



# 2023 Mental Health Stigma Roundtable Discussion Series

## Roundtable 4

# Paths to Reduce Stigma and Promote Positive Attitudes, Beliefs, and Behavior

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# Housekeeping and Disclosure Information

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- When logging in, use your full name. 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.
- There will be a Q&A at the end. Please type questions into chat as you think of them.
- All panelists and planners 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.
- This roundtable is approved for Continuing Education for Peer Specialists, Physicians, Psychologists, and Social Workers. Link to view details: [bit.ly/CEU-Information](https://bit.ly/CEU-Information)
- Please email CEU questions to: [karin.wagner@omh.ny.gov](mailto:karin.wagner@omh.ny.gov)

# New York State Office of Mental Health

## Continuing Education Accreditation Statements

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### Social Work Accreditation

State of New York Office of Mental Health (OMH) 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 #SW-0227. Licensed Master Social Workers (LMSWs) and Licensed Clinical Social Workers (LCSWs) who attend this class in its entirety will receive **1.5 contact hours** toward renewal of their social work license.

### Peer Accreditation

State of New York Office of Mental Health (OMH) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for certified Peer Specialists.

### Psychology Accreditation

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.

### CME Accreditation

This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Medical Society of the State of New York through the joint providership of the New York State Office of Mental Health's Bureau of Psychiatric Services & Research Institute Support and Behavioral Health News.

The 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 **live internet activity** for a maximum of **1.50 AMA PRA Category 1 Credits**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### CME Disclosure Statement

The Bureau of Psychiatric Services & Research Institute Support relies upon planners and faculty participants to provide educational information that is objective and free of bias. In this spirit & in accordance with the Bureau of Psychiatric Services & Research Institute Support & MSSNY guidelines, all speakers & planners must disclose financial relationships with ineligible companies whose products, devices or services may be discussed in the CME content or may be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled use of a product will be identified.

**The planners and presenters for this educational activity do not have any 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.**

All disciplines must attend sessions in their entirety.

# 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

# Strategies to Reduce Stigma

Approaches	Definition
Education	Present factual information with the goal of correcting misinformation or contradicting negative attitudes and beliefs.
Mental Health Literacy Campaigns	Educational programs focused primarily on K-12 education and increasing knowledge among young people.
Contact-Based Interventions	People with lived experience of mental illness or substance use disorders interact with the public describing their challenges and stories of success.
Protest and Advocacy	Involves identifying instances of prejudice or discrimination, publicizing them, and speaking out against them.
Peer Services	Peer service providers – people with lived experience – must be equal members of a care team to provide nonjudgmental, nondiscriminatory services while openly identifying their own experiences.
Legislative and Policy Change	Creating laws and policies to protect stigmatized groups from discrimination and normalize stigmatized groups to promote full inclusion.

# Themes From Earlier Roundtables

Roundtable	Themes
Roundtable 1: The Experience of MH Stigma	<ul style="list-style-type: none"><li>• Stigma is worse than the “illness.”</li><li>• We need to go beyond changing beliefs and attitudes to change behaviors.</li><li>• Change needs to occur in the public and our culture.</li><li>• Wraparound services to care are critical for all, not just children and adolescents.</li><li>• Substance use stigma needs to be better understood as an illness-related stigma.</li></ul>
Roundtable 2: Mental Health Stigma and Diverse Groups	<ul style="list-style-type: none"><li>• Communities (e.g., religious, ethnic/racial) communicated lack of acceptance suggesting intersecting forms of stigma.</li><li>• People with MH challenges need to be understood in all their complexity as members of various communities (i.e., racial, ethnic, religious, immigrant, LGBTQ+)</li><li>• We need to focus and consider all “isms” or forms of stigma when trying to reduce MH stigma.</li><li>• Approaches to care need to be adapted to meet the needs of diverse groups.</li><li>• MH Stigma drives people to help others and reduce stigma in various communities.</li></ul>

