

Healing Stigma through Trauma-Informed Approaches





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Learning Objectives

- Identify four evidence-based practices that can be utilized in healing internal stigma.
- Describe three ways in which trauma informed approaches impacts self-stigma.
- Provide two examples of a community perspective to prevention of stigma through exposure, education and outreach.



What Does Trauma Mean to You?

- **Discussion of the wide variety of definitions and understandings of trauma.**



Define Trauma

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.”

-SAMHSA



Trauma-Informed Approaches

- Trauma-Informed Approaches reflects how the organization perceives and responds to those who have experienced trauma; it requires a change in the organizational culture.
- The culture incorporates the belief that trauma is prevalent, the impacts are devastating, and people recover and heal from trauma in uniquely individual ways.





Trauma-Informed Approaches

- Avoid re-traumatizing all members of the community.
- Maintains to focus on "safety first."
- Commits to "do no harm" and to facilitate participation and meaningful involvement of clients and families, and trauma survivors in the planning of services and programs. (Harris and Falot, 2001)



Organizational Trauma-Informed Approaches

- Realization of the widespread impact of trauma and understands potential unique paths for healing;
- Recognizes the signs and symptoms of trauma in staff, clients, and others involved with the system;
- Reduce stress throughout the system and individually
- Provide emotional support/validation
- Share your experience – tell your story
- Responds by fully integrating knowledge about trauma into policies, procedures, practices, and settings.

What is Stigma?



- **Discussion of the wide variety of understandings of mental health stigma.**



Define Stigma

- Stereotypes - attitudes about groups of people, which help to quickly categorize and make decisions about people.
- Prejudice defined as the acceptance of the stereotype.
- Discrimination is the behavior that results from the prejudice. (Corrigan and Lundin 2001)

Definition of Stigma

Stigma refers to a cluster of negative attitudes and beliefs that motivates the general public to fear, reject, avoid and discriminate against people with mental health issues.



Stigma is Distinguished into Public Stigma and Self-Stigma

Self-Stigma

- “Negative beliefs about the self”;
- Self-prejudice, which results in low self-esteem and low self-efficacy;
- A self-imposed discrimination, which presents as failure to apply for a job or apartment or to initiate a conve



Public Stigma

Public stigma includes the following:

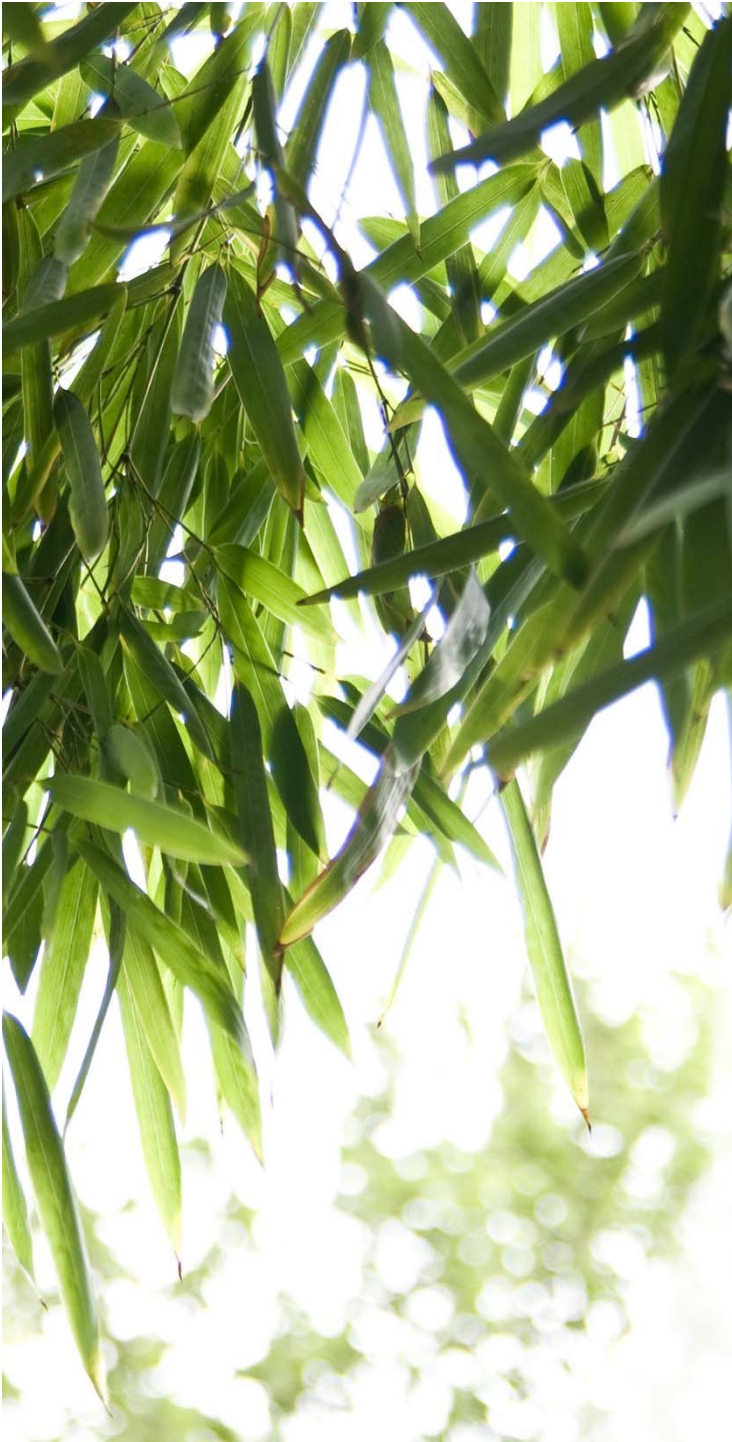
- Negative beliefs that persons with mental health issues are dangerous and incompetent;
- Prejudice, which is the acceptance of the belief and the emotional reaction; and
- Discrimination, which is the response to prejudice (Corrigan, 2005).





