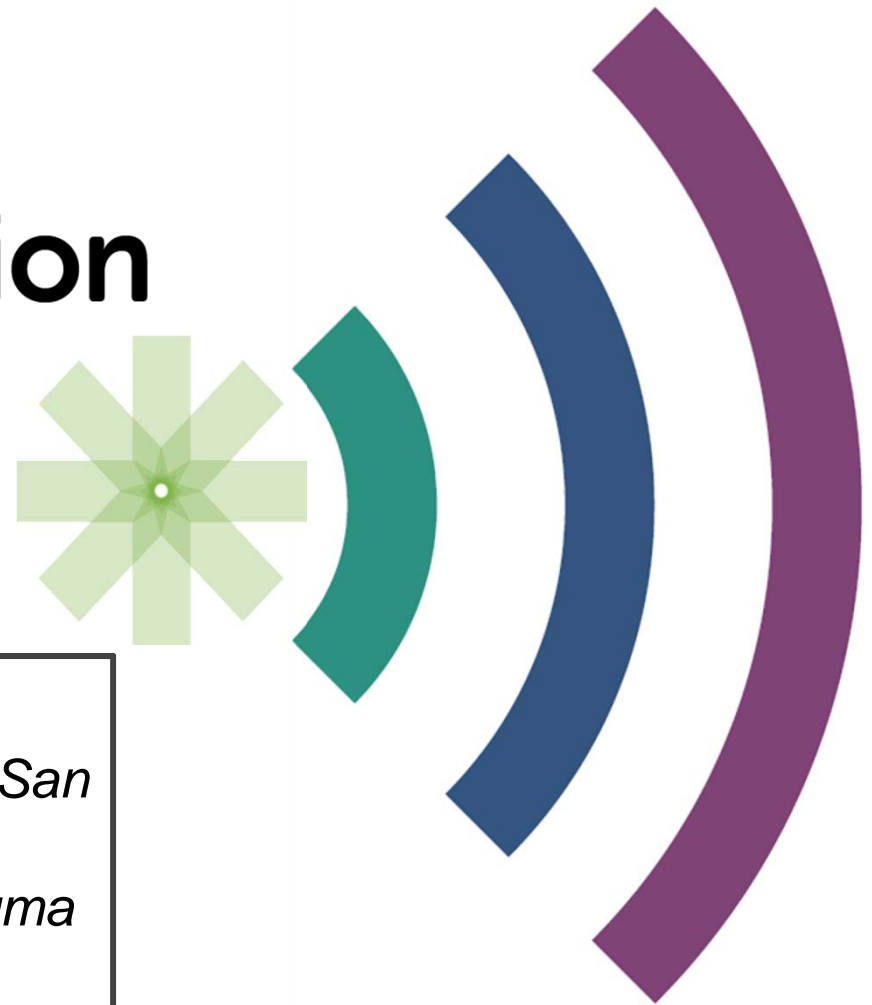


the center for
**Dignity, Recovery
& Stigma Elimination**



**Daniel Esparza, Senior Program
Manager, Mental Health Association of San
Francisco**
*The Center for Dignity, Recovery, & Stigma
Elimination*

Daniel@mentalhealthsf.org

Who We Are



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Dignity, Recovery &
Stigma Elimination

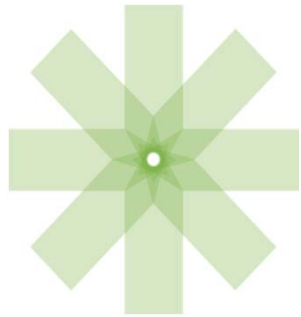
the center for **Dignity, Recovery** **& Stigma Elimination**

is a project of the **Mental Health Association of San Francisco (MHASF)**, with primary funding from the California Mental Health Services Authority (**CaIMHSA**). In partnership with statewide county agencies, governments, Prevention and Early Intervention (PEI) partners, the National Consortium on Stigma and Empowerment (NCSE), Columbia University Mailman School of Public Health and other key community-based consumer/family and ethnically-focused organizations, the Center is working to advance the effectiveness of community-driven stigma change programs as informed by the world's foremost researchers.

