

Promoting Recovery ~ Combating Stigma

"Stigma refers to attitudes and beliefs that lead people to reject, avoid, or fear those they perceive as being different."

NR and NA are NOT counted in % of SA, A, D, SD, or Not Sure ~ Return rate = 66/286 = 23%

	Strongly Agree	Agree	Disagree	Strongly Disagree	Not Sure	NR	NA
1. My living situation feels like a safe home to me.	66.15%	26.15% 92%	1.54% 3%	1.54%	4.62% 5%	1.52%	0%
2. I have people I can trust and who I can count on.	63.64%	27.27% 91%	1.52% 2%	0%	7.58% 8%	0%	0%
3. It is important to have a variety of friends.	37.88%	42.42% 80%	1.52% 2%	0%	18.18% 18%	0%	0%
4. I have at least one close mutual (give/take) relationship.	49.23%	27.69% 77%	4.62% 9%	4.62%	13.85% 14%	1.52%	0%
5. I like and respect myself.	43.75%	42.19% 86%	0% 2%	1.56%	12.50% 13%	3.03%	0%
6. I am involved in activities I find meaningful.	38.46%	32.31% 71%	9.23% 12%	3.08%	16.92% 17%	1.52%	0%
7. I am using my personal strengths, skills or talents.	38.46%	35.38% 74%	7.69% 12%	4.62%	13.85% 14%	1.52%	0%
8. I am learning new things that are important to me.	37.88%	37.88% 76%	7.58% 11%	3.03%	13.64% 14%	0%	0%
9. I have a purpose in life.	40.91%	30.30% 71%	3.03% 6%	3.03%	22.73% 23%	0%	0%
10. I have reasons to get out of bed in the morning.	46.97%	31.82% 79%	1.52% 6%	4.55%	15.15% 15%	0%	0%
11. I have personal goals I am working to meet.	39.39%	42.42% 82%	4.55% 5%	0%	13.64% 14%	0%	0%
12. I believe I can meet my personal goals.	29.23%	44.62% 74%	6.15% 8%	1.54%	18.46% 18%	1.52%	0%
13. I have more good days than bad.	38.46%	35.38% 74%	7.69% 9%	1.54%	16.92% 17%	1.52%	0%
14. I have a decent quality of life.	47.69%	38.46% 86%	1.54% 2%	0%	12.31% 12%	1.52%	0%
15. I have a sense of belonging.	54.55%	25.76% 80%	7.58% 11%	3.03%	9.09% 9%	0%	0%
16. I control the important decisions in my life.	29.69%	34.38% 64%	9.38% 14%	4.69%	21.88% 22%	1.52%	1.52%
17. I have an idea of who I want to become.	26.98%	38.10% 65%	4.76% 8%	3.17%	26.98% 27%	3.03%	1.59%
18. I feel hopeful about my future.	36.92%	35.38% 72%	6.15% 8%	1.54%	20% 20%	1.52%	0%
19. I can handle what happens in my life.	27.69%	32.31% 60%	6.15% 9%	3.08%	30.77% 31%	1.52%	0%
20. I am able to deal with stress.	15.63%	39.06% 55%	15.63% 20%	4.69%	25% 25%	3.03%	0%
21. I believe I can make positive changes in my life.	29.69%	43.75% 73%	3.13% 5%	1.56%	21.88% 22%	3.03%	0%

	Strongly Agree	Agree	Disagree	Strongly Disagree	Not Sure	NR	NA
22. I know when to ask for help.	38.46%	46.15% 85%	0% 2%	1.54%	13.85% 14%	1.52%	0%
23. I am willing to ask for help.	39.06%	43.75% 83%	1.56% 3%	1.56%	14.06% 14%	3.03%	0%
24. I ask for help when I need it.	37.88%	46.97% 85%	3.03% 5%	1.52%	10.61% 11%	0%	0%
25. I feel I can discuss my needs openly with CMH staff.	45.31%	39.06% 84%	3.13% 6%	3.13%	9.38% 9%	3.03%	0%
26. Even when I don't believe in myself, other people do.	32.31%	49.23% 82%	0% 0%	0%	18.46% 18%	1.52%	0%
27. Stigma directly relates to my progress with meeting my personal goals.	17.46%	31.75% 49%	6.35% 16%	9.52%	34.92% 35%	4.55%	0%
28. I feel stigmatized by CMH staff.	7.81%	18.75% 27%	25% 55%	29.69%	18.75% 19%	3.03%	0%
29. I feel stigmatized by the community.	11.11%	25.40% 37%	17.46% 33%	15.87%	30.16% 30%	4.55%	0%
30. I feel stigmatized by my family.	12.70%	23.81% 37%	19.05% 46%	26.98%	17.46% 17%	4.55%	0%

