

Destroying the Stigma

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Introduction

Today, there is not only an overwhelming number of adolescents battling mental illness, but they are also challenged by something greater – the stigma surrounding mental illness found within institutions, society, and even themselves. By educating the youth on the stigma surrounding mental illness, increasing mental health literacy, and providing resources for those seeking help, we can implement a change in the point of view of this population and in turn, decrease the stigma.

PICO: In the high school population (P), what is the effect of mental health education (I) compared to no mental health education (C) on the understanding and attitude surrounding the mental health stigma (O)?

Pre- and Post Education Survey

1. Mental health issues are not real illnesses, like physical illnesses are.
2. People are born with mental health issues..
3. Medication is the only treatment for mental health issues.
4. Mental health issues only effect adults, not children and teenagers.
5. If I thought I had a mental health problem, I would know how to get help.
6. (only on pre-test) I understand mental illness in the adolescent population.
7. (only on pre-test) I am guilty of stigmatizing mental illness whether it is accidental or purposeful.
8. (only on pre-test) I am aware of resources available to obtain help in regard to mental health.
9. (only on post-test) this presentation helped me to understand mental illness in the adolescent population.
10. (only on post-test) This presentation reduced my stigma towards metal illness.
11. (only on post-test) This presentation gave be a resource I would recommend to adolescents to get mental health help.

Current Evidence

- 50% of all mental health conditions develop by age 14 and 75% by the age of 24
- 1 in 5 youth have a mental health condition, yet fewer than half receive any mental health services
- Annually, one-fifth of the 17 million adolescents in the United States have a diagnosable mental health disorder with at least mild functional impairment, and more than 70% do not receive care

Education Session

We provided an education session via WebEx to our senior capstone class. We presented a PowerPoint and gave additional information through a voiceover. We provided a pre and post test to evaluate how well we met out presentation objectives.

Education Plan and Implementation

Place: University of Cincinnati College of Nursing Capstone Class

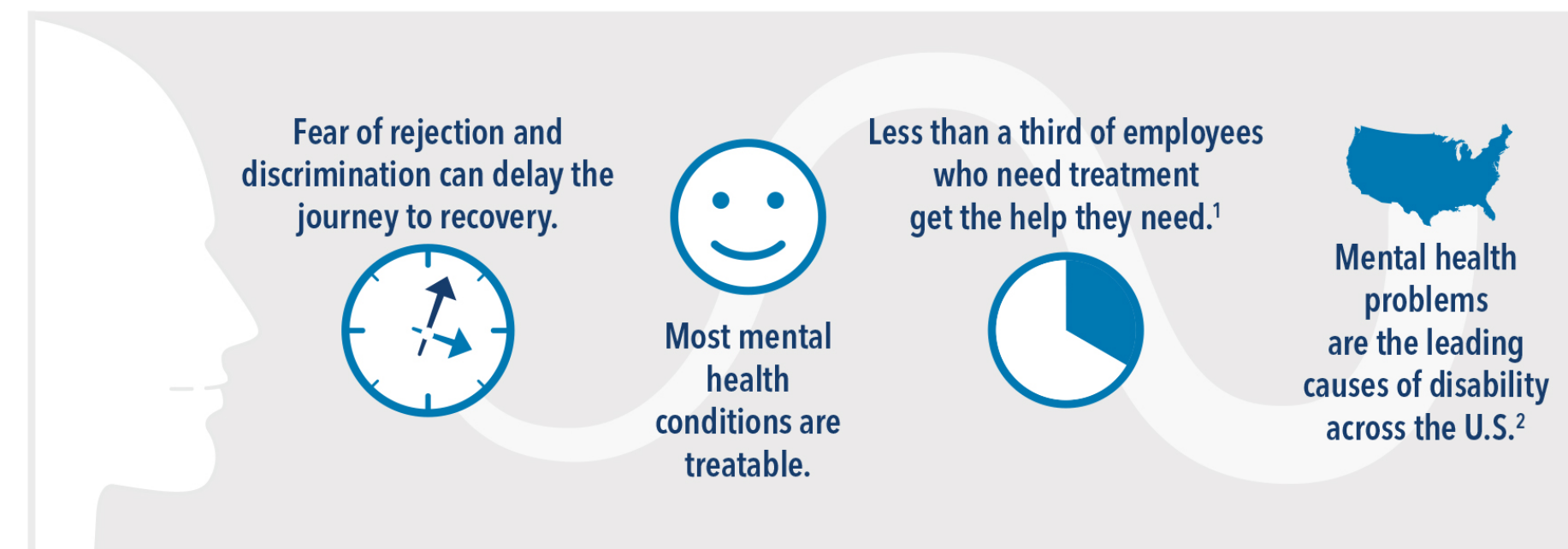
Presented to: Class of 2020 Capstone students

Objectives:

- Identify the stigma surrounding mental health
- Identify barriers to reducing mental health stigma
- Provide education on resources that students can use to find therapists, groups and counselors that are willing to help them
- Increase the student's knowledge of mental health stigma

Purpose: To educate high school aged adolescents on mental health literacy and the stigma surrounding mental illness. By raising awareness on stigma and normalizing mental illness, students will feel more comfortable pursuing help and decreasing personal notions of stigma.

Why we need to end the stigma around mental illness



¹National Alliance on Mental Illness of Massachusetts, 2015. ²National Alliance on Mental Illness.

Outcomes & Feedback

Lessons Learned:

- With proper education, the stigma surrounding mental health can be reduced.
- Help seeking adolescents need to be educated and guided toward resources available to them
- Mental health illnesses ARE real illnesses, just like physical illnesses.
- Medication is not the only treatment for mental health problems.
- Mental illness affects children and teenagers, not just adults.

After analyzing our data, surveys showed that our audience now understood more about mental illness in adolescents, reduced personal stigmas surrounding mental health, and are now aware of resources they could recommend to adolescents struggling with mental illness.

Use STOP to recognize mental health stigma.

Does the attitude or action:

- S**tereotype people with mental health conditions?
- T**rivialize people with mental health conditions and/or the condition itself?
- O**ffend people with mental health conditions?
- P**atronize people with mental health conditions by treating them as if they were not as good as other people?

Literature Search

Databases: CINAHL, PubMed

Key words: mental health, mental illness, stigma, resources, adolescents, high school, evidence based, end the stigma

Article Data Range: 2010- 2020

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Stig•ma (n)

The perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them.