**Temple Isaiah (Lexington, Massachusetts)—Stigma Outline**

**1. What is stigma?**

"Mark of infamy" Spoiled identity" "Something is fundamentally wrong with the person and s/he is to be avoided."

**2. What kinds of stigma are there?**

External Stigma: imposed by the outside world

Internal stigma: self-stigma, feelings of shame and self-doubt, isolation

Courtesy stigma: reflection on family of mentally ill and also on mental health professionals

**3. Why stigma?**

Biological reasons: feel most comfortable with people who look like us, think like us and sound like us

Social reasons: challenging to be with people who think in ways that are different than ours and /or who are experiencing strong and overwhelming feelings

Not hopeless. Both can be addressed since humans, unlike animals, can use their cortex to overcome biological urges.

**4. What are the effects of stigma?**

Injustice in vocational, social, interpersonal and even healthcare opportunities

**5. What does research show may be ways to fight stigma?**

Social action: Societal outcomes and personal outcomes

Education: different media, different types, also addresses wrong assumptions about the etiology of mental illness. (Works best with adolescents)

Personal Contact: The contact must be with people in recovery who do not match the common (and erroneous) assumptions about the mentally ill. (Works best with adults.) RECOVERY is key.

Cognitive restructuring or "turning the tables" on assumptions

**6. What does all this have to do with us in Temple Isaiah?**

Welcoming community

Justice

Do we know what to do in situations?

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