Who We Are



the center for
**Dignity, Recovery &
Stigma Elimination**



the center for
Dignity, Recovery & Stigma Elimination

www.dignityandrecoverycenter.org



*The first time I heard a person of color
share their story of recovery, I was in my 40s.
I share my story now so others don't have to wait.*

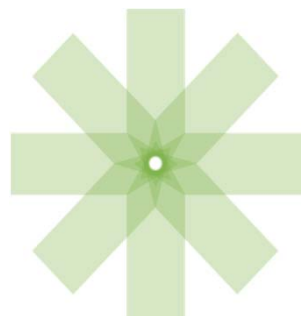
[Find out more about the Center >](#)

KERIS JAN MYRICK

Who We Are



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www.dignityandrecoverycenter.org



*We can find recovery everywhere.
Wellness translates into all cultures.
I have seen it in my own.*

[Find out more about the Center >](#)

KHATERA ASLAMI

Goals



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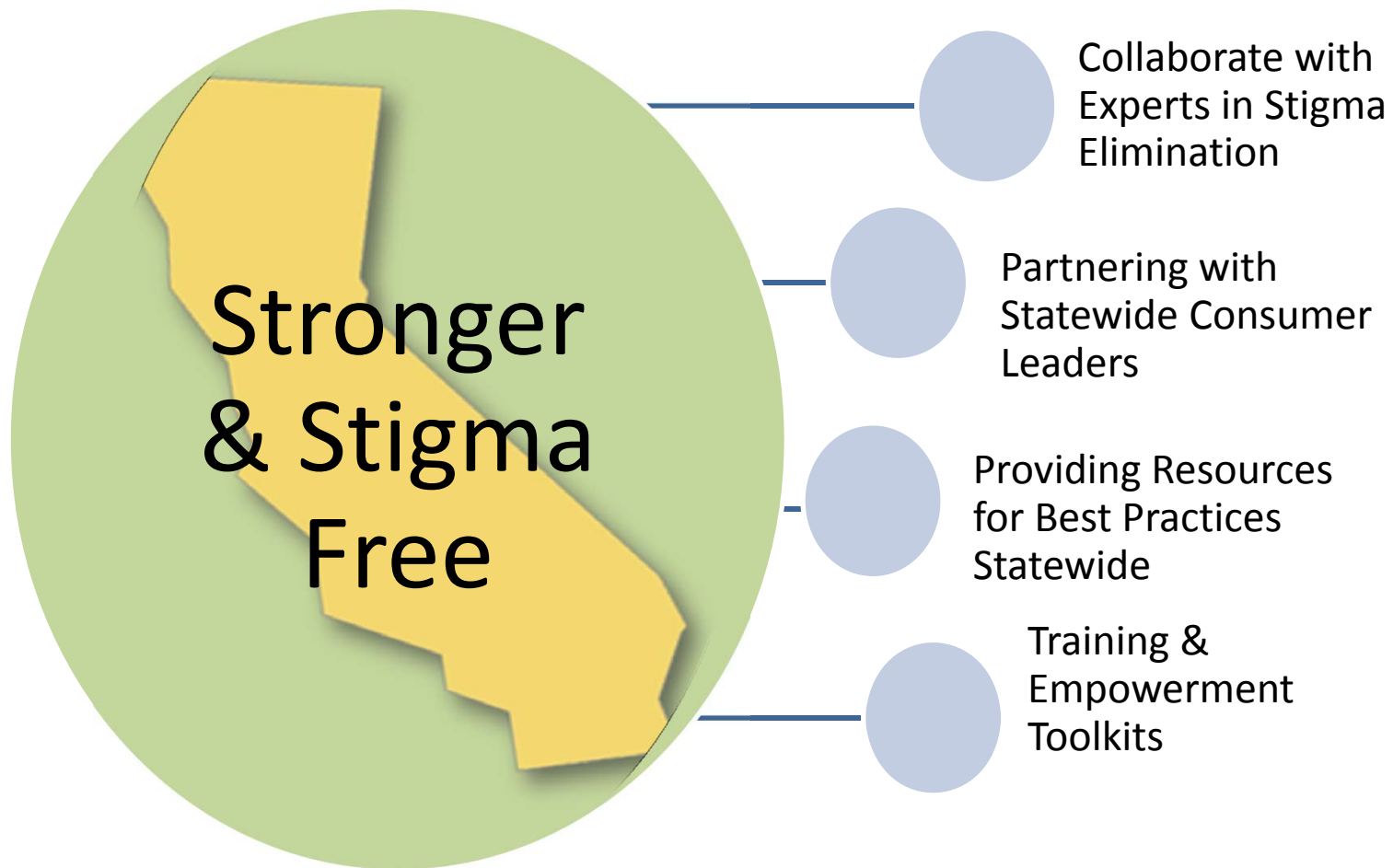
The Dignity & Recovery Center aims to provide:

- Provide community-defined culturally relevant tools for fighting stigma within California's diverse communities.
- Provide a quality website/registry focused on providing access, highlighting programs and tools for sharing in reducing stigma within cultural communities in California.
- Promote statewide initiatives that support community-defined best practices, including identifying and highlighting cultural, ethnic and racial programs.

