002 and in April of 2007 Malkia was appointed to the Oakland County Community Mental Health Authority Board as a primary consumer representative. She also brings customer service and retail management experience to the team.

The program has received honors locally and nationally for advocacy. Even with the increase of influence the awards have given them, the Team found it difficult to achieve the outreach goals they desired to accomplish. Wanting their message of hope and recovery to spread to as many people as possible the Anti-Stigma Team produced a video, “Did You Know”, a documentary exploring the effects of stigma on consumers and families from many walks of life.