

Mental Health is Physical Health: Stigma Reduction Starts with Me

Charde' Hollins, LISW
Mental Health & Equity Consultant
Relevant Connections, LLC





Who am I?

- **Pronouns:** She/her
- **Physical Description:** Fair skin AA woman, rainbow glasses, blonde locs, ongoing big smile
- **Family:** 1 husband, 1 daughter, & 1 son
- **Academics:** Historically Black College/University (HBCU) graduate – Oakwood University & Masters from Cleveland State University in Social Work
- **Practice:** School, Hospital, Corrections, Court, Grants Management, & Community
- **Life Motto:** *“Nobody cares how much you know, until they know how much you care”.*



Learning Objectives

1

Explore the history of mental health stigma and discrimination on people with mental disabilities

2

Discuss the influences of culture and its role in perpetuating stigma within BIPOC population

3

Develop strategies for reducing stigma and implementing preventative and culturally responsive efforts to address mental health needs

By the end of
this training, I
hope you
will:

Detect	Detect personal stigma related to mental health
Increase	Increase understanding of mental health and ways to integrate diverse partnerships
Feel	Feel more confident initiating conversations about mental health
Apply	Apply strategies for advancing equity in mental health on college campuses

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- **Stigma** is a set of negative and often unfair beliefs that a society or group of people have about something.
 - While stigma refers to an attitude or belief, **discrimination** is the behaviors that result from those attitudes or beliefs.



stand up against stigma

**No Health without
Mental Health**

History & Perceptions

Ancient Beliefs:

- Supernatural causes by evil spirits or divine punishment. This led to fear, exclusion, and mistreatment.

Institutionalization - 18th & 19th Centuries:

- Forced into asylums or psychiatric hospitals, known for being abusive and inhumane.

Eugenics Movement – Early 20th Century:

- Advocacy to eliminate “undesirable” traits through sterilization and segregation.

Medical Model – Mid-20th Century:

- Focused on diagnosis and treatment. Reinforcing mental health as only being seen as a disease.

BIPOC History & Perceptions

Colonialism and Oppression:

- Imposed cultural norms and beliefs, leading to the devaluation of traditional healing practices and their own cultural understandings of mental health.

Racial Stereotypes:

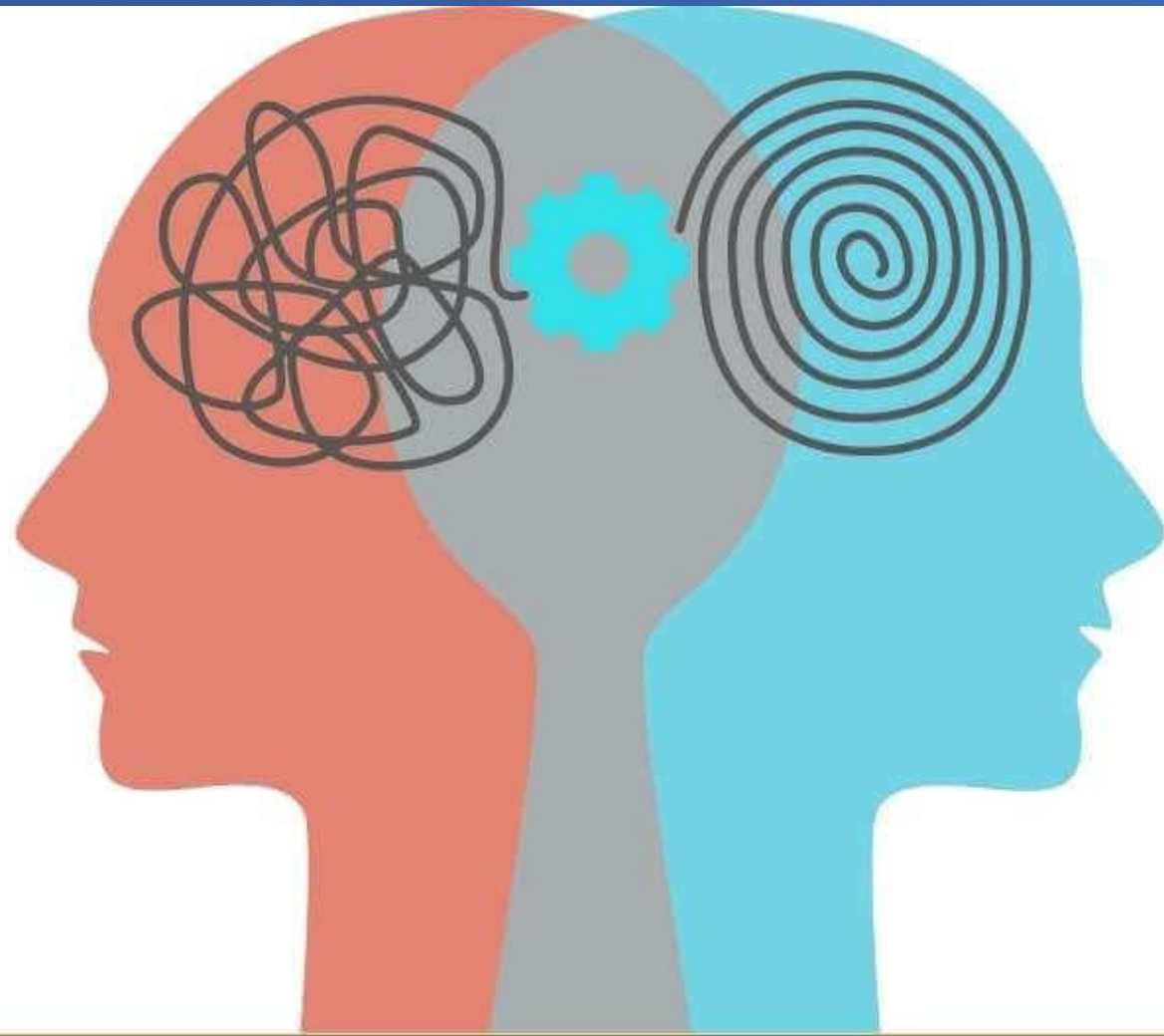
- Inherent "savagery" or "inferiority," contributed to stigmatizing views of mental health within these communities.