How we are doing this



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Technical Assistance, Research and Training Center Model (TARTC)



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Integrated Core Units

- ❖ Research/Evaluation
- ❖ Training/TA
- ❖ Outreach & Dissemination



SEARCH THE CENTER REGISTRY



Example: Gender, Mental Health Concern, Ethnicity

SEARCH

Filter Your Results:

County

ALL COUNTIES

Program Type

CULTURALLY RESPONSIVE

+ Consumer Lead

+ Program Focus

+ Program Method

+ Geographic Locations

+ Languages

+ Level Of Stigma Addressed

+ Target Age Groups

+ Gender

+ Sexual Orientation

+ Target Racial/Ethnic Group

+ Annual Participants

You searched for: Culturally Responsive Practices

RESULTS PER PAGE 10

Girls Far Above Rubies (GFAR) Empowerment Program

Girls Far Above Rubies (GFAR) is a girl's empowerment program of EC Reems Community Services, a nonprofit ministry in Oakland, CA. The goal of the program is to engage at-risk inner city girls, ages 8-12 and 13-18 years-old, whose mothers display signs of mental illness, to discover their innate gifts and talents, encouraging mental health and stability through mentorships, which will enable them to make positive contributions to their various homes, neighborhoods and communities as critical thinkers, well-educated and prosperous citizens.

Languages: English

LEARN MORE

County:
Alameda

Program Director
Maria Reems

Phone: (510) 568-5576

[Visit Our Website](#)

[Email Us](#)

Breakthrough H'Art

Breakthrough H'Art is an art collaborative formed to encourage and facilitate healing through creative expression. The program provides an opportunity to share resources and provide a community platform to express successes dealing with mental health challenges.

Languages: English

County:
Monterey

Program Director
Kontrena McPheter*

Phone: (831)384-7251



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PPP starting point

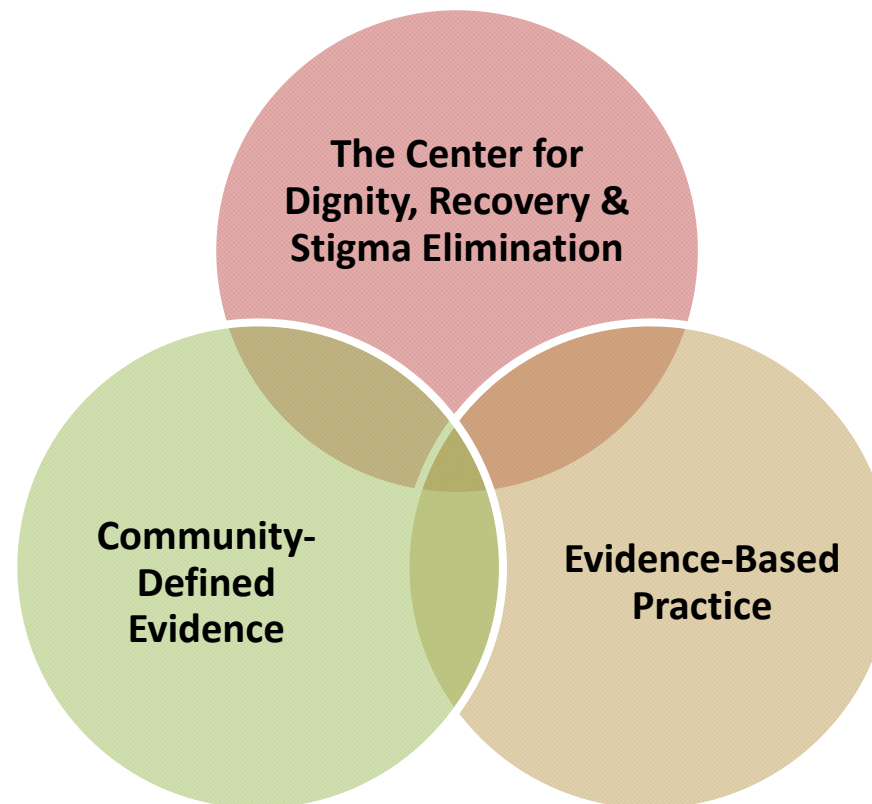
...In some [ethnic and cultural] communities there may be *practices that have been found to be effective by the community* but have not been researched. *Advancing the evidence for these practices* could help expand the availability of culturally-relevant practices. Also, existing best practices might need adaptations to increase their effectiveness for California's ethnic and cultural communities.

