“Jesus Came for the Sick - Fighting Stigma with Communities of Faith”
Together Against Stigma – Feb. 28, 2014

www.shastamhsa.com www.standagainststigma.com
Shasta County At A Glance

* 3,837 square miles, the size of Delaware and Rhode Island combined

* Only 4-year Higher Ed institution - Simpson University (private Christian school)

* Economy based on agriculture, timber, tourism, medical and retail

* High unemployment

* 12 times as many concealed weapon permits as L.A. County

* High rates of ACES

* About 40 suicide deaths a year
Brave Faces and Voices
Photo Displays

• Professional portrait photography paired with text panels/stories

• Displayed at libraries, health clinics, City Hall, coffee shops, etc

• 25 Brave Faces participants so far including LGBT, low-income, African American, Native American, Latina and transitional age youth participants.

• Diagnoses represented include: PTSD, bipolar, schizophrenia, suicide loss, depression, anger issues, eating disorders, anxiety, intergenerational trauma, OCD.
Brave Faces and Voices
Speaker Presentations

• More than 100 presentations since May 2012.

• Burney Tea Party, Shasta College classes, foster parent training, Church services, tribal support groups, hospital staff, EMTs

• About 20 participants

• Different structures to the presentations depending on audience/time

• Limited open to the public events.
Brave Faces and Voices
Social Media

- Facebook: 722 likes
- Twitter: 457 followers
- YouTube: 3614 views
Brave Faces and Voices
An evidence based practice

Thank you so much for all the encouragement you gave us. You opened my eyes to make a change. I am a girl who struggles with depression and bipolar disorder. Thank you for the light.

Sincerely,
Brave Faces and Voices
An evidence based practice

| Harry's story                                                                 | Strongly Agree | | | | | | | Strongly Disagree | | | | | Average Score | Change |
|-------------------------------------------------------------------------------|----------------|---|---|---|---|---|---|---|----------------|---|---|---|---|-----------------|--------|
| 1. I would be friends with Harry.                                             | Pre: 4          | 4 | 4 | 4 | 6 | 6 | 4 | 3 | 3.7            | -0.2 |     |
|                                                                                | Post: 10        | 2 | 2 | 3 | 2 | 7 | 1 | 1 | 3.9            |     |     |
| 2. Harry would be successful at his job.                                      | Pre: 5          | 3 | 1 | 6 | 2 | 3 | 2 | 4.6           |     |     |
|                                                                                | Post: 6         | 4 | 3 | 5 | 2 | 2 | 3 | 3.0            | +1.7 |     |
| 3. If I had a problem, I’d ask for Harry’s opinion.                           | Pre: 4          | 3 | 2 | 1 | 1 | 3 | 4 | 2 | 2.2            |     |     |
|                                                                                | Post: 4         | 4 | 1 | 6 | 5 | 1 | 1 | 3.6            | +1.1 |     |
| 4. If Harry said he needed someone to talk to, I would listen.                | Pre: 8          | 7 | 1 | 2 | 2 | 1 | 1 | 2.6            | +0.8 |     |
|                                                                                | Post: 13        | 2 | 4 | 4 | 1 | 1 | 1 | 1.8            |     |     |
| 5. I would think Harry is a part of my community.                             | Pre: 16         | 4 | 1 | 1 | 1 | 1 | 1 | 1.5            | +0.1 |     |
|                                                                                | Post: 16        | 2 | 1 | 1 | 1 | 1 | 1 | 1.5            |     |     |
| 6. Harry’s hospitalizations are going to help him get better.                 | Pre: 2          | 3 | 2 | 1 | 6 | 4 | 3 | 1 | 4.6            |     |     |
|                                                                                | Post: 5         | 3 | 6 | 5 | 1 | 1 | 1 | 3.0            | +1.6 |     |
| 7. It’s encouraging that Harry is taking his medications.                     | Pre: 12         | 4 | 3 | 1 | 3 | 1 | 1 | 2.0            | +0.3 |     |
|                                                                                | Post: 13        | 4 | 2 | 2 | 2 | 2 | 2 | 1.7            |     |     |

**Mental Illness Stigma Survey**
**Administered at Leadership Redding**

**Harry’s Story**
A Change in Perception

- Pre: 8 - Post: 13
- Pre: 4 - Post: 10
- Pre: 4 - Post: 5
- Pre: 2 - Post: 6
- Pre: 12 - Post: 13
- Pre: 16 - Post: 16
- Pre: 4 - Post: 4

1. I would be friends with Harry.
2. Harry would be successful at his job.
3. If I had a problem, I’d ask for Harry’s opinion.
4. If Harry said he needed someone to talk to, I would listen.
5. I would think Harry is a part of my community.
6. Harry’s hospitalizations are going to help him get better.
7. It’s encouraging that Harry is taking his medications.
Mental Health and Church Communities

1. Self-identified Christians are far more likely to disclose a mental health issue to a clergy/pastors than a professional

2. In a Baylor study, 1 in 3 participants reported a negative experience with a church

3. 30-40 percent of people are told there is no such thing as mental illness. . .
Church Partnerships
Redding First of the Nazarene
Redding First of the Nazarene

Future Plans

- De-Shaming Depression Series
- Art and Poetry Night
- Influx Attendance at Health Fairs and the Out of Darkness Walk
Burney Presbyterian
Barriers

• Church Bureaucracy

• Conflicting values of non-Christian participants in Brave Faces?

• Churches don’t necessarily see need for outside assistance
Benefits

• Jesus was a de-stigmatizer

• Improving attitudes in church settings can enhance the healing they provide

• Churches don’t necessarily see need for outside assistance