

GOALS

- Find commonalities in our shared experience
- Create more personal connections with each other
- Create community
- Reduce stigma, shame and isolation



Ground Rules

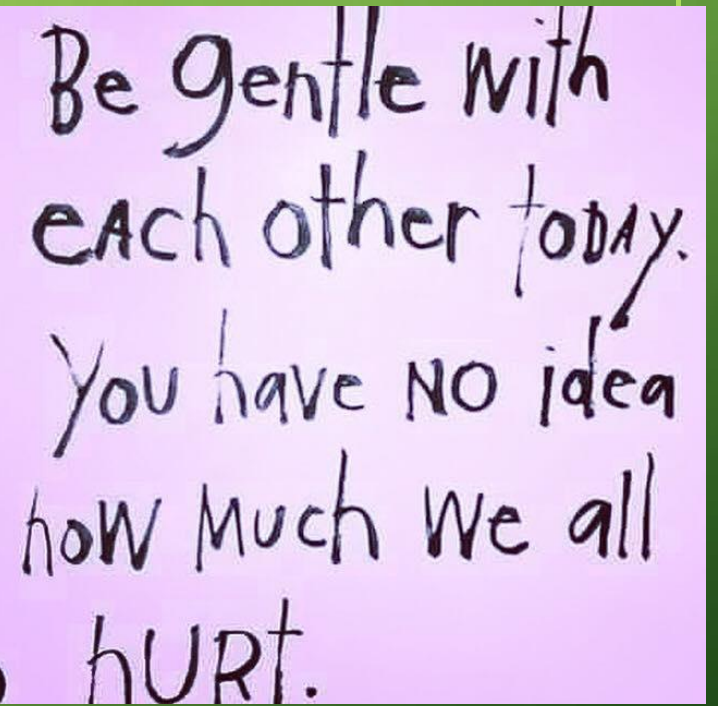
Participate at a level that feels safe
Take care of yourself in any way you need to (off camera, mute, leave)

Be responsible and respectful

Be as honest and kind as you can

Everything you hear from participants is confidential

Although most of us have our own politics/religious/spiritual beliefs, we kindly request you refrain from specific references to yours in group



Be Gentle with
each other today.
You have NO idea
how Much We all
hurt.

STIGMA

Mark of disgrace or infamy; a stain or reproach, as on one's reputation

- stigma is a barrier that discourages individuals and their families from seeking help
- many people would rather tell employers they served time in jail than admit to being in a psychiatric hospital
- Most of us have or will experience symptoms of mental distress
- Can be triggering for anyone

