

Reducing Mental Illness Stigma: Evidence and Experience

Course director: Professor Heather Stuart

Stigma associated with mental illnesses comes in many forms. Members of the general public can endorse stigma; people with mental illness can suffer from self-stigma; and structural discrimination occurs if rules and regulations systematically disadvantage service users. To cover research and practice, this course will have two parts:

Part 1 consists of six talks by international experts on current research about stigma and anti-stigma programs, including community reactions to deinstitutionalisation, anti-stigma programs in low and middle income countries, programs for college students and strategies to increase stigma resistance.

Part 2 highlights international efforts to reduce stigma, and will present current insights on the development of different types of programs against stigma. The participants will be informed about the currently available instruments used in anti-stigma activities and about centres engaged in the development of anti-stigma programs. The measures and the steps in program development themes will be presented by the director of the course.

Each part of the course will be followed by a panel discussion involving speakers and members of the Committee of the WPA's Stigma Section (Heather Stuart, Norman Sartorius, Graham Thornicroft, and Nicolas Rüsçh).

Opening Remarks - Nicolas Rüsçh (Germany)

Part 1 (4 talks, 12 minutes each)

Changing Geographies of Stigma following Deinstitutionalization
Egle Sumskiene (Lithuania)

Fighting Stigma in Developing Countries,
Mrugesh Vaishnav (India)

Key Strategies for Fostering Internalized Stigma Resistance
Alicia Lucksted (USA)

Addressing Stigma on College Campuses
Bernice Pescosolido (USA)

Roundtable Discussion (25 min)

Break (10 minutes)

Part 2

Best Principles and Practices in Anti-stigma Programming (30 min)
Heather Stuart (Canada)

Scales to Assess Stigma and Discrimination in Many Languages (20 min)
Graham Thornicroft (UK)

Roundtable Discussion (30 min)

Closing Remarks, Nicolas Rüsçh (Germany)