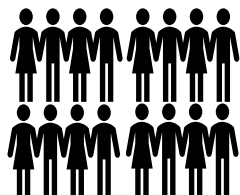


Stigma Training Video #2: HOW DOES STIGMA IMPACT US?

KINDS OF STIGMA

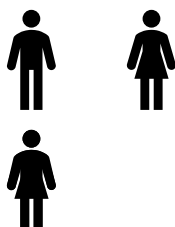
PUBLIC^{1 2}



SELF^{1 2}



COURTESY¹



STRUCTURAL^{1 3}



REFLECTION QUESTIONS

- How have you have seen these different kinds of stigma (Public, Self, Courtesy, and Structural) show up?
- Has stigma shown up in your own life (workplaces, family, schools, neighborhood, etc.) in a way that you are comfortable sharing?
- When you consider the four kinds of stigma,
 - ...what is most concerning to you?
 - ...what gives you a sense of hope or positive movement?

¹ National Academies of Sciences, Engineering, and Medicine. (2016). Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington, D.C.: National Academies Press. <https://doi.org/10.17226/23442>

² Corrigan, P., & Watson, A. (2002). Understanding the impact of stigma on people with mental illness. *World Psychiatry*, 1(1). Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1489832/>

³ Livingston, J., D., Milne, T., Lan Fang, M., & Amari, E. (2011). The effectiveness of interventions for reducing stigma related to substance use disorders: a systematic review. *Addiction*, 107, 39-50.