# Themes From Earlier Roundtables

Roundtable	Themes
Roundtable 3: The Role of the Media in Reducing MN Stigma	<ul style="list-style-type: none"><li>• Some media is committed to promoting mental health and wellness but not sure how to discuss mental illness.</li><li>• Media has responsibility when they ask folks to tell their stories to be careful of re-traumatizing.</li><li>• Media can reduce stigma by reporting on affirming and strength-based recovery stories that address human complexity</li><li>• The media needs to adhere to standards for ethical reporting (i.e., not pairing MI and violence by mentioning MI when it is not relevant to the story).</li><li>• Media must hold systems accountable by going beyond the “personal MH angle” to tell stories from a multiple systems perspective.</li></ul>
Overall	<ul style="list-style-type: none"><li>• High registration counts indicate interest and commitment related to MH Stigma</li><li>• PWLE and their family members have been central</li><li>• Stigma reducing efforts:<ul style="list-style-type: none"><li>○ must consider and address all types of stigma (internalized, public, anticipated, institutionalized/structural/systemic).</li><li>○ must understand and address how MH stigma intersects with other forms of stigma by race, gender, age, sexual orientation, region, and religion.</li><li>○ must look to focus on telling stories about people with lived experience as complete, complex, and normal human beings.</li></ul></li></ul>

# Meet the Panelists

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**Glenn Liebman**, CEO, Mental Health Association of New York State (MHANYS)

**Harvey Rosenthal**, CEO, New York Association of Psychiatric Rehabilitation Services, Inc. (NYAPRS)

**Dr. Angelia Smith-Wilson**, Executive Director, Friends of Recovery - New York (FOR-NY)

**Euphemia Strauchn, MSW, FDC, CHMH**, CEO, Families On The Move of NYC, Inc.

**Daniel Tanh, LCSW**, Executive Committee Member, New York Coalition for Asian American Mental Health

**Rabbi Simcha Weinstein**, DEI Coordinator, Families Together in New York State (Founder of the Jewish Autism Network)

# 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 for the Upcoming Mental Health Stigma Roundtables**

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

**View the Special “Stigma” 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**

<https://omh.ny.gov/omhweb/resources/publications/>

**The Carter Center: Journalism Resource Guide on Behavioral Health**

[https://www.cartercenter.org/resources/pdfs/health/mental\\_health/2015-journalism-resource-guide-on-behavioral-health.pdf](https://www.cartercenter.org/resources/pdfs/health/mental_health/2015-journalism-resource-guide-on-behavioral-health.pdf)

# Next Steps

- Establish Mental Health Stigma Workgroup
- OMH –funded work on Mental Health Stigma reduction: [bit.ly/OMHStigmaAgencies](https://bit.ly/OMHStigmaAgencies)
- Roundtable materials can be accessed at [BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)
- Journalists can be reached here to suggest ideas for mental health stories: [bit.ly/ContactJournalists](https://bit.ly/ContactJournalists)
- “Media and Mental Health” Guidance to be developed
- Behavioral Health News Spring 2023 issue dedicated to stigma accepting submissions  
Email [iraminiot@mhnews.org](mailto:iraminiot@mhnews.org) to propose an article topic.

# NAMI Walks NYC

www.namiwalksnyc.org

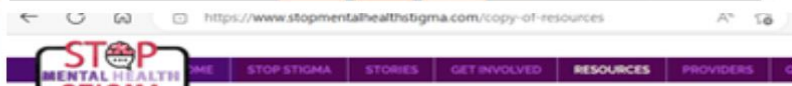


Saturday, May 20 • 10 AM-2 PM

www.namiwalksnyc.org

United Way of the Dutchess-Orange Region  
Text juneteenth22 to 71777  
Mag & data rates may apply

## Juneteenth 21-Day Equity Challenge



## Mental Health Stigma Focus Group

# Your Voice MATTERS!

Join us to talk about how mental health stigma affects you and your community, and how we can combat it!

February 22, 5:30PM

Zoom

**\$30 Giftcard**  
\*Choose from Amazon, Target, or Visa



Note taker needed: \$50 compensation

<https://tinyurl.com/2sw64dna>

Register today! Open to BIPOC Bronx Health Collective and

END THE STIGMA

Talk About It.

1 in 5 Americans live with a mental health condition.

YATES INSYGHT

# Thank You for Attending!

STOP MENTAL HEALTH STIGMA

"STOPMentalHealthStigma is designed to end stigma about mental health care, create hope for those affected by mental illness."

TAKE THE PLEDGE

TAKE THE QUIZ

Stigma harms 1 in 5 Americans affected by mental health conditions. It shames them into silence and prevents them from seeking help. Take the quiz to see if you might be affected.

SAMHSA Behavioral Health Treatment Services Locator: sponsored by the Substance Abuse and Mental Health Services Administration

FACES & VOICES OF RECOVERY: ADVOCATE. ACT. ADVANCE. This organization believes that our nation's response to the crisis of addiction should be based on science, compassion, and recovery.

NAMI National Alliance on Mental Illness: NAMI is the nation's largest grassroots organization for mental health.

