

**GLoucester County
Proud to be
STIGMA-FREE**

**THE GLOUCESTER COUNTY STIGMA-FREE CAMPAIGN
COLLEGES AND UNIVERSITIES TOOLKIT**

The Gloucester County Stigma-Free Campaign is a county-wide program, which aims to eradicate the stigma associated with mental illness and substance use disorders.



Gloucester County Board of County Commissioners

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For further information, stigma free materials, and to share your stigma free campaign initiative please email: stigmafree@co.glocester.nj.us

Adapted from:

[Stigma-Free Toolkit – Morris County, NJ \(morriscountynj.gov\)](http://morriscountynj.gov)

Mental Illness and Stigma

What is a mental illness?

Mental illnesses refer to disorders generally characterized by dysregulation of mood, thought, or behavior. Mental illness encompasses a variety of disorders ranging from depression and anxiety to substance and alcohol use disorder and bipolar disorder. Mental illnesses can affect persons of any age, race, religion or income.

What is stigma?

Stigma is a mark of disgrace, which results from the judgment by others. When an individual is labeled by their illness, they experience judgment and prejudice.

Stigma brings experiences and feelings of shame, embarrassment, distress, hopelessness and reluctance to seek or accept help. As a result, stigma is the primary reason individuals do not seek help when they experience symptoms of mental illness.



Introductions

The Gloucester County Stigma-Free Campaign is a county-wide program, which aims to eradicate the stigma associated with mental illness and substance use disorders. We are dedicated to raising awareness of these illnesses by creating an environment where affected individuals are supported in their efforts to achieve wellness and recovery.

Prevalence of Mental Illness

The World Health Organization ranks mental health conditions, including alcohol and substance use disorders, as the leading cause of disability in the United States and Canada, affecting people of all ages and backgrounds. One in 4 adults experience a diagnosable mental disorder in a given year (approximately 61.5 million Americans) and 1 in 17 adults live with a serious mental illness such as schizophrenia or bipolar disorder. Yet more than half will not seek treatment.

The primary reason individuals fail to seek the help they need is due to the stigma associated with the disease of mental illness. Main reasons cited are shame and fear of judgment from friends, family and co-workers. Such judgment is often rooted in a lack of knowledge or training. It is our goal to foster a stigma-free environment where residents feel supported in receiving treatment or education for all health concerns.

For more information about mental illness, visit
www.samhsa.gov

The Gloucester County Stigma-Free Campaign



Establishing stigma-free communities will raise awareness of the local mental health and recovery resources available so that no resident needs to feel hopeless or alone. Stigma-free communities will encourage residents to break down barriers, be mindful of their mental health, and ask for help when needed. Substance use disorders and mental illness have the potential to worsen if left untreated and complications arise when individuals do not seek help. It is essential that residents engage in care as soon as the need is identified so recovery can begin, hope is inspired and tragedies are avoided.

This county-wide campaign includes all Gloucester County residents, young and old. From bus drivers to school administrators, business owners to law enforcement, every community member is a key stakeholder. We want to link all stakeholders to training opportunities and awareness events aimed at increasing public knowledge about mental illness and substance use disorders and knowledge of local resources available to Gloucester County residents.

The following pages include a Stigma-Free toolkit for Colleges and Universities interested in joining The Gloucester County Stigma-Free Campaign. By joining, the Stigma-Free Campaign your campus will be joining a rapidly growing network of municipalities and institutions dedicated to improving the mental health of our community.

SAMPLE Stigma-Free College/University Campus Resolution

WHEREAS, the Gloucester County Board of Commissioners, along with the Gloucester County Division of Human and Special Services, supports the designation of Stigma-Free College/University Campus, and;

WHEREAS, at their March 19, 2019 meeting the Gloucester County Board of Commissioners unanimously passed a resolution supporting the designation of Gloucester County as a Stigma-Free Community, and;

WHEREAS, Gloucester County recognizes that one in four Americans has experienced mental illness, including substance use disorders, in a given year according to the National Institute of Mental Health, and;

WHEREAS, mental health problems are more common than cancer and heart disease combined, affecting children and adults, including more than half of our Iraq and Afghanistan Veterans treated at Veteran's Administration hospitals, and;

WHEREAS, given the serious nature of this public health problem, we must continue to reach the millions who need help and their families and community. and;

WHEREAS, the stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from the disease, and;

WHEREAS, Stigma-Free Colleges and Universities aim to inspire public interest and open dialogues about stigma, raise awareness of the disease of mental illness and create a culture wherein residents who experience mental illness feel supported by their community and neighbors and feel free to seek treatment for the disease without fear of stigma and;

WHEREAS, promoting awareness that there can be no "health" without mental health will break down barriers and encourage students of all ages to be mindful of their mental health and ask for help when needed, and;

WHEREAS, local resources are available to treat mental illness so no one student needs to suffer alone or feel hopeless, and;

WHEREAS, establishing a Stigma-Free Campus will raise awareness of resources and encourage students to engage in care as soon as the need is identified so recovery can begin, hope is inspired and tragedies are avoided, and;

NOW THEREFORE BE IT RESOLVED that [XXX College/University] recognizes the campus needs and supports the efforts of the County of Gloucester in designating [XXX College/University] as a Stigma-Free Campus.