PHYSICAL ILLNESS

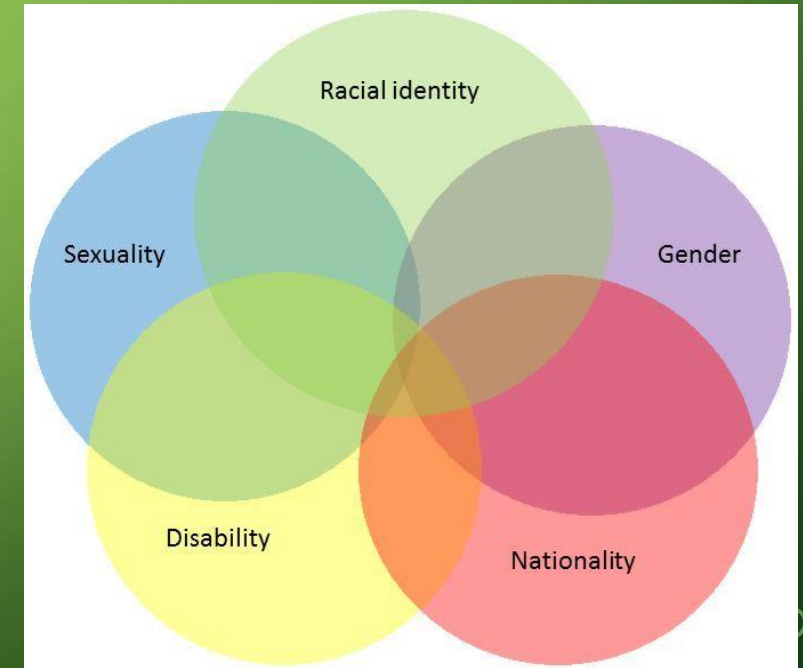


MENTAL ILLNESS



INTERSECTIONALITY

- Overlapping identities that influence our experience of the world and vice versa
- Groups are afforded different amounts of power
- Racism/ Sexism/ Heterosexism
- Powerlessness impacts stress level
- Men experience more MH stigma than women
- Each of us experience life through our unique identities



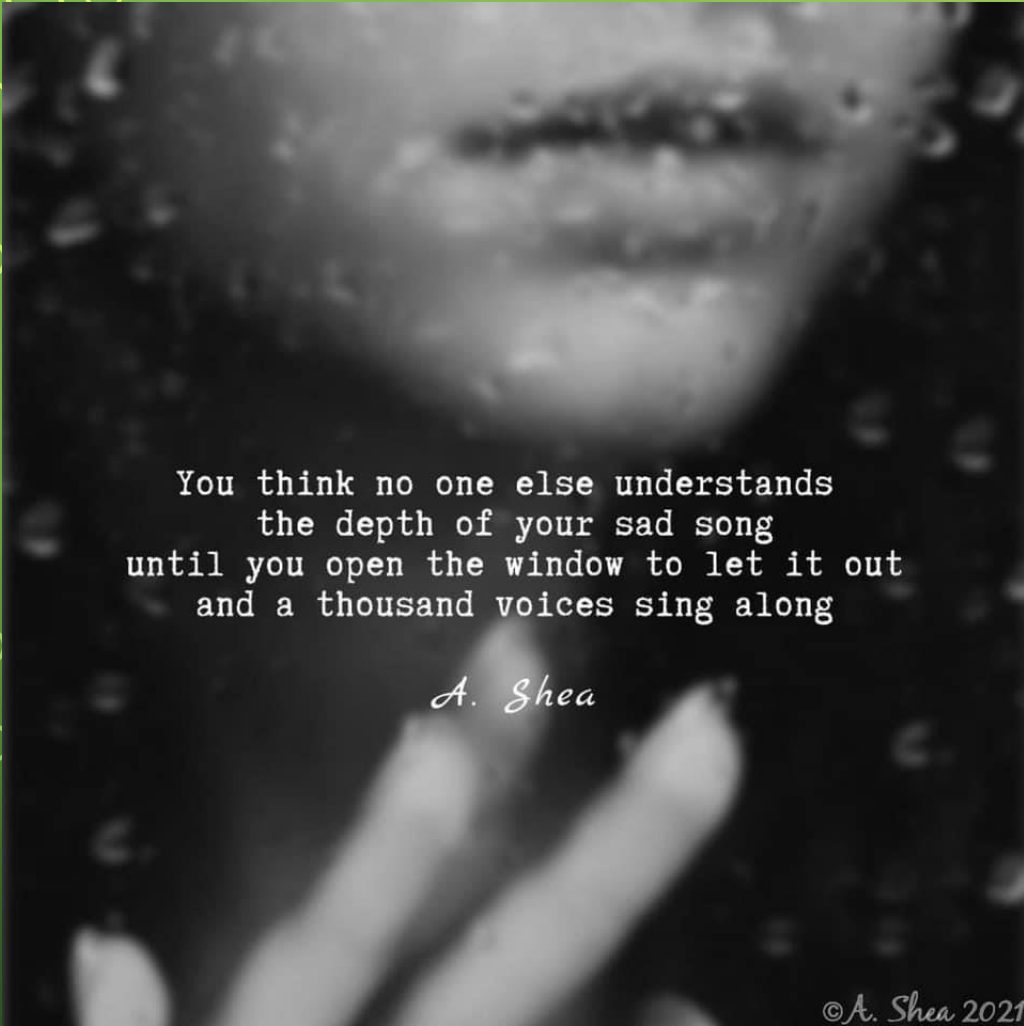


TRAUMA

Psychological trauma is an occurrence which is outside the scope of everyday human experience, and which would be notably distressing to almost anyone (American Psychiatric Association, 1987).

