



# 2023 Mental Health Stigma Roundtable Discussion Series

## Roundtable 1

# Understanding the Experience of Mental Health Stigma

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# Housekeeping and Disclosure Information

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- When logging into the roundtable, make sure your full name is used. If you do not see your full name in participant window, please rename it now. This assists us in tracking for CEUs.
- This Roundtable is being recorded. The recording and presentation slides will be available to view and download at a later date.
- Closed Captions are available. Click the “Show Captions” button. If you don’t see this button, click on the button with 3 dots that says “More” then click on “Captions...” and then click on “Show Captions.”
- We will have time at the end for questions and answers. Please enter your questions into the chat as you think of them during the discussion.
- All panelists and planners for this educational activity have no financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

# New York State Office of Mental Health

## Continuing Education Accreditation Statements

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State of New York Office of Mental Health (OMH) is recognized as an approved provider of continuing education for certified Peer Specialists.

The New York State Office of Mental Health's Bureau of Psychiatric Services & Research Institute Support is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

The Bureau of Psychiatric Services & Research Institute Support designates this **internet live activity** for a maximum of **1.50 AMA PRA Category 1 Credit(s)<sup>™</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

State of NY Office of Mental Health SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0227. Licensed Master Social Workers (LMSWs) and Licensed Clinical Social Workers (LCSWs) who attend this class in its entirety will receive **1.50 contact hours** toward renewal of their social work license.

State of New York Office of Mental Health is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0122. Licensed Psychologists who attend this class in its entirety will receive 1.50 contact hours toward renewal of their psychology license.

# Upcoming Roundtable Discussions

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## Roundtable 2

Topic: **The Experience of Mental Health Stigma Among Diverse Groups**

Date: 1/26/23 at 2pm ET

## Roundtable 3

Topic: **The Role of the Media in Reducing Stigma**

Date: 2/9/23 at 2pm ET

## Roundtable 4

Topic: **Paths to Reduce Stigma and Promote Positive Attitudes**

Date: 3/2/23 at 2pm ET

Registration and Details: [BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)

# Discussion Guidelines

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- Type your questions into the chat during panel discussion
- Ask for information if we use terms or jargon that is unclear
- Be open to alternative views
- Be comfortable with unfinished conversations
- Practice self-care
- Challenge respectfully
- Share your experiences

# Mental Health Stigma

## Definition of Stigma

- Stigma is a set of negative beliefs that people hold about another individual or group of individuals. Mental health stigma is a set of negative, and often unfair, prejudices about people who suffer from mental health conditions (Harmon 2020).

## Impact of Mental Illness

- 46.6% of people will experience mental illness (MI) in their lifetime (Kessler et al., 2005)
- Families of children with MI lose approximately \$300K of lifetime income (Smith & Smith, 2010)
- Individuals with serious MI earn 1/3 less per year than those without MI (Levinson et al., 2010)
- Individuals with MI have disproportionately higher mortality rates (Parks et al., 2006)

# Types of Mental Health Stigma

## Public Stigma:

Stereotypes, prejudice, and discrimination endorsed by the general population.

## Self Stigma:

Negative attitudes of the individual to his or her own mental illness.  
(also called **Internalized Stigma**)

## Structural Stigma:

Prejudice and discrimination by policies, laws, and constitutional practice  
(also called **Institutionalized Stigma**)

Adapted from: Ending discrimination against people with mental and substance use disorders: the evidence for stigma change. *National Academies Press*. (2016). <https://doi.org/10.17226/23442>

## Professional Stigma:

Stigmatizing attitudes held by healthcare professionals towards consumers OR when healthcare professionals experience stigma from working with people with mental illness (Ahmedani, 2011)

# The Effects of Mental Health Stigma

## To the Individual

- Negative belief about the self
- Low self-esteem and sense of self-efficacy
- Not seeking/staying in services
- Decreased quality of life
- Worsening of symptoms
- Disempowerment  
(i.e. failure to pursue life goals)

(e.g., Yanos, et al., 2020; Corrigan et al., 2014)

## From Society

- Blocked opportunities and discrimination
- Social distancing and isolation
- Social Exclusion:  
The “Not in my neighborhood” syndrome
- Poor quality care
- *Over-policing/Incarceration*



# Meet the Panelists

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**Nancy Craig-Pierce**, Director of Community and Systems Engagement, Families Together in New York State

**Emily Grossman, MA, CPRP, NYCPS-P**, Director, Coordinated Behavioral Care Training Institute

**Mya Haley**, Peer Specialist, Implementation Specialist, & Recovery Trainer, Center for Practice Innovations at Columbia Psychiatry

**Larry Hochwald, CPRP**, Manager of the NYAPRS Training Collective & Training & Technical Assistance Facilitator for New York City & Long Island, New York Association of Psychiatric Rehabilitation Services, Inc. (NYAPRS)

**Taina Laing, MSW, NYCPS**, Chief Executive Officer, Baltic Street AEH, Inc.

**Ben Riker**, Government Alliance Director, Velocity Biogroup

# Meet the Researchers

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**Helen-Maria (Marilena) Lekas, PhD**, Co-Director, Center for Research on Cultural and Structural Equity (CCASE), Division of Social Solutions and Services Research, Nathan S. Kline Institute for Psychiatric Research, and Associate Professor of Psychiatry, Grossman School of Medicine, New York University

**Philip Yanos, PhD**, Professor, John Jay College of Criminal Justice, City University of New York Psychology Department

# Resources

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**Register and learn more about the upcoming Mental Health Stigma Roundtables**

[BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)

**View the special issue of Behavioral Health News**

“Understanding the Impact of Stigma”

[BehavioralHealthNews.org/bhn-summer-2022-issue](https://BehavioralHealthNews.org/bhn-summer-2022-issue)

**Visit the New York State Office of Mental Health Resources**

[omh.ny.gov/omhweb/resources/publications/](https://omh.ny.gov/omhweb/resources/publications/)

## Next Roundtable:

# “The Experience of Mental Health Stigma Among Diverse Groups”

1/26/23 at 2pm ET

Registration and Details: [BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)

### Panelists

**Darlene M. Carrera, LCSW**, Clinical Trainer for OnTrackNY, Center for Practice Innovations

**Ruth Colón-Wagner, LMSW**, CEO & Executive Director, VCS Inc.

**Kim D. Kaiser**, Director of Diversity, Equity, and Inclusion, Families Together in New York State

**Randy Killings, CPS**, Director of Peer Services, Rainbow Heights

**Katheryn L. Roberson, PhD**, Postdoctoral Research Fellow, Mental Health Equity Institute for Health Equity Research, Icahn School of Medicine at Mount Sinai

**Tiara Springer-Love, LMSW**, (She/Her), Director of Youth Power, Families Together in New York State