Engaging Promising Practices

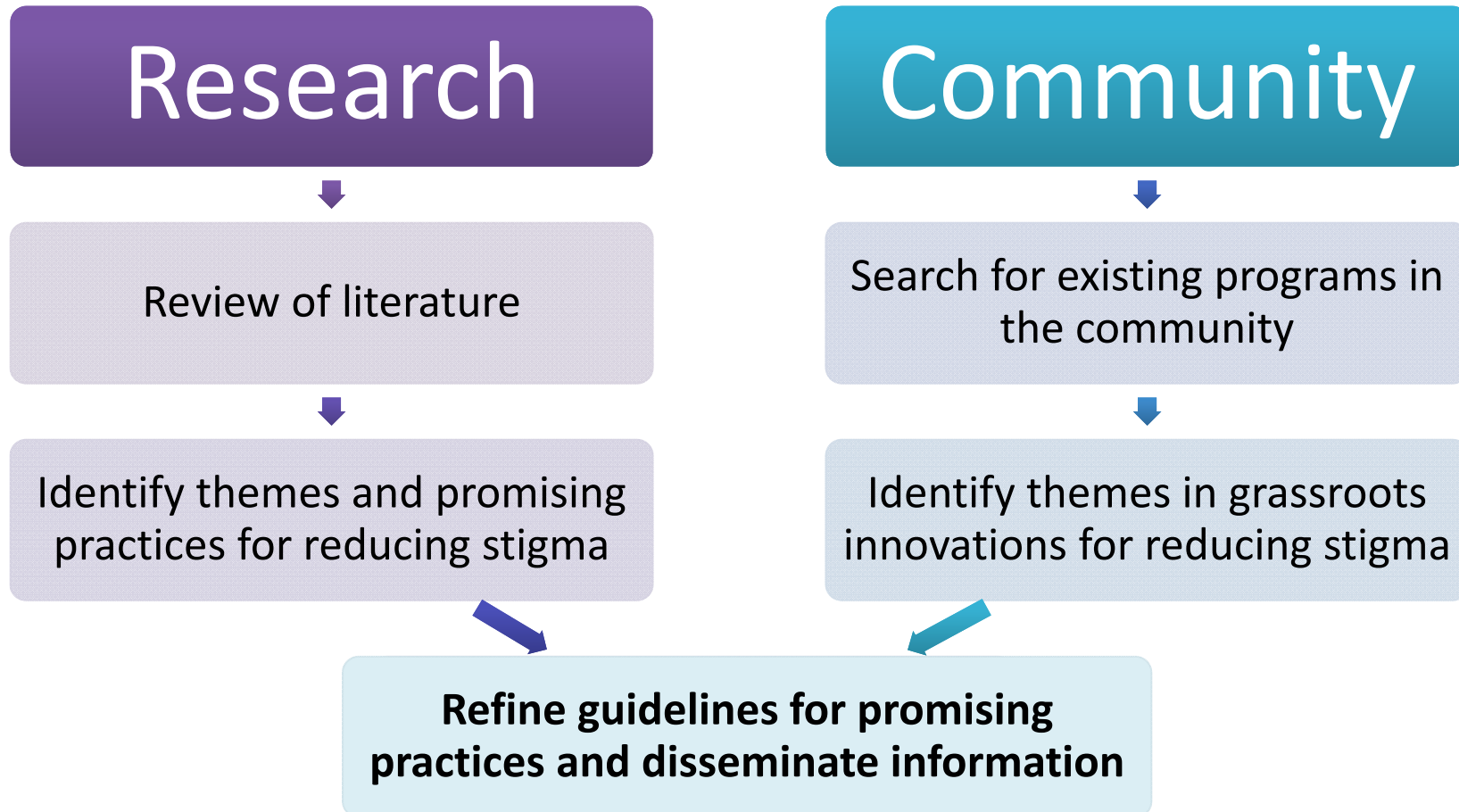


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Stigma Change Framework



PPP Process



Cultural Engagement Plan

PROMISING PRACTICES

MENTAL HEALTH
STIGMA AND
DISCRIMINATION
REDUCTION

Phase 1
Engagement

Phase 2
Collaboration

Phase 3
Knowledge Transfer



Project Return Peer Support Network



Mental Health Association in California
Transition Age Youth Program



"A George Hill Company Administered JDA"

