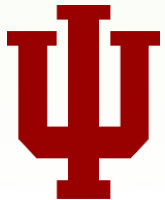


*Fighting the Stigma:
Impacting school culture through the
implementation of student-led high
school mental health clubs*

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Ice Breakers

'Crushing Stress'



'Crushing Stigma'



What is stigma?

Learning to live with mental health problems is made difficult when someone experiences stigma

Can be used to exclude & marginalize people

Prejudice that takes away from one's character or reputation

The fear caused by stigma may prevent people from seeking the help they need



Types of Stigma

Public

- Negative attitudes & beliefs of the general public towards persons with mental health challenges

Institutional

- An organization's policies or culture of negative attitudes/beliefs

Self

- When an individual buys into society's misconceptions of mental illness

Push back on stigma



Watch your language...words matter!

Talk about mental illness openly & honestly

Uplift the stories of people's lives with mental illness

Push back against unfair media portrayals

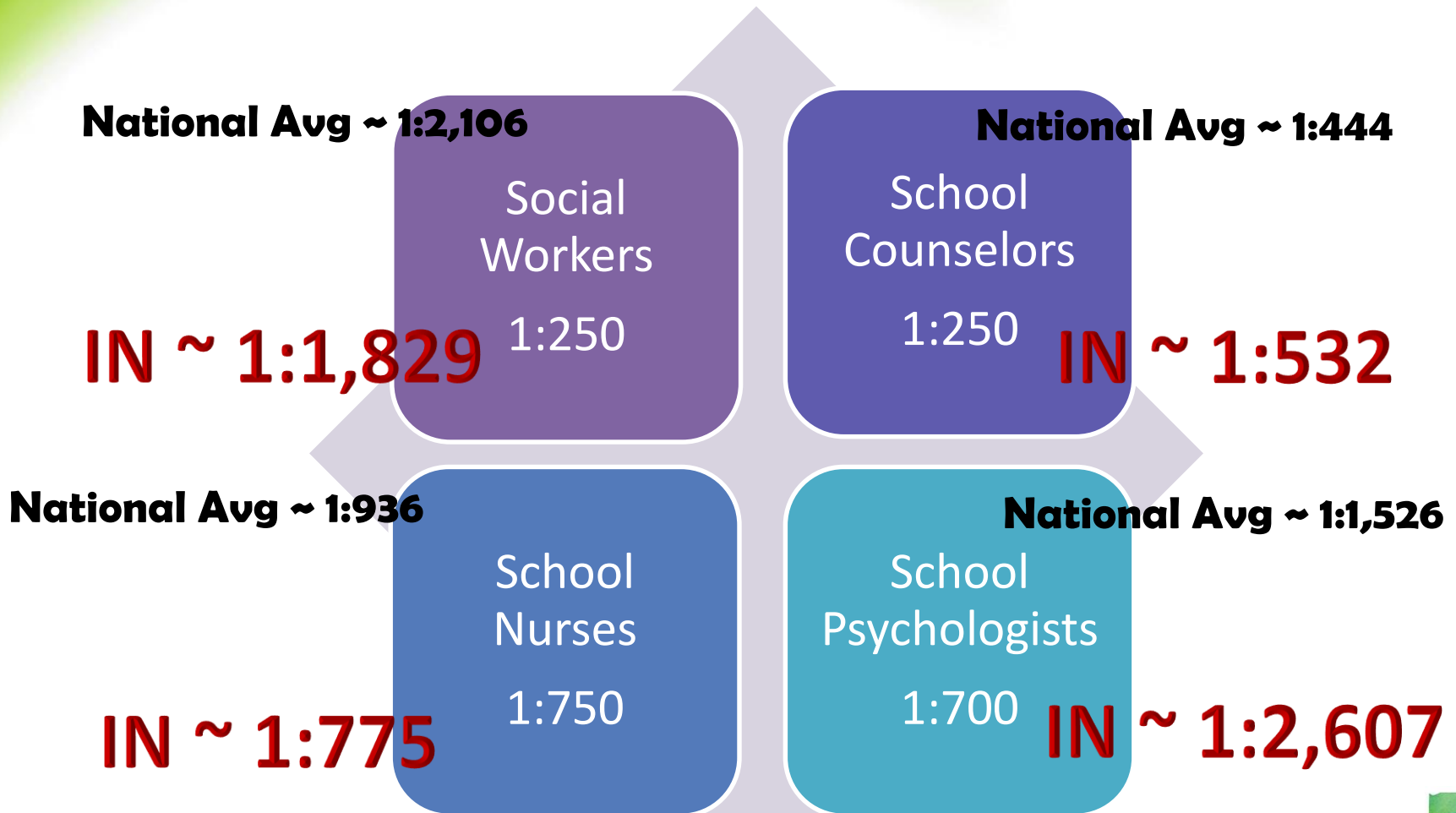
Why a high school club model?



