Coming Out Proud

to Erase the Stigma of Mental Illness

Patrick Corrigan
Illinois Institute of Technology
SCHIZOPHRENIA...
WHEN THE LEFT HAND DOESN'T KNOW WHO
THE RIGHT HAND IS KILLING!!

LYNNE FREDERICK  JOHN LEYTON  STEPHANIE BEACHAM and JOHN FRASER

SCHIZO

A PETER WALKER PRODUCTION
A MILES INTERNATIONAL RELEASE
GOALS

- Review harm of public and self-stigma
- Review ways to fix them: disclosure
- Review Coming Out Proud
- Discuss how to go forward in your community
Understanding Stigma for Stigma Change: STRUCTURES BY TYPES

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STEREOTYPES
- All Irish Americans are drunks and beat their wives.

PREJUDICE
- That’s right. They’re drunks and I loathe them.

DISCRIMINATION
- So, don’t: hire, rent, or befriend them.
STEREOTYPES
  ◦ People with MI are: weak, dangerous....

PREJUDICE
  ◦ They are bad because: scary, shameful.

DISCRIMINATION
  ◦ So, don’t: hire, serve, or rent to them
## Understanding Stigma for Stigma Change: STRUCTURES BY TYPES

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The Egregious Effects of Public Stigma: Its Impact on SOCIAL INCLUSION

- Lost employment
- Subpar housing
- Worse health care

- Worse educational opportunities
- Diminished legislative support
- Alienated faith communities

- Coercive treatment
WORSE HEALTH CARE

% rec'd PTCA

PTCA: percutaneous transluminal coronary angioplasty

Druss et al., 2000
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Self-Stigma

- Decreased self-esteem
  - I am not worthy

- Decreased self-efficacy
  - I am not able

- Why try?!
  - I am not worthy of a good job
  - I am not able to live alone
Affirming Attitudes and Behavior

- Recovery
- Empowerment
- Self-determination

- Rightful opportunities
- Reasonable accommodations
- Meaningful support
The GRAND PLAN

- Come out everyone
- Come out everywhere
the Grand Plan

- Come out Mad
- Come out Proud
COMING OUT PROUD
to erase the stigma of mental illness
LGBT agenda
- Confusing
- Objectionable

- Honest, Open, Proud
Disclosure?

- Passive

- COMING OUT PROUD
  - assertive
the

ADVOCATE’S AGENDA
“I must fight in the open!”

Clifford Beers  –  1909
Disease Identity

DON’T BE A MENTAL PATIENT
Human Identity

EMBRACE WHO YOU ARE
Glenn Close
Jessie Close

Brandon Marshall
Thurgood Marshall Effect
COMING OUT PROUD TO ERASE THE STIGMA OF MENTAL ILLNESS:

STORIES AND ESSAYS OF SOLIDARITY

PATRICK W. CORRIGAN
JON E. LARSON
PATRICK J. MICHAELS
COMING OUT PROUD
to erase the stigma of mental illness
Accomplishment
  ◦ Overcoming disability

Who I am
  ◦ Ethnic pride

Authenticity
Goal:

From NORMALCY to SOLIDARITY

- You’re just like me.
- I stand with you.
CAMPUS SOLIDARITY CAMPAIGN

Kristin Kosyluk
SAFE SPACE

www.glsen.org
National Survey   N>1000
I stand with mental illness.

www.COPprogram.org
Telling Your Story

Worksheet 3.3: Solidarity

I stand with mental health

www.COPprogram.org

I stand with mental illness.

www.COPprogram.org
Three Lessons

- Consider the pros and cons of disclosing
- There are different ways to disclose
- Telling your story
Lesson 1: Considering the Pros and Cons of Disclosing

- Do you identify yourself as a person with mental illness?
- Secrets are part of life
- Considering the pros and cons of disclosing
Worksheet 1.3: The Costs and Benefits Worksheet for Disclosing Mental Illness
Lesson 2: There are different ways to disclose

- Different ways to disclose
- To whom might you disclose
- How might others respond to your disclosure
To whom might you disclose

- Worksheet 2.3: Testing a Person for Disclosure
Lesson 3:
Telling Your Story

- How to Tell Your Story
- Coming Out with Peer Support
- How Did it Go?
- Putting it All Together
Worksheet 3.1: A Guide to Setting Up A Story...

- What might go into the story?
- What do you want to say?
- Story check!
Learn More about It

Coming Out Proud to Erase the Stigma of Mental Illness

- Manual
- Workbook
- Training plan
- Network

www.COPprogram.org

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