

Janet Merritt, RN, PhD

## BREAKING DOWN STIGMA FOR THE NEXT GENERATION OF NURSES

Dr. Janet Merritt, RN, PhD, PMHCNS-BC

---

---

---

---

---

---

---

---

### Dr. Janet Merritt

- ☐ I attest that I do not have any conflicts of interest and I am not discussing any commercial products in this presentation.
- ☐ Learner objectives:
  - ☐ **Objective 1** Identify the negative impacts of stigma
  - ☐ **Objective 2** Discuss 3 educational strategies to decrease stigma in nursing students
  - ☐ **Objective 3** Plan 2 classroom innovations with the goal of decreasing stigma

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

### Personal stigmatizing attitudes

- ☐ **Opening Minds Scale for Health Care Providers**
- ☐ **How does the attitude of PMH nursing professors/instructors affect the perpetuation of stigma?**
- ☐ <http://www.youtube.com/watch?v=C0BFzvjkDcc>  
'that's not my name'

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Negative Impact of Stigma

- ☐ Reluctance to get help
- ☐ Lack of understand by family and friends
- ☐ Less opportunities for employment
- ☐ Less opportunities for housing

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Impacts Continued

- ☐ Bullying, physical violence, harassment
- ☐ Health insurance that doesn't adequately cover mental illness treatment
- ☐ A belief that you'll never be able to succeed or improve your situation
- ☐ (Mayo clinic <http://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health/ART-20046477>)

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Strategies to decrease stigma in the classroom

- ☐ Person first language
- ☐ Personal experiences and stories of those with a mental illness
- ☐ Journal articles about the impact of stigma
- ☐ You tube videos

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Person first language

- *"The difference between the right word and the almost right word is the difference between lightning and the lightning bug." —Mark Twain*

Janet Merritt, RN, PhD

Deficit-Based Language	Strengths-Based, Recovery-Oriented Alternative
A schizophrenic... a borderline...	A person diagnosed with...
Clinical case manager	Recovery coach... guide...
Front-line staff... in the trenches...	Direct-support staff
Substance abuse/abuser	Person living with... SA interferes with...
Suffering from	Living with... recovering from...
Treatment team	Recovery team
High-functioning vs. low-functioning	A person's symptoms/addiction interferes with the following
Unrealistic	Idealistic... high expectations...
Resistant... non-compliant...	Disagrees with... chooses alternative...
Weaknesses	Barriers to change... support needs....
Maintaining clinical stability... abstinence...	Promoting life worth living
Puts self/recovery at risk	Takes risks to try new things/grow
Treatment works	Person uses treatment as a tool in recovery (Tandora, J., 2011)

Janet Merritt, RN, PhD

## What We Expect for *Them*

- Compliance with treatment
- Decreased symptoms/clinical stability
- Better judgment
- Increased insight
- Reduced aggression
- Acceptance of illness/disability
- Adherence to team's recommendations
- Decreased hospitalization
- Residential stability
- Abstinence from substances
- Increased functioning
- Active engagement/showing up
- Improved cognitive functioning
- Realistic expectations

## What We Expect for *Us*

- Life worth living
- A spiritual connection to God/others/self
- Being a good mom/dad/daughter
- Friends
- Fun/laughter
- Nature/music/hobbies
- Pets
- Love/intimacy/sex
- Having hope for the future
- Joy
- Giving back/being needed
- Learning
- A home of our own

Janet Merritt, RN, PhD

### We must be intentional with language

- ☐ Many/most of the consumers that we work with see us as the 'experts'
- ☐ They generally see us as knowledgeable about the illnesses that they have
- ☐ Many see the ideas that we express and the language that we use as 'right'; the right way to speak, the right way to think, the right way to be' and this gives us power and influence
- ☐ Therefore, we must be very careful about how we use language.
- ☐ Often it is not WHAT we communicate but HOW we communicate

▪ Copeland, 2008

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

### The Power of Person First Language

- ☐ Increases hope
- ☐ Increases empowerment
- ☐ Decreases stigma
- ☐ Conveys support
- ☐ Acknowledges that the person is much more than their diagnosis
- ☐ Aids in collaborative HCP and recipient of care relationships

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

### Personal experiences and stories of those with a mental illness

- ☐ I share my own story of having Premenstrual dysphoric disorder in the past.
- ☐ I invite a person with a persistent and chronic mental illness to speak with the class

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Journal articles about the impact of stigma

- Shame, blame, and contamination: A review of the impact of mental illness stigma on family members. Patrick W. Corrigan & Fredrick E. Miller (2004).
- Stigma, negative attitudes and discrimination towards mental illness within the nursing profession: a review of the literature. C. A. Ross & E. M. Goldner (2008).
- Understanding the Stigma of Mental Illness. Patrick W. Corrigan. (2008).

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## You tube videos

- <https://www.youtube.com/watch?v=21U4sa187GY> "Schizo"
- <https://www.youtube.com/watch?v=WUaXFIANojQ> "Grand central Station"
- [https://www.youtube.com/watch?v=lpqKDKAhwBQ&list=PL4PBfis\\_hYrYXBwg4QcbR2rmstxB-c48h&index=3](https://www.youtube.com/watch?v=lpqKDKAhwBQ&list=PL4PBfis_hYrYXBwg4QcbR2rmstxB-c48h&index=3) (car accident)
- [https://www.youtube.com/watch?v=Z\\_lbGI7Z1SM&index=4&list=PL4PBfis\\_hYrYXBwg4QcbR2rmstxB-c48h](https://www.youtube.com/watch?v=Z_lbGI7Z1SM&index=4&list=PL4PBfis_hYrYXBwg4QcbR2rmstxB-c48h)

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Classroom innovations

- 'Flipped classroom'
- In class time is spent on case studies and other active learning strategies
- 'Clicker questions' are used
  - Many are used regarding attitude/opinion questions. This initiates discussion and brings to personal awareness stigmatizing attitudes.

Janet Merritt, RN, PhD

---

---

---

---

---

---

---

---

## Clinical approaches to decrease Stigma

- Recovery Narrative
  - Students are paired with a client that they can meet with over the course of the semester (9 times)
  - The client is a person with lived experience of mental illness living in the community
  - The purpose of the assignment is for students to get to know clients on a personal level in order to gain an in-depth understanding of their experiences.
  - Students then prepare a 15 to 20 page 'recovery narrative' to describe the client's life story and the clients then review it for accuracy.

□ Knaak, S., Szeto, A., Robinson, R., Karpa, J. & Patten, S. (2013)

Janet Merritt, RN, PhD

## References

- Copeland, M.E. (2009). Facilitator training manual: Mental health recovery including Wellness recovery action plan curriculum. USA: Peach Press.
- Knaak, S., Szeto, A., Robinson, R., Karpa, J. & Patten, S. (2013). Brandon University Psychiatric Nursing Program Evaluation Report. [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)
- Mayo clinic <http://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health/ART-20046477>

Janet Merritt, RN, PhD