Trends of school support



Support Staff to Student Ratios

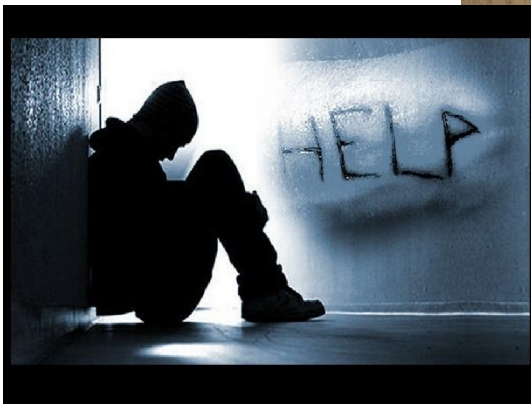


What we know...

- By 2030, depression will be the number one global health risk (*World Health Organization*)
- 10% of the world's children (220 million) are living with a mental health problem: anxiety, depression, stress (*Healthy Young Minds*)
- 50% of mental illness is present by the age of 14 (*Bring Change to Mind*)
- Can take 8-10 years between onset of symptoms & receiving treatment (*Bring Change to Mind*)
- Suicide is the 2nd leading cause of death for ages 10-24 (*Bring Change to Mind*)



I'm not as
okay as I
pretend to be.

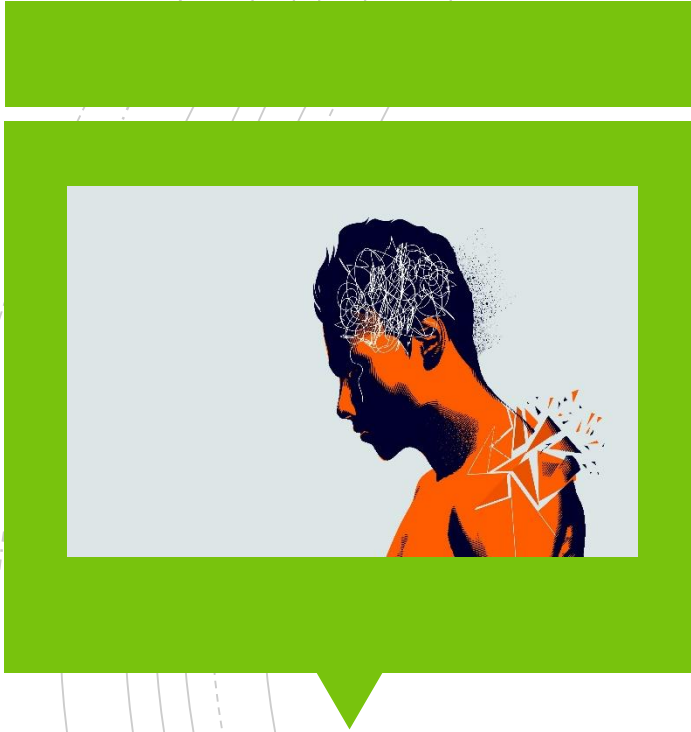


"Not All
Wounds
Are Visible."
— The Fresh Quotes —

What can we do?



- In looking at ways to create effective opportunities that impact student mental health, the Indiana School Mental Health Initiative (ISMHI) developed a partnership with *Bring Change to Mind (BC2M)*
- *BC2M* is a nonprofit organization based in California
- The focus is mental health awareness and eliminating the stigma around mental illness



- Research based
- Provides educational & promotional materials
- Access to the Club Portal
 - Event & activity breakdowns
 - Educational presentations
 - Club guidebook
- Free annual *Headspace* app subscription
- \$500 grant
- Support from BC2M representative

MORE
THAN JUST
A CLUB



student voice...student advocacy



The mission...

To decrease stigma around mental illness
&
Increase mental health awareness





Impacting school culture...

- **Monthly meetings**
- **Present on relevant topics**
- **Provide opportunities throughout the school day**
- **Distribute information on resources**
- **Create events within the school & community**
- **Collaborate with other clubs & community partners**
- **Share facts**
- **Keep the communication lines open**

Let's check out the portal...



The vision...

*Building capacity across
the Hoosier state*



~BC2M~

Current Indiana H.S. Mental Health Clubs

Avon

Cathedral

Fishers

Hamilton Southeastern

Mt. Vernon

New Palestine

Noblesville

Westfield

Whiteland

Zionsville

Fortifying the cause



- ISMHI Google Drive
- Securing other partnerships to aid growth
- LookUp Indiana
- ISMHI Summit: *'Educating the Whole Child'*
- ISMHI Newsletter



thank you!