Approaches to Eliminate or Mitigate Public Stigma

- Exposure which is direct or indirect contact with individuals experiencing mental health issues.
- Education, which can be provided in a Public Campaign or local forums.
- Political Action
(Corrigan & Gelb, 2006)



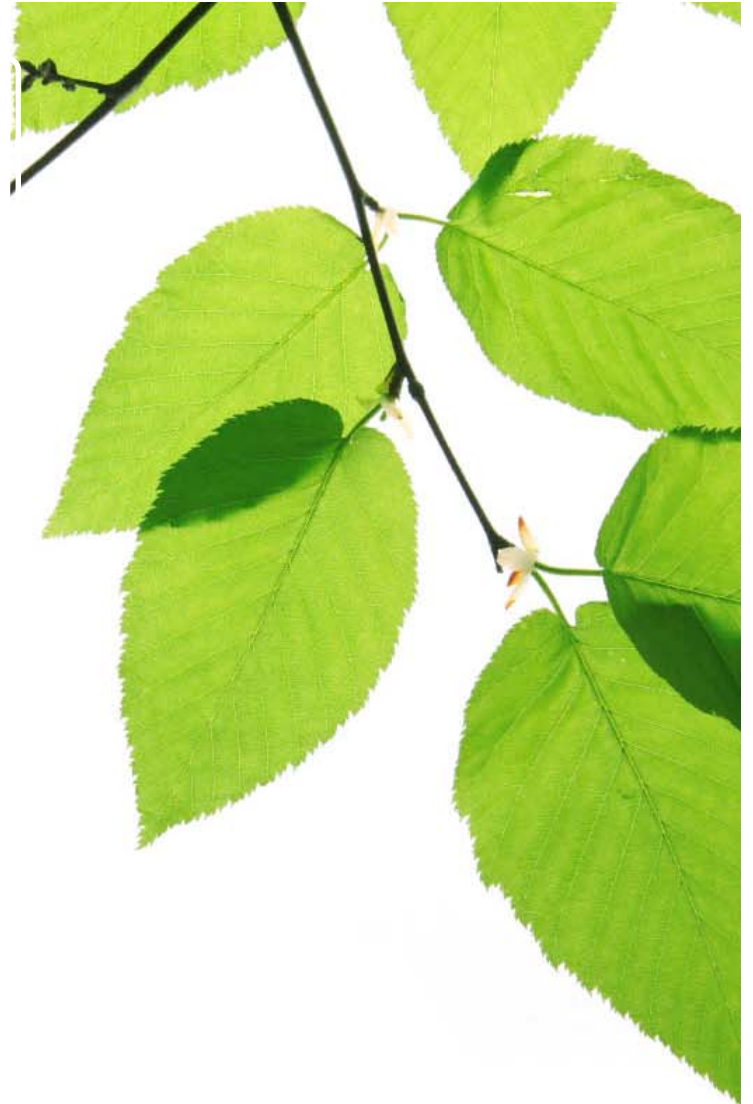
How Trauma-Informed Approaches Overlap with Stigma Elimination Approaches

- Education on the impact and prevalence of trauma and self-stigma.
- Recognize and validate the signs and symptoms of Trauma and self-stigma.
- Provide emotional support/validation for Trauma and self stigma
- Share your experience – tell your story – this may be the same story for many individuals
- Responds by fully integrating knowledge about self-stigma and trauma informed approaches into policies, procedures, practices, and settings.

Overlap of Stigma and Trauma-Informed Approaches

Approaches to Trauma and Stigma

- Community education on impact and prevalence of trauma - which can be provided to mass audiences.
- Political action to prevent trauma in all forms.
- Exposure – telling your story
(Corrigan & Gelb, 2006).



How They Overlap and Interface with Evidence-Based Practices

- **PEER Providers**
- **WRAP**
- **EMPLOYMENT**
- **Skills-Dialectical
Behavioral Therapy**



Questions and Answers

- **Conclusion**
- **Next steps**
- **Further discussion**

