

### What Are Participants Saying

**"I will definitely make changes in my work with members."**

*~Gaithersburg, Maryland*

**"This is probably the best chance to improve the quality of treatment in Maryland."**

*~Baltimore, Maryland*

**"I realized...how unaware I was."**

*~Towson, Maryland*

**"[The leaders were] very clear. Fun and intelligent. Very friendly and approachable. Bring 'em back!"**

*~New Britain, Connecticut*

**"I stigmatize a lot more than I've ever admitted to myself."**

*~Montclair, New Jersey*

**"[I will] be more proactive in addressing stigma and making a stance to change that..."**

*~Reston, Virginia*

### What We Can Do For You

The Anti-Stigma Project workshops are free to behavioral health programs, clinics, or hospitals that receive full or partial public funding from the state of Maryland. For more information or if you would like to schedule a workshop, please contact the Training Coordinator at 410-646-0262 or 1-800-704-0262.

Each workshop can also be customized to fit your group's specific needs and concern. We also offer:

- Keynotes Speeches
- Presentations
- Technical Assistance

For more information, rates and details please contact:

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### Changing Attitudes

**Breaking Barriers**

**Building Community**



**A collaborative effort among behavioral health consumers, family members, providers, educators and administrators**

**“Stigma has its fingerprints all over the [mental health] system.”**

Dr. David Satcher, former U.S. Surgeon General

**“We all hold stigmas, even within mental health treatment centers”**

Participant

**“You finally decide to get help, and then you’re punished for it -- pigeonholed into a diagnosis, shamed, labeled, and discriminated against for life. The stigma can be worse than the illness.”**

Participant

While it may seem like an abstract concept, the consequences of stigmatizing attitudes and behaviors are quite tangible -- and destructive. Stigma affects every member of the behavioral health community, including people in recovery, family members, providers, administrators, and policy makers. The stigma within the behavioral health system damages therapeutic, professional, and personal relationships and creates barriers to providing and receiving competent and effective behavioral health treatment.

### **About Us**

The Anti-Stigma Project was formed in 1993 by the Maryland Mental Hygiene Administration in collaboration with On Our Own of Maryland to reduce stigma within the behavioral health system. The mission of The Anti-Stigma project is to fight stigma by raising consciousness, facilitating ongoing dialogues, searching for creative solutions, and educating all participants within or connected to the behavioral health community, including consumers, family members, providers, educators, and administrators.

### **What We Are Doing About It**

The Anti-Stigma Project offers a series of workshops that challenge participants to examine the impact of stigma on both their professional and personal lives. In these workshops, The Anti-Stigma Project facilitates ongoing dialogues that enable participants to talk openly on a level playing field about attitudes, behaviors, and practices that are stigmatizing. Each workshop introduces new perspectives by stimulating thought provoking interaction -- *interaction that breaks down traditional, stigmatizing barriers and deepens the understanding and awareness of how stigma affects everyone in the behavioral health community.*

### **Workshops**

Each workshop is team-facilitated by experienced trainers with extensive and varied experience in mental health, addictions, recovery, education and communications. All facilitators of The Anti-Stigma Project combine a variety of learning approaches such as group discussions, role-playing, and multimedia in order to facilitate positive change. The workshops that we currently offer are:

#### **Stigma...in Our Work, in Our Lives**

This interactive workshop is designed to reduce stigmatizing behaviors, attitudes and practices within the mental health and addiction recovery communities. Participants identify stigmatizing behaviors and attitudes and their impact on the design, delivery, and receipt of services, and develop possible solutions and action steps. (3 hours)

#### **An Inside Look at Stigma**

The consequences of internalized stigma can be devastating, including lowered self-esteem, isolation, and hopelessness. This interactive workshop is designed to help participants recognize, prevent and/or overcome its effects. (2 hours)

#### **Stigma: Language Matters**

In this experiential workshop, participants explore the power of language as it relates to stigma. They also develop alternatives to stigmatizing language and learn to integrate these concepts into their professional and personal lives. (2 hours)

#### **Responding to Stigma: Effective and Applicable Strategies for the Workplace**

Reducing stigma and discrimination requires individual, community, and systemic responses. This workshop applies a multi-layered approach to identify and implement individual and systemic solutions and to develop anti-stigma principles to guide our work in systems and organizations. (4.5 hours)

#### **Stigma: It Doesn't Discriminate**

The consequences of stigma create barriers to providing and receiving competent and effective behavioral health treatment and services. In this session, six thought-provoking and realistic skits take the audience on a journey through the many facets and faces of stigma, paying particular attention to the intricacies of language and culture. (2 hours)