- Trauma engages your fight/flight/freeze stress response.
- The traumatic occurrence or experience causes the body and mind to be overwhelmed and results in nervous system dysregulation.
- All or nothing- can't find a middle ground

ELEMENTS OF TRAUMA FROM DSM-V



Exposure- directly experiencing; witnessing it occurring to others;

- Perceived as overwhelming and/or uncontrollable
- Results in feelings of helplessness, lack of safety, lack of control, and shame
- Often generates secondary adversities, life changes and distressing reminders



SHAME

- “An intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.”- Brené Brown
- Children typically blame themselves rather than see a caretaker as flawed
- Shame turned in looks like- perfectionism, “I am bad, I deserve punishment, I am not loveable”
- Shame turned out- violence, blame, rage, pass the hot potato

“Connection is the energy that exists between people when they feel seen, heard, and valued.” - Brené Brown

SELF MEDICATION



The therapist
says- Give me 2
or 3 months in
therapy and
you'll begin to
feel better



The psychiatrist
says-Give me 2-3
weeks on these
meds and you'll
begin to feel better

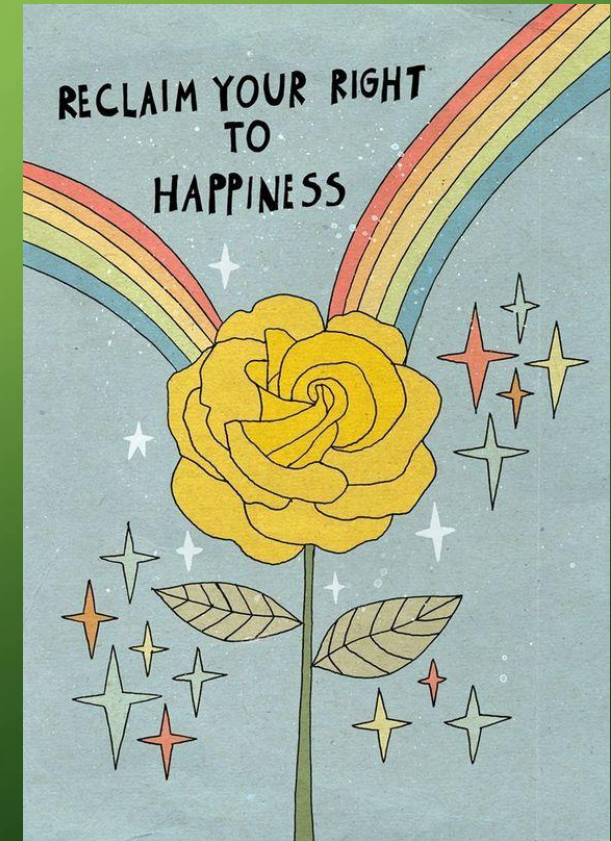


The bartender
says- Give this
shot 2-3 minutes
and you will be
feeling better!

Self medication is the most
frequent way people cope
with extreme distress.
Effective in the short term,
it can have long term
implications and
unintended consequences

BUILDING RESILIENCE

- Basic needs first- Eat, Sleep, Bathe, shelter
- Life exists in our mind- reframing
- Mindfulness/ living in the present
- Practice Gratitude/Give service
- Find the humor
- Healing takes time, space and safety



TELLING THE STORY

- Narrative Therapy
- Common experience
- Desensitization
- Reciprocity
- Communication of empathy for ourselves & others
- Reframing- finding meaning, perspective and something positive



"If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence and judgment. If you put the same amount of shame in a Petri dish and douse it with empathy, it can't survive," - Dr. Brene Brown.

PLEASE COMPLETE THIS SURVEY



- <https://docs.google.com/forms/d/e/1FAIpQLScpPtYMHvWW59yXIkynEP89Q6MzQPgWFOE9wfDoOmaJR6iVOg/viewform>