Mental Health is just as important as Physical Health.

Get Help. End the stigma.

for local resources

YATES INSYGHT

MENTAL ILLNESS DOES NOT DISCRIMINATE  
It affects all ages, genders, ethnicities

To connect with local resources- Visit Yates INSYGHT:



# Agencies Funded by the NY State Office of Mental Health To Work Locally On Mental Health Stigma in New York State

Agency and Region	Description (with links to associated content, where available)
<i>Hands Across Long Island (HALI)</i> <b>Central Islip/Long Island</b>	<i>Increase understanding within the medical community about structural inequalities connected to mental health stigma. Conducted <b>focus groups</b> with individuals sharing lived-experience of medical care. <b>Short videos created by Lucy Winer</b>, acclaimed Director of Kings Park: Stories from an American Mental Institution and Unlocked. Several Federally Qualified Health Centers partnering with HALI for educational discussion series about MH Stigma, including Harmony Healthcare, Sun River Health and the Charles Evans Center, where a short film and results of focus groups will be shared, also available as a webinar.</i>
<i>Integrated Community Alternatives Network (ICAN)</i> <b>Utica/Central New York</b>	<i>Identified “<b>Mental Health Ambassadors</b>” (local musicians and artists) to advocate on stigma in the community, work in CNY school districts with parents, teachers and students, create <b>social media content</b>, distribute through media (TV, radio, newspaper), promote MH education, hold <b>Community Events</b>, <b>BOCES school events</b>, <b>parent support groups</b> and align activities with the opening of a Family Resource Center.</i>
<i>Montefiore Medical Center &amp; Columbia University</i> <b>Manhattan</b>	<i>Raise awareness and combat mental health stigma in identified BIPOC (Black Indigenous and People of Color) and marginalized communities in East Harlem, Southeast Bronx and East Brooklyn, New York City, <b>create website &amp; an Anti-Stigma Toolkit</b> (virtual and hard-copy), <b>hold three Community events</b> around mental health and mental health stigma.</i>
<i>National Alliance of Mental Illness in New York City (NAMI-NYC)</i> <b>Manhattan</b>	<i>Hold focus groups to identify community needs, including individuals with mental health diagnoses and their families. Created a <b>Public Service Announcement Video</b>, sharing personal lived-experience, and normalizing seeking services when needed. Distribute video broadly to New York Communities through social media and other methods.</i> <a href="https://www.naminycmetro.org/">Rompiendo el Silencio   Breaking the Silence - NAMI-NYC (naminycmetro.org)</a> Video and toolkit in English and Spanish are available on their landing page: <a href="https://www.naminyc.org/psa">www.naminyc.org/psa</a>

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Agency	Description (with links to associated content, where available)
<i>SUNY Downstate STAR Program (SUNY STAR) Brooklyn</i>	<i>Focus on Black and Latin X communities served by SUNY Downstate in Brooklyn. The SUNY Downstate STAR team is focused on creating educational content through a <b>dedicated web-site and social media platform</b> and providing <b>mental health resources</b> to the community.</i>  <a href="http://www.stopmentalhealthstigma.com">www.stopmentalhealthstigma.com</a>
<i>United Way, Dutchess-Orange Region (UWDOR) Poughkeepsie/Hudson River</i>	<i>Held two (2) 21-day <b>Virtual Health Equity Challenges</b>, two (2) <b>Professional Development Seminars</b> for Non-Profit staff and a “<b>Watch Listen and Learn</b>” educational email series.</i>  <a href="https://fundraise.givesmart.com/vf/Equity23">https://fundraise.givesmart.com/vf/Equity23</a> <a href="https://fundraise.givesmart.com/vf/juneteenth22">https://fundraise.givesmart.com/vf/juneteenth22</a>
<i>Yates County Community Services Penn Yan Yates/Western New York</i>	<i>Community <b>mental health education campaign</b> to bring awareness with regard to stigma and mental health includes <b>community billboards, bus wrap, posters and postcard mailings</b> to households. Promoting <b>new resource guides and website</b> to help people get connected to services they need. Advertising and social media blast targeted to local populations, including Mennonite and migrant worker populations.</i>  <a href="https://www.canva.com/design/DAFW6EO2RRI/DjcCR0MYLQbsv8P5iv1OZg/view?utm_content=DAFW6EO2RRI&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=publishsharelink">https://www.canva.com/design/DAFW6EO2RRI/DjcCR0MYLQbsv8P5iv1OZg/view?utm_content=DAFW6EO2RRI&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=publishsharelink</a>