Stigma-Free Action Plan

Below are some ideas to bring your Stigma-Free Campus to life. Feel free to follow these suggestions and plans and add your own that you think will benefit your campus. Also, keep in mind that you do not have to do all of these tasks.

Any steps you take to decrease stigma are steps in the right direction. If you are already hosting similar events on campus, you may include them to The Gloucester County Stigma-Free Campaign by simply rebranding the event as “[Event name]: A Stigma-Free Event” and including the welcome message (detailed on the following page).

- Participate in a college council meeting (i.e. Inter Club Council, Student Government Association)
- Host a stigma free event (i.e. De-stress Fest, Wellness Forum, Stigma-Free Walk, Recovery Concert). Contact stigmafree@co.goucester.us for county-wide resource brochures and the Gloucester County Stigma-Free logo to distribute.
- Set up a Stigma-Free information booth at other campus events (i.e. orientation)
- Collaborate with local non-profits and recovery groups to support their efforts.
- Offer Mental Health First Aid and QPR training for staff or students.
- Advocate for inclusion of a Stigma-Free assignment in the curriculum of an art or performing art class.
- Youth outreach through specific programs (i.e. Education or Social Work majors interning at schools, summer camp on campus)
- Add a link to the Gloucester County Stigma-Free Campaign to your College / University website.
- Promote Stigma-Free through the student newspaper or a local newspaper (i.e. provide an announcement about The Gloucester County Stigma-Free Campaign or a Stigma-Free Event, provide a monthly Stigma-Free update)
- Distribute Stigma-Free promotional materials (i.e. lawn signs, decals, pens)

Example Stigma-Free Welcome Message:

“Hello, and welcome to the [insert event name]. In line with our new Stigma-Free Campaign on campus, this event will be a Stigma-Free Event. Stigma is a mark of disgrace, which results from judgment by others. Stigma brings experiences and feelings of shame, embarrassment, distress, hopelessness and reluctance to seek or accept help. As part of a county-wide campaign, [insert school name here] is acting to disseminate information and foster a stigma-free environment where people are free from judgment and can get the help they need to recover from mental illness and substance use disorders. We would like to open this event by reminding you that everyone has the power to break through stigma. We encourage you to support one another, seek the services you need, and do not judge. Together we can decrease stigma to create a culture of caring on campus. Please contact [insert contact person’s name and phone number] for more information.”

Mental Health First Aid

What is Mental Health First Aid?

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia.

What do you learn?

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.



You could be the help that someone needs. Get trained today!



Upcoming courses are posted on
www.glocestercountynj.gov

For more information, email:
stigmafree@co.glocester.nj.us



QPR Training

Question. Persuade. Refer.

QPR Mission:

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

As a QPR-trained Gatekeeper, you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Who is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, school staff, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

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Sample Press Materials

Sample Press Release:

[COLLEGE/UNIVERSITY] DECLARES CAMPUS A STIGMA-FREE ZONE

One in four adults experiences a diagnosable mental illness every year and many of these individuals do not seek help because of fear of shame or judgment from friends, family and coworkers. On [DATE] [COLLEGE/UNIVERSITY] made the first steps towards eliminating the stigma associated with mental illness. The elimination of mental health stigma will allow residents to get the resources they need without judgment.

[COLLEGE/UNIVERSITY] joins the Gloucester County Board of Commissioners in a campaign to make their campus a Stigma-Free Zone in order to create an environment in which students will feel free to seek treatment for mental illness or substance use disorder without the fear of being judged.

[COLLEGE/UNIVERSITY] hopes to raise awareness about mental illness and substance use disorder, provide an effective way to reduce the stigma associated with these health concerns and encourage those who are affected to seek services and feel supported. The establishment of this Stigma-Free Zone will raise awareness of local mental health resources so no one student needs to feel hopeless or alone. The elimination of stigma will enable students to ask for help when needed so recovery can begin, hope is inspired and tragedies are avoided.

[COLLEGE/UNIVERSITY] urges anyone who would like more information on the Stigma-Free Campaign to contact (insert contact person's name and number). Help us to eliminate stigma and promote wellness amongst all [COLLEGE/UNIVERSITY] students and residents.