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

Prejudice, Fears, and Discrimination: “Stigma”

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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.
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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)