Check any that are true for you right now:			
I am not working.	36	I am working full time (35 or more hrs/week).	8
I am not working, but see myself working within 6 months.	4	I am in school.	11
I am working part time (less than 35 hrs/week).	16	I contribute/volunteer in the community.	10

Optional to complete:

What, in your opinion, is stigma?

- When people will not have anything to do with me because I'm bi-polar.
- People looking down on me and discriminating against me because of my mental health problems - won't hire me for a job.
- Bullshit Freudian labeling lying psychology.
- A trait put on a person.
- The believe held by some that if you have any type of disability, you are some how less capable or less intelligent.
- I'm thinking it's our lives everyday, people stare at "name" and whisper. The looks that people give when she's screaming, crying, having a seizure, etc.
- People looking down on you.
- Something that is holding you back and you're afraid to take that challenge.
- Feeling different about yourself than other people.
- People view me as mental or mentally retarded and/or view me abnormal because of my speech impairment and detoxity of my hands. Just because I'm bi-polar or manic depressive I am a normal intelligent human being.
- Disgrace, rejection, disappointment.
- On your own with some help and getting along in community, house hold and friends.

- It's an evil curse of looking at people in a stereotypical way.
- Stereotyping.
- A preconception negative in nature-due to having a diagnosis of mental illness which negates one's own sense of reality. Any "odd" behavior is then mental illness and dangerous. By definition, I cannot be trusted. Stigma for this survey is related to one's accepting a diagnosis and "needing" treatment.
- Prejudice, stereotyping, generalizing.
- Being treated less important or not as smart as other people.
- A mark of infamy or disgrace.
- Energy, inspiration, and motivation to keep doing good.
- Being in awe.
- I believe a stigma is belief/stereotype associated/given to a person, place, thing, etc.
- Prejudice/bigotry.
- Not being understood.
- Being treated differently because of condition.
- A type of feeling such as racism.
- Some one or two be characteristic as disgraceful.
- Treating me as my disease and not as a person.
- How I view things at mental health. I really do not know what stigma is.
- Beliefs of others opinions about you, (race or color), how you look or criticizing you on what you're wearing or hairstyle.
- Not sure.
- A bad thing.
- What does this word mean to me. I think that people should judge people for how they are and not their differences. They might be a good person to know.
- Different opinion without facts.
- Unsure.
- Don't know what stigma is. Never mind, now I know, I read it at the top of the page.

What would you like CMH to do, to help reduce stigma?

- I don't know.
- Switch to meninger psych levels 1 to 5. Do above switch to reality.
- Keep educating within the community.
- I'm not really sure.
- Making it known seeking help isn't wrong.
- Start with yourselves! Set an example. Do you think ethics, human respect and dignity are important because you may get in trouble if you violate a patient's rights. Or are these things that you value in your own heart regardless of federal or state laws?
- They have done a lot for me, I'm not afraid to leave my home. I'm now using the blue bus for transportation, I don't think of bad thoughts and the way I do that is I have 2 jobs it makes me feel really good. I'm doing something that helps other people.
- Keep up the good work you're doing and eventually it will decrease.
- I think I would like more stress and controlling my own money budget and feel more important than.
- We can all reduce stigma by obeying the law. It is written to keep people obeying our basic moval code.
- Produce material showing other cultures benign treatment (non-medical model) of "mental illness", have those diagnosed write scenes of being stigmatized for performance, have non-diagnoses

people be introduced to group as being/having mental illness. Like try to get medical help once labeled.

