Literature Review

- Mental health education that involved both a provider and an individual with a mental health illness discussing disease mechanism of action and treatment showed to effectively reduce stigma in school aged children
- Stigma can be reduced through low cost and time effective sessions
- Social media is an effective tool for reducing stigma
- Anti-stigma workshops are effective at reducing stereotypes of individual disorders or grouped to encompass range of illnesses

Hypothesis

Providing mental health education involving mechanism of disease and treatment options from both a provider and patient will reduce both public and self-stigma, leading to improved treatment.

Deliverables to Community

- Literature review of effective mental health stigma reducing strategies
- Facilitate meeting between Powell Middle School counseling staff and Beartooth Brain Works
- Sample mental health work shop curriculum

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- Brian O’Nelli PMHNP-BC | Beartooth Brain Works
- Brittany Wenke | Powell Middle School

Next Steps

- Identify patients and providers to help teach in mental health sessions
- Set aside time in curriculum for stigma reduction workshops in or out of regular school hours
- Identify mental health illnesses to be addressed in sessions
- Spread program to schools in the surrounding counties

Background

- Powell is a small agricultural community in northwest Wyoming, home to 6,500 residents
- Hard working and self-reliant attitudes contribute towards population health
- Lower incidence rates of obesity, diabetes and cardiovascular disease when compared to Wyoming average
- These attitudes may also contribute to the severe mental health stigma that exists in the community
- Large population of patients attend mental health sessions in private and terminate their treatment plan early in fear of negative judgment from others
- Many people suffering with mental health issues do not get treatment they need

Community Health Project Design

- Anti-stigma mental health workshops for students at Powell Middle School
- Students receive education on mental health disorders from patients and providers
- Workshops include information on treatment as well as mechanisms and characteristics of disorder
- Curriculum design established through community collaboration between Powell Middle School and Beartooth Brain Works