

My Place News & Views

My Place— Center for Wellness

May/ June 2018

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Stigma and discrimination go hand-in-hand, especially when it comes to mental illness. According to the United for Mental Health website, "... people with a mental illness would rather tell their employers they have committed a petty crime and were in jail than admit to being in a psychiatric hospital."

Effect of Stigma on People with a Mental Illness is as painful as the mental disorders themselves. The stigma causes society to develop the following attitudes and actions toward people with mental illness:

- ◆ Fear
- ◆ Mistrust
- ◆ Prejudice
- ◆ Violence against those with mental disorders
- ◆ The effect of stigma on people living with mental illness causes them to:
 - ◆ Develop an intense fear of "coming out"
 - ◆ Delay seeking necessary mental health care
 - ◆ Develop a practice of self-stigmatization
 - ◆ Endure discrimination
 - ◆ Self-stigmatization occurs when people with mental illness internalize the negative perceptions and stereotypes that are prevalent in society. This results in low self-esteem and robs them of quality of life.

Stigma and Discrimination, even in this enlightened day and age, people with mental illness feel they must live in the shadows for fear of stigma and discrimination.

In fact, although it's estimated that nearly 50 million Americans live with a mental illness, fewer than half of those with a serious disorder will seek proper treatment. *From HealthyPlace.com*

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 * Our "Wish List" *
 * Art Supplies *
 * 15 passenger van *
 * Pool Sticks *
 * New Computers *
 * House Plants *
 * Gifts Cards *



A word from our Director

As a Director of a mental health program, I see the devastating effects of stigma within our Membership. I and my staff are using our daily interactions with the community as "teachable moments". Our efforts to educate the public on how their stigmatizing behaviors can destroy the quality of life for those of us who have a mental health diagnosis, is a never-ending process. For those of us who promote mental health recovery- it's definitely a challenge worth surmounting!

*Michelle Bidigare
 Director, My Place*

Stigma (n)
 The perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them.

Herein lies the core effect of stigma associated with mental health issues – discrimination and diminished self-worth. Frequently, stigma against people with mental health disorders involves propagation of inaccurate and negative perceptions – namely by the media.

Movies and other media platforms often portray those with mental illness as violent, incompetent and disdainful. Perpetuation of hurtful and inaccurate stereotypes by the media is especially harmful because of the profound role it has in shaping and influencing social mores and attitudes.

Whether consciously or not, the community as a whole ingests these negative attitudes, which they then use to stigmatize those with mental disorders.



Volunteer Spotlight



Hi! I'm Tammy Dullack. I'm a Volunteer here at My Place. I've also been a Member since 2012. I started coming to My Place because I needed to get out of the house. I was isolating myself because I was still grieving for the loss of my daughter in a custody battle. I did not take it well and I started harming myself.

It took a little while to make friends at the Center. I first started volunteering with BINGO, as a caller, every Friday. Then within the past year or so, I became the volunteer Receptionist on a daily basis.

Have the volunteer jobs has helped me a lot. It has let me make more friends, got me out of the house and it has made my life better!

Mental Illness

By Robert Chichosz

Mental illness is a long, lingering illness from which there's no cure. No one knows what causes it, or where it comes from. It can infect anybody, anywhere, at anytime. It doesn't discriminate. No one is immune, no matter how hard you try, you can't avoid it. Medications only treat the symptoms, not the illness itself.



My Place- Weekly Activities

Monday:
 Member Meeting @ 10am,
 Living Well class @ 11am
 Board Meeting @ 530pm (every third Monday)

Tuesday:
 Two-pot Tuesday
 AA/NA group @ 10am,
 Singles Pool @ 1230pm
 Walking Group @ 1pm

Wednesday:
 Brighter Days class @ 1pm
 Independent Living @ 1pm (every third Wednesday)

Thursday:
 Depression Support group @ 10am,
 Doubles Pool @ 1230pm
 Walking Group @ 1pm

Friday:
 Pizza Friday
 Women's Serenity Circle @ 11am
 Bingo @ 1230pm
 FUNDAY FRIDAY- last Friday of every month!!!
 Open from 3p- 8p

1 IN 5 ADULTS HAVE A MENTAL HEALTH CONDITION

THAT'S OVER 40 MILLION AMERICANS

MORE THAN THE POPULATIONS OF NEW YORK & FLORIDA COMBINED

YOUTH MENTAL HEALTH IS WORSENING

RATES OF YOUTH DEPRESSION

8.5% IN 2011 | 11.1% IN 2014

EVEN WITH SEVERE DEPRESSION, 80% ARE LEFT WITH NO OR INSUFFICIENT TREATMENT.

MORE AMERICANS HAVE ACCESS TO SERVICES

ACCESS TO INSURANCE INCREASED | ACCESS TO TREATMENT SO DID

Healthcare reform has reduced the rates of uninsured adults with mental health conditions. HOWEVER,

19% REMAINED UNINSURED IN STATES THAT DID NOT EXPAND MEDICAID. | 13% REMAINED UNINSURED IN STATES THAT DID EXPAND MEDICAID.

MOST AMERICANS LACK ACCESS TO CARE

56% of American adults with a mental illness DID NOT receive treatment

Even in Vermont, the state with the best access 43% of adults with a mental illness did not receive treatment. CLOSED

THERE IS A SERIOUS MENTAL HEALTH WORKFORCE SHORTAGE

In states with the lowest workforce, there's only 1 mental health professional per 1,000 individuals

LESS ACCESS TO CARE MEANS MORE INCARCERATION

Arkansas, Mississippi, and Alabama had the least access to care and highest rates of imprisonment

There are over 57,000 people with mental health conditions in prison and jail in those states alone that's enough to fill Madison Square Garden

3 times

Events and Closures for May & June 2018

Friday May 25th- Funday Friday open from 3p-8p!
Monday May 28th- CLOSED for Memorial Day
Thursday June 7th- Outing at Detroit Institute of Arts
Friday June 29th- Funday Friday Open 3p-8p

MY PLACE Center For Wellness
 "Leading the Way for Peer-Delivered Mental Health Services"

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We are open Monday through Friday from 8:30am to 3:30pm