BELIEFS AND BARRIERS: IMPACTS OF MENTAL HEALTH STIGMA ON MINORITY STUDENTS

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SETTING THE TONE

This is a safe, open space for discussion and interaction
Questions are welcome!
THE FACTS

- In the US Population, 1 in 4 individuals has a mental health disorder
- On college campuses, 1 in 2 students has a mental health disorder
- While both minority and majority students have to face mental health stigma, minority students are
  a) Less likely to have received or seek mental health treatment
  b) More likely to hold stigmatized beliefs related to mental health
  c) Less likely to follow counseling recommendations when treatment is utilized
  d) Often demonstrate greater symptom severity as it relates to anxiety and depressive symptoms
IS EVERYONE COMFORTABLE?
MIND OVER MATTER QUIZ

• When taking this quiz...
  • Be honest and thoughtful
  • There are no wrong answers
WHAT DOES IT MEAN TO BE A MINORITY?
WHAT ARE SOME TYPES OF MINORITY GROUPS?
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WHAT ARE SOME TYPES OF MINORITY GROUPS?

- Racial/Ethnic
- Sexual Orientation
- Sex and Gender Identity
- Religion
- Disability
WHAT ARE SOME STRESSORS STUDENTS EXPERIENCE?
WHAT ARE SOME STRESSORS STUDENTS EXPERIENCE?

Managing Independence

Social Stressors

Illness/ Injury

 Academics

Financials

Support and Family
MENTAL HEALTH SERVICES SEEKING BARRIERS OF COLLEGE STUDENTS

“ I can solve the issue without treatment”
“ I do not have enough time to seek treatment”
“ Other people in my life will look down on me or think I am weak for seeking help”
“ I am not sure where to get treatment”
“ I am experiencing a normal level of stress, I do not need treatment”
“ I do not think I can afford mental health treatment”
IS EVERYONE COMFORTABLE?
WHAT ARE SOME STRESSORS MINORITY STUDENTS EXPERIENCE?

Managing Independence
Social Stressors
Financials
Illness/ Injury
Support and Family
Academics

?
MENTAL HEALTH SEEKING BARRIERS OF MINORITY STUDENTS

Remember...

a) Less likely to have received or seek mental health treatment
b) More likely to hold stigmatized beliefs related to mental health
c) Less likely to follow counseling recommendations when treatment is utilized
d) Often demonstrate greater symptom severity as it relates to anxiety and depressive symptoms

In addition...

a) Sexual minority students are more likely to seek nonclinical sources
b) Racial minority students were more likely to report lack of time
WHAT IS THE DIFFERENCE?

- Minority Stress Model
- Heterosexism
- Ableism
- Cultural Perspective

INTERSECTONALITY
“The complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups”

Adia Harvey Wingfield
MENTAL HEALTH PUBLIC VERSUS PERSONAL STIGMA

Attitudes and beliefs of the general public or society toward those with mental health disorders

Public Stigma

Personal/Self Stigma

Internalized attitudes or beliefs related to mental health that impact how we view or classify ourselves
MIND OVER MATTER QUIZ RESULTS!
PERSPECTIVE

• What are some underlying themes between the barriers previously identified?
  • Personal stigma
  • Obligations vs priorities
  • Perceived public stigma and that of loved ones
  • Access to resources and awareness

• Where does stigma come from?
  • Media
  • Attitudes of those around us
  • Personal experiences
  • Lack of knowledge about mental health
  • Others?
IS EVERYONE COMFORTABLE?
WHAT CAN WE DO ABOUT IT?
CULTURAL INTERVENTIONS

- Who makes up your student population?
- Are diverse groups...
  - Well-represented
  - Present
  - Included

- Diversity does not equal inclusion
- What does inclusion look like?
- Colorblindness does not work
- The power of collaborating with other groups on campus
- Relatability and personability
- The power of invitation
SPECIFICALLY ADDRESSING MENTAL HEALTH STIGMA

• Universal language to reduce “us vs them” thinking
• Making relationship-based and sex education programs inclusive of various sexual orientations and gender identities
• Providing accurate information about the low levels of public stigma on college campuses
• Representation and inclusion of minorities throughout campaigns
• Having mental health campaigns that get the facts out make a difference
• Online/at-home skills based interventions and programs
KNOWLEDGE BASED INTERVENTIONS

Common Stigmatized Beliefs
• People with mental disorders do not get better (it is a life sentence)
• All mental disorders are severe and incapacitating
• It cannot happen to me
• People are born with mental health disorders
• People with mental disorders are fragile or incapable or broken

Specific Interventions
• Understanding the knowledge that stands allows us to address the gaps
• Knowledge based interventions focus on spreading knowledge about these common beliefs
• Hosting programs and media campaigns on common myths
• Connections are key- it is essential that you have diverse connections to reach a diverse audience
QUESTIONS OR COMMENTS?

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References (APA)


