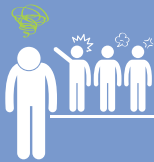


# ENDING STIGMA STARTS WITH YOU

Preventing Mental Illness and Substance Use Related Stigma and Promoting Recovery Oriented Practices in Primary Health Care

## BACKGROUND

Stigma towards people with mental illness & substance use issues...



is a major source of harm, specifically related to problems finding employment and housing, leading to social isolation



can be conveyed by both the general public and health care providers



prevents individuals from seeking help and utilizing services<sup>1</sup>

<sup>1</sup>Pickenhagen, A., Sartorius, N., 2002

## OUR PROJECT

We at the Office of Transformative Global Health at CAMH partnered with three Toronto-based Community Health Centres (CHCs):



Together, we implemented an anti-stigma/anti-discrimination project which began in 2010 to reduce stigma and discrimination by Primary Health Care (PHC) providers toward people with mental illness and substance use issues.

This intervention was designed and tested using a participatory action research approach.

We used an organizational and systems perspective. We aimed to create supportive environments so that health care professionals could better provide non-stigmatizing recovery oriented services.

## INTERVENTION

### Component 5: Analysis of Internal Policies and Procedures

An evaluation of CHC policies and procedures was completed to identify both strengths and areas for improvement in service delivery.

### Component 4: Recovery-Based Arts

Arts-based methods were used as a vehicle for primary health care providers to learn from individuals with lived experience about their personal journeys with stigma, discrimination and recovery.



## RESULTS

**↑ 5.9%**

Improvement in Stigmatizing Attitudes Towards Those With Mental Illness and Addictions<sup>2</sup>

**↑ 9.4%**

Improvement in Attitudes Regarding The Potential For Recovery of People With Addictions<sup>3</sup>

**↓ 8.4%**

Reduction in Feelings Of Social Distance From Those With Addictions<sup>4</sup>

<sup>2</sup>Opening Minds Survey for Health Care Providers

<sup>3</sup>Recovery Assessment Scale- Addictions

<sup>4</sup>Bogardus Social Distance Scale- Heroin Dependence