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STIGMA®

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WHY IS MENTAL HEALTH IMPORTANT TO ME?



WHO is Kevin Fischer?

I serve as Executive Director of NAMI Michigan, Director of The Dominique Fischer Memorial Foundation and CEO of EVERYBODY –VS- STIGMA.COM. President of CIT International (Crisis Intervention Team), on the Advisory Board of Directors of several behavioral health organizations throughout Michigan, including Governor Whitmer's Suicide Prevention Commission, the Michigan Department of Health & Human Services (MDHHS) Mental Health Diversion Council and Behavioral Health Advisory Council (BHAC), Disability Rights Michigan's (DRM) Protection & Advocacy for Individuals with Mental Illness (PAIMI) Advisory Board, Executive Producer of the Mind Matters with Dr. Michele Show, and others.

WHO/WHAT IS NAMI?

WHY TALK
ABOUT
MENTAL
ILLNESS ?

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 650 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

WHY DISCUSS MENTAL ILLNESS?



1 in 5 U.S. adults are affected by mental illness each year.

1 in 20 U.S. adults experience serious mental illness each year.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.



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WHY DISCUSS MENTAL ILLNESS?

WHY TALK
ABOUT
MENTAL
ILLNESS ?

Myths About Mental Illness:

Mental illnesses are
brought on by a
weakness of character.



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WHY DISCUSS MENTAL ILLNESS?

Mental Health:

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Illness:

Mental illnesses are a product of the interaction of biological, psychological, and social factors. Research has shown genetic and biological factors are associated with mental illnesses, substance use disorders and suicide.

WHY DISCUSS MENTAL ILLNESS?

What Causes Mental Illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

WHY DISCUSS MENTAL ILLNESS?

50%

of all lifetime
cases of mental
illness begin by
age

14



75%

of all lifetime
cases of mental
illness begin by
age

24

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WHY DISCUSS MENTAL ILLNESS?

NEARLY

37%

of students ages 12-17
with a mental illness
drop out of school.



WHY DISCUSS MENTAL ILLNESS?

16.5%

of U.S. youth
(ages 6-17)
experienced a
mental health
disorder in 2020.

20%

of people with
anxiety disorder
seek treatment.

59%

of students
report be
harassed or
bullied online

74%

of students
identified as
being stressed to
the point of
being unable to
cope

19%

of high school
students
seriously
considered
suicide in the
last year.

WHY DISCUSS MENTAL ILLNESS?

70%

of youth in
juvenile justice
systems have at
least one mental
health condition.

20%

of youth in the
juvenile justice
system live with
a serious mental
illness.

37%

of state and
federal prisoners
have a diagnosed
mental illness

44%

of local jail
prisoners have a
recent history
with a mental
health condition

45%

of adults in the
U.S. with a
mental health
condition
received mental
health services in
the past year.

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WHY DISCUSS MENTAL ILLNESS?

11yrs

average delay
between onset
of mental illness
symptoms and
treatment

10.9%

of U.S. adults
with mental
illness had no
insurance
coverage in 2019

55%

of U.S. counties
do not have a
single practicing
psychiatrist

18.4%

of U.S. adults
with mental
illness also
experienced a
substance use
disorder in
2019 (9.5 million
individuals)

41%

of Veteran's
Health
Administration
patients have a
diagnosed
mental illness or
substance use
disorder

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“Racism is a public health crisis!”

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so.”

“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.”

Daniel H. Gillison, Jr., CEO NAMI

“Racism is a public health crisis!”

- Annual treatment rates among U.S. adults with any mental illness, by demographic group:

- Asian-Americans: 23.3%
- Non-Hispanic black or African-American: 32.9%
- Non-Hispanic mixed/multiracial: 43.0%
- Hispanic or Latino: 33.9%

*there is NO good data for Arab-Americans

WHAT IS STIGMA?