Historical Trauma:

- Prevented individuals from seeking help due to cultural shame or mistrust in mental health systems.

Lack of Representation and Access:

- Limited access to culturally responsive care, biased diagnostic practices, and disparities in treatment.



Mental health vs Mental illness

Mental Health – Everyone Has It!

TANGLAW MENTAL HEALTH

WHAT IS MENTAL HEALTH?

MENTAL HEALTH, like physical health, is a category of health that caters to the balance between emotional and mental wellness and illness.

It includes the mental health management skills we need to (1) cope with the stresses of life, (2) live and work productively, and (3) create healthy social relationships and support systems.

Not everyone has a mental illness but we all have mental health and we owe it to ourselves to manage our stress, overwhelm, and everyday anxieties.

BlessingManifesting

MENTAL HEALTH CONTINUUM MODEL



HEALTHY

REACTING

INJURED

ILL

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- Decreased social activity

- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

Actions to Take at Each Phase of the Continuum

- Focus on task at hand
- Break problems into manageable chunks
- Identify and nurture support systems
- Maintain healthy lifestyle

- Recognize limits
- Get adequate rest, food, and exercise
- Engage in healthy coping strategies
- Identify and minimize stressors

- Identify and understand own signs of distress
- Talk with someone
- Seek help
- Seek social support instead of withdrawing

- Seek consultation as needed
- Follow health care provider recommendations
- Regain physical and mental health

