

# IL-NET

CIL-NET · SILC-NET

## Empowering Persons with Psychiatric Disabilities: The Role of the Peer Model of CILs

*Prejudice, Fears, and Discrimination: “Stigma”*

June 2 - 4, 2015

Baltimore, MD

Mike Bachhuber

# Language and Cultural Competence

- People with lived experience in mental health systems often have strong feelings about their relationship to those systems.
  - Some are fine being called patient, consumer, or client
  - Others consider themselves survivors or ex-patients
- Because treatment has been associated with coercion and trauma for many, terms become very important.

# IL-NET

CIL-NET · SILC-NET

## Empowering Persons with Psychiatric Disabilities: The Role of the Peer Model in CILs

### *Discussion Groups*

Facilitator:  
Mike Bachhuber

## Discussion Question

- What barriers around prejudice, discrimination, fears, and cultural competence has your center confronted with regard to people with psychiatric disabilities?

# How Can CILs Serve People with Psychiatric Disability? cont'd. 2

- Addressing attitudes has been the subject of study
  - People have protested purveyors of negative attitudes but that may result in increasing negative views
  - Providing information about people diagnosed with psychiatric disability can improve attitudes
  - Contact with real people also improves attitudes
- Address behavior
  - Confront those who discriminate based on disability
  - Use equal rights laws to make those who discriminate pay

# How Can CILs Serve People with Psychiatric Disability? cont'd.

- Nearly 40 percent of workers would not tell their managers that they have a mental health problem.
  - However, approximately half of those surveyed report they would help a co-worker if the worker has a mental health concern.
- Staff competence
  - How to work with emotional consumer
    - Be patient and Listen
    - Look for solutions to the problems presented, and
    - Acknowledge the legitimacy of that person's feelings
  - Emotional CPR or E-CPR (Connecting, emPowering, and Revitalizing)