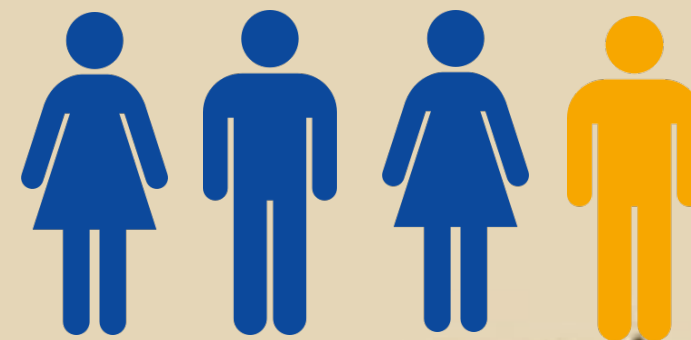
STIGMA is defined as a mark
of disgrace associated with a
particular circumstance,
quality, or person

WHAT IS STIGMA?

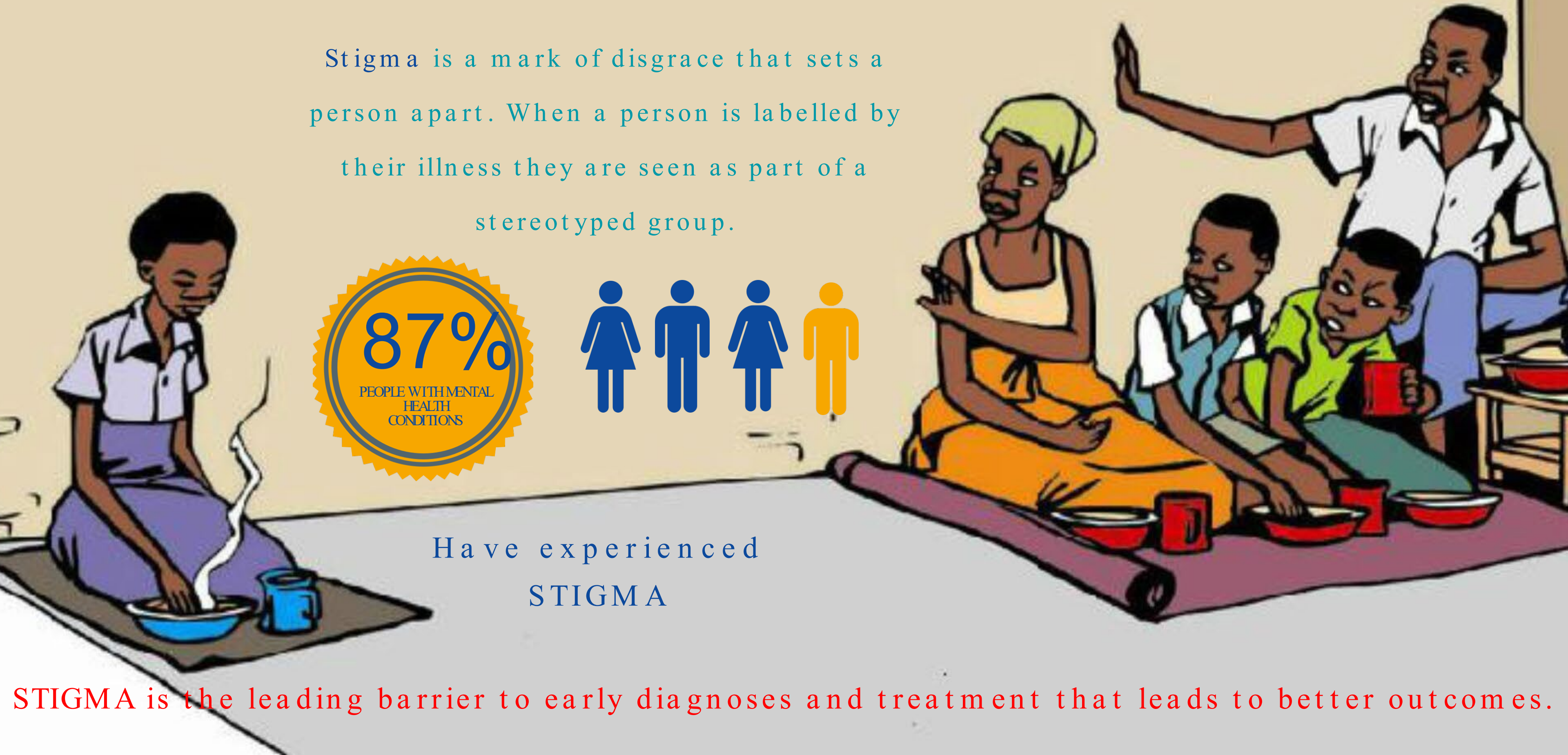
Like mental illness, **STIGMA** does not discriminate. It affects us all, but it does vary by community and culture!