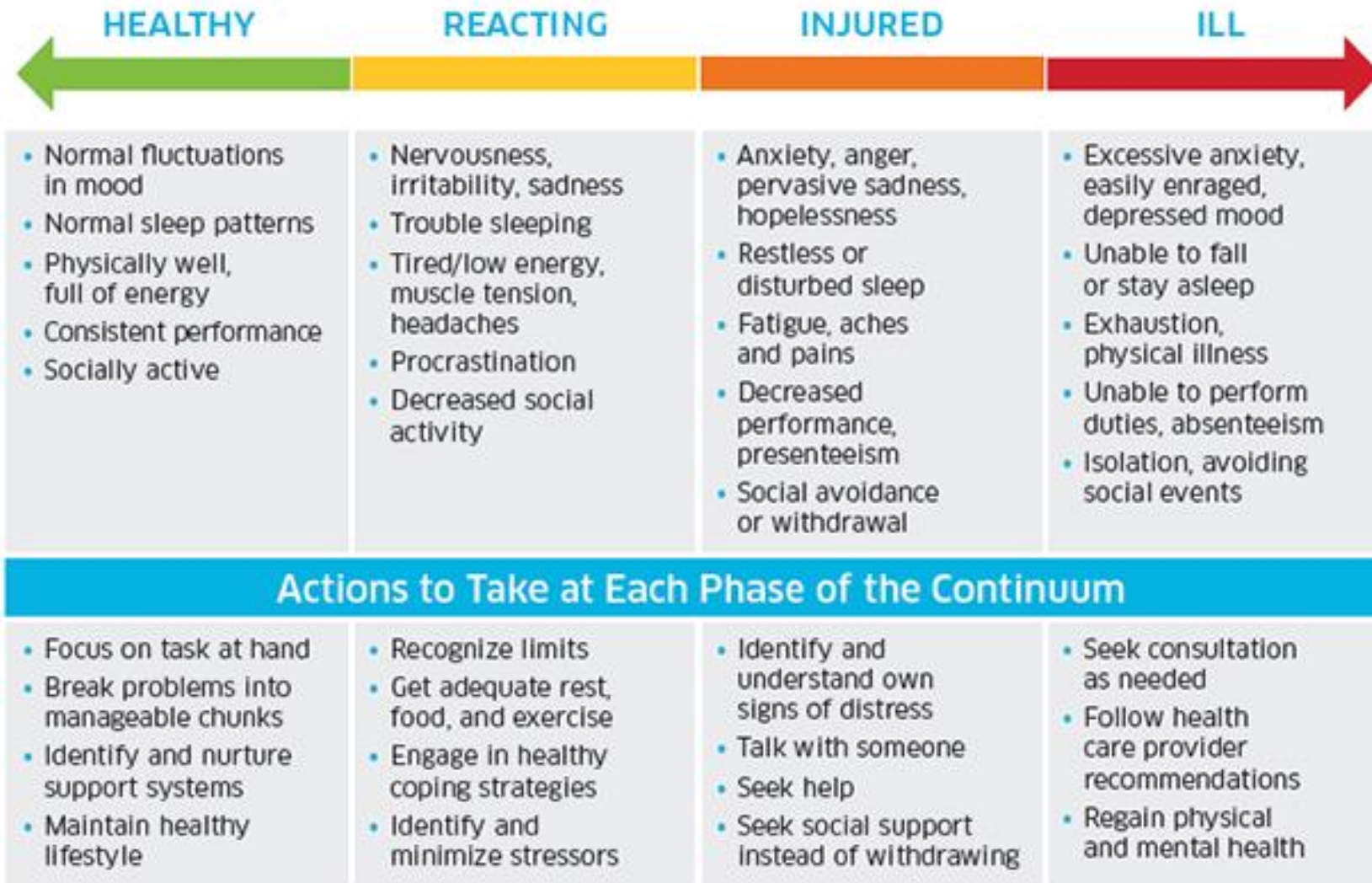
**AN OUNCE OF
PREVENTION IS
WORTH A POUND
OF CURE**

BENJAMIN FRANKLIN

2021 American College Health Survey

- Loneliness was reported by 50% of the surveyed students.
- **Almost 70% of students reported their mental health as a concern for their perceived academic performance.**
- Students who identified as LGBTQ+ had higher rates of mental health issues than their heterosexual counterparts.
- Black and Latinx college students reported higher rates of depression and anxiety compared to white students.
- **24% of students reported experiencing a traumatic event in the past year.**
- **66% of students reported feeling consistently overwhelmed**
- 79% of surveyed colleges and universities offer some form of mental health services to students.
- 45% of college students reported that they have felt so depressed that it was difficult to function in the past year.
- 42% of students reported needing help for a mental health issue in the past year but did not receive any services.
- **26% of students reported that they have seriously considered suicide at some point in their life.**

MENTAL HEALTH CONTINUUM MODEL



Strategies for Implementation

1

TRAIN TO DO,
READ TO LEARN

2

INTEGRATE
MENTAL
HEALTH
EVERYWHERE

3

RECRUIT
PARTNERS WITH
PARTICIPANTS
IN MIND

4

PRIORITIZE
PREVENTION,
PREPARE FOR
TREATMENT



Give feedback to Charde' Hollins

- Scan this QR code



or go to talk.ac/chardehollins

2. Enter this code on the screen

PREVENTION

Let's stay in touch!



@RelevantConnections

Hollins@RTConnects.org

www.RelevantConnections.org

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