- Help provide supports for people to be included in all aspects of community life.
- No one treats me bad.
- Apparently I got the wrong definitions for this word but like how I use the word.
- Did not know that stigma is a bad thing.
- Can they?
- Believe this paper
- Spread information to communities that mental illness is like any chronic illness.
- It was extremely difficult to accept my diagnosis. It took years (decades). The CMH staff couldn't help because they didn't understand that a crippled man is a useless man.
- It's fine now.
- I don't feel that I am reduced to stigma.
- Take more time to get to really know me as a person.
- Keep on treating clients like they are someone instead of nothing.
- I don't believe the staff has stigma to any individual, whenever I see them for my visits, they're always smiling and showing a positive attitude. If I need help I ask them and they're glad to suggest or do paperwork for me.
- Go to the schools and talk with the students, explain how they can help.
- Educate others.
- More classes for people to understand.
- Give me my money and get me on Clozeril.

Other Comments or Suggestions:

- Great job with "name", CMH. Keep up the great work that you do.
- I feel that anything we can do to ease our lives daily mess, would be wonderful, trying to help others around us understand and not avoid us, like it's a cold would also be helpful.
- I suggest people value others in their hearts! It's too bad and revealing about our society that we need laws to make sure we are not stigmatized. Until people see it as an issue of mortality, nothing will change. I also suggest you survey the entire community or segments (i.e., high school students), some people are stigmatized, others do it. A better understanding is gained with a broader perspective. You're welcome.
- I feel fatigued and sluggish because of my depression and of my main medication. It's hard to motivate myself around my apartment but I keep pushing myself. I wish I didn't feel like this.
- I think it's stupid to steadily see a case worker just to see the doctor. I strongly believe case workers should be used to help those who need help other than using a case worker to see the doctor at CMH as long as client is able to make it to their CMH doctor's appointment. The case worker should be for those who need help in between CMH doctor's appointments in case of an emergency prior to the doctor's appointment. A client shouldn't necessarily need a case worker for CMH doctor's appointments unless of an emergency, that the client needs CMH doctor's help ASAP.
- I would like better health care for "name", but the doctors he has seen all feel a lot of tests aren't worth doing because it is just behaviors they say. This too now is stigma.
- I am 62 years old, woman, PTSD. Doctors have treated me differently since I was diagnosed bipolar at 54. Before diagnosis I was an artist, a writer, they looked me in the eyes, treated me with respect. When I was young, I was "spirited". Drug centered treatment has made it all worse. My psychiatrist laughs at my tales of bad situations - the greatest gift I love he is so unafraid we can see the humor. I am a hermit now, get lost easily, difficult to write a check, drive a car, suspect

Alzheimer's but - took a year to get treated for lung problem. My dog was "certified" by psychiatrist as my service dog - huge help. Family shunned me after diagnosis. My adult children and husband care - but limits, wariness.

- I feel sorry that other people aren't treated as well as I am!
- Not sure exactly what stigma or being stigmatized means. CMH is very helpful and help me so much when I need it. I couldn't be more pleased with the staff!
- I am also attending Mondays - well bettering yourself class and enjoy it very much.
- I have one suggestion/request, seriously reconsider calling patients "consumers"! I personally feel like it's very cold. I do not choose to be a "consumer" of your services by choice in a sense. Meaning I sought out your (CMH) help by choice, but I didn't ask for the illnesses that lead me to that decision. So, in a sense, I am really not consuming your services by choice. Thank you.
- CMH has helped me to deal with daily living and I know they are always there when I feel myself crashing.
- I have been off for 3 months due to a pelvis fracture in 3 places so I'm off work til released back to work by Dr. Sauer and give me permission to go back to work part-time at CMH and MI works.
- ACT is operating now like it always should have been. It was almost too late for me.
- Keep up with the smiling faces, and funny comments to keep people at ease when seeing the doctor. Grateful to D. Rocco, Joe Hellman, Gina, doctor's nurse, and the great secretary up front (window) - they all are chipper to make you feel better when you're tired and run down or wore out from your own busy schedule.
- I go to Highline everyday and I am involved in Special Olympics activities. I also attend local sports events when possible.
- Highline has been an extreme asset to "name" life. I have great respect for all they do to make our lives easier to take care of "name". "name" loves to go to Highline and we love having him able to go as he enjoys it so much. CMH and Highline are the greatest things for "name" and thanks soooo much for a job well done!
- My son is involved with Early-On, Head Start, also.