WHAT IS STIGMA?

Stigma is a mark of disgrace that sets a person apart. When a person is labelled by their illness they are seen as part of a stereotyped group.



Have experienced
STIGMA



STIGMA is the leading barrier to early diagnoses and treatment that leads to better outcomes.

STIGMA KILLED MY SON!



WHY DISCUSS MENTAL ILLNESS?

Suicide

2nd

Leading cause of
death for young
people between
10-34.



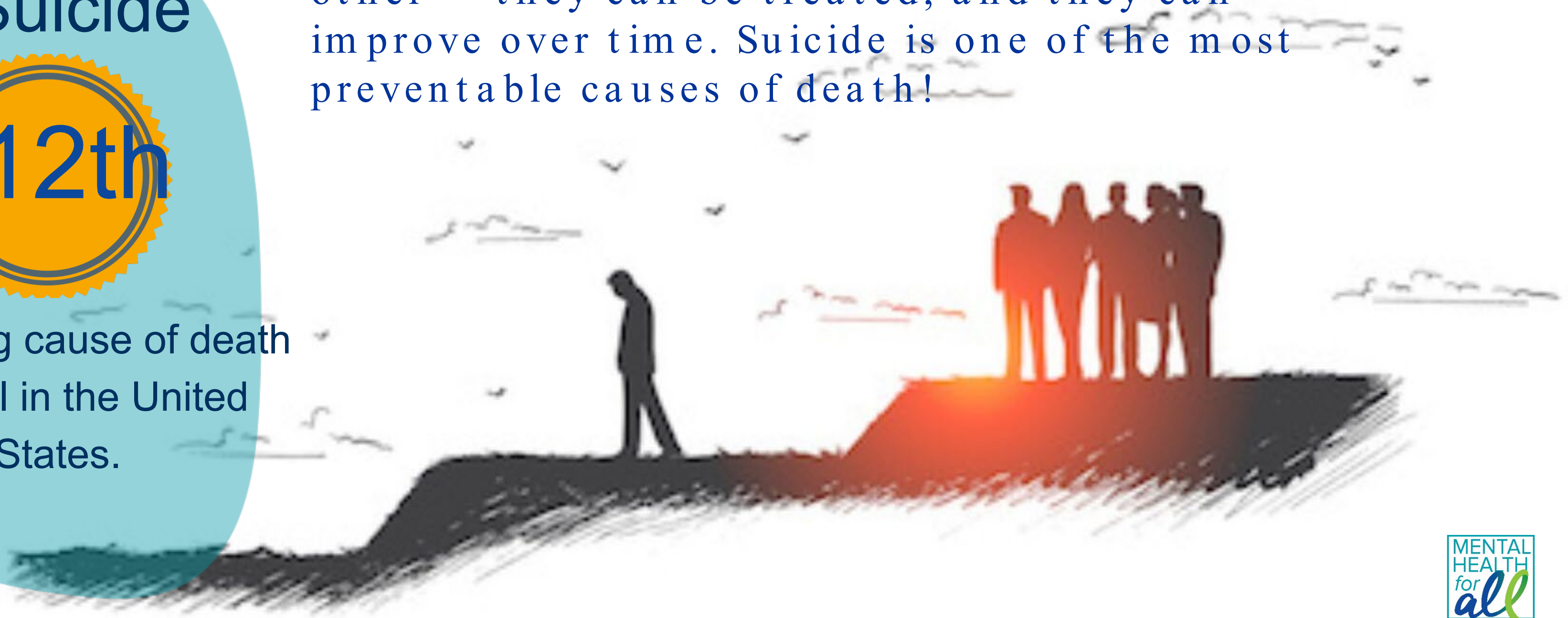
WHY DISCUSS MENTAL ILLNESS?