Promising Practices



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Community Development Partners (CDPs)

- Instituto Familiar de la Raza/Asociación Mayab (San Francisco)
- Beats, Rhymes & Life, Inc. (Oakland)
- Traditional Healer's Project/Hmong Outreach Center (Yuba City)
- RAIZ Promotores Project (Modesto)
- Orange County Association of Vietnamese Mental Health Awareness and Support (Orange County)
- United Cambodian Community (Long Beach)
- El/La Para Translatinas (San Francisco)
- RAW Talent
- Native American Health Center-Oakland

Lessons Learned



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Phase 1 Engagement

Indigena Health & Wellness Collaborative, Instituto Familiar de la Raza

- Meeting(s): Learned about Program
 - The Indigena Health and Wellness Collaborative is focused on traditional healing, language and ceremony to improve the well-being of Indigena families in San Francisco.
 - Stated they do not do “STIGMA” work.
- Activities: Workshops (Talleres)
 - Crafts Workshops and Community Support: Focused on providing culturally appropriate services for the indigenous community to practice cultural artistic traditions that reduce stress and access to mental health services.

Lessons Learned



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Phase 1 Engagement

RAIZ Promotores Program

- Meeting(s): Learned about Program
 - Ethnic Service Manager assistance as gatekeeper and cultural brokers to begin engagement with program
 - Operations need resources and increase outreach/promotion. Promotion of program through conference and Registry.
- Activity: To have each of the 10 promotores develop a plan specific to their community.

Promising Practices Program

Innovative Highlights



Hmong Traditional Healers Project

The Hmong Traditional Healers Project enlists spiritual healers (shamans) to recognize symptoms of mental health issues and discuss these topics in culturally relevant ways. It provides a conversation in terms understood and accepted in their community to foster healthy attitudes regarding mental health.

Beats Rhymes & Life

BRL targets TAY youth of color, and offers therapy for trauma and mental health wellness through a medium that is not only accepted but encouraged by their community. Rap Therapy is their mode of choice and removes the stigma from mental health services



Phase 2 Collaboration

CDP Profile Questions

CDP Profile Questions: Sharing and Interviewing

- Questions to learn about concepts and interpretations of mental health and potential stigma reduction:
- Sharing questions with staff (co-learning process). Then interviewing staff and activity leaders, and if possible participants.

Phase 2 Collaboration

CDP Profile Questions

CDP Profile Question Sections

- **Conceptions of Mental Health:**
 - *How are mental health concerns thought of in the community you serve, if at all?*
 - *How does the community perceive people who actually seek treatment for mental health conditions?*
- **Stigma of Mental Health conditions: (Define MH Stigma)**
 - *What are examples of “mental illness” stigma in the community?*
 - *Do you feel your activities are addressing mental health stigma, and if so, how?*
- **Mental Health Interpretations:**
 - *Do participants acknowledge mental health challenges within their culture?*
 - *What methods do you use to address culturally specific challenges related to mental health.*

Phase 3 Knowledge Transfer

- Organize and Provide a Narrative Report (Jointly with Organization);
- Identify and Assess Resources for Program;
- Coordinate with PC and Organization to jointly identify next steps for technical assistance in stigma reduction;
- Train-The Trainer Model within Counties;
- Evaluation Report (Jointly with Organization).

Idioms Project



In collaboration with Columbia University researchers, we are conducting research to better understand the idioms used by different communities related to mental health wellness and stigma.

Idioms Project Description

The broad objective is to advance knowledge in the areas of mental health prevention and early intervention among those experiencing mental distress.

- the key linguistic terms and idioms of mental distress;
- how and why one becomes an “outsider,” and specifically, how behaviors/labels associated with mental distress might contribute to marginalization;
- how members define and experience mental health stigma.

Idioms Project Description

How are we gathering data?

- Participant Observation
- Focus Groups
- Individual Interviews

Idioms Project

Exploring Cultural
Idioms of Mental
Distress Among
Four Communities
in California

- The Center for Lao Studies
- Black American Political Association of California
- The Latino Commission
- African American Mental Health Coalition
- Native American Health Center

QUESTIONS?

Contact Us



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