Suicide

12th

Leading cause of death
overall in the United
States.

Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time. Suicide is one of the most preventable causes of death!



WHY TALK
ABOUT
MENTAL
ILLNESS ?

Suicide by the Numbers

47,646 people died by suicide in 2021, a 4% increase over 2020. There are almost twice as many suicides in the United States as there were homicides (24,576). In 2020, suicide rates among American Indians, Black and Latino increased, while the overall rate declined. In Michigan we lost 1,444 to suicide.

ACCORDING TO THE CDC.....

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WHY TALK
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- Suicide is the 12th leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999; by **78%** for African-Americans
- **46%** of people who die by suicide had a diagnosed mental health condition
- **90%** of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals (also known as psychological autopsy)
- **78%** of people who die by suicide are male
- Lesbian, gay and bisexual youth are **4x** more likely to attempt suicide than straight youth
- Transgender adults are **nearly 12x** more likely to attempt suicide than the general population

ACCORDING TO THE CDC.....

WHY DISCUSS MENTAL ILLNESS?

WHY TALK
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Facts About SUICIDE:

Most people who die by suicide DO NOT want to die; they just don't want to live with the pain they are experiencing at that time!

PRO-ACTIVE MENTAL HEALTHCARE
“IS”

SUICIDE PREVENTION!



WHAT PEOPLE **THINK** SUICIDE PREVENTION IS

National Mental Health Crisis Line 988

WHAT SUICIDE PREVENTION **ACTUALLY** IS

Food Security

Affordable Housing

Peer Norm Activities

Affordable Healthcare

Mental Health Parity

Destigmatizing Mental Illness

Youth Suicide Prevention Courses

Destigmatizing Mental Healthcare

Community Engagement Activities

Strengthening Household Financial Security

Increasing Awareness of, and Access to Mental Health
Resources



NAMI Michigan

National Alliance on Mental Illness

Every year people overcome the challenges of mental illness to do the things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with mental health conditions can and do pursue higher education, succeed in their careers, make friends and have relationships. Mental illness can slow us down, but we don't need to let it stop us.



NAMI PROGRAMS



NAMI PROGRAMS





How can YOU support NAMI?

1. Volunteer with a NAMI local affiliate or at a NAMI MI event.
2. Share NAMI resources with family members and friends.
3. Support upcoming events:

Join your local NAMI @ namimi.org

Annual NAMI Conference May 20th-23rd 2024 Novi, MI

Annual NAMIWalks: September 16th @ Wayne State University



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everybodyvsstigma.com

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RECOVERY
IS
POSSIBLE

AUTISM SPECTRUM DISORDER • MENTAL ILLNESS • SUBSTANCE USE DISORDER • SUICIDE PREVENTION • INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

WWW.EVERYBODYVVSSTIGMA.COM



TOGETHER WE CAN DEFEAT STIGMA!



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National Alliance on Mental Illness

nami

Michigan

RESOURCE

National Mental
Health Crisis Line
988

Text NAM
to
741741

NAM Helpline
800-950-NAM (6264)
www.nami.org

LGBTQ youth at
866-488-7386



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