



Odalis, Viktor, and their daughter,
Family Housing clients

Destigmatizing Mental Health Workshop

TWC clients and families

**April 24, 2025
4:30pm**



AGENDA/CONTENTS

TWC – WHO WE ARE

Mission & Core Values

Impact

What is Stigma

Common Misconceptions

Stigma Overview

Stigma in Mental Health

What is Mental Health

Types of Stigma

Myths and Truths

Common Myths & Truths

Common Mental Health Disorders

Psychosis & Trauma

Depression & Anxiety

Parity of Mental Health

Parity Act

Impact of Stress

Key Takeaways

Personal Story

Presentation Overview

ADJOURNMENT/ THANK YOU

Meeting is Adjourned

*We empower
families towards
healing, health,
and homes.*



**MENTAL
HEALTH**



**FAMILY
HOUSING**



**PARENT
ENRICHMENT**



**NUTRITION
EDUCATION**



Tradeon and Tionne,
Children of
Family Housing client

TO LIVE OUR **CORE VALUES** WE



OUR IMPACT

FY 2023-2024

Jasper, Andreah, and Romeo,
Family Housing clients

14,200+
People Served

7,600+
Families Served

6,500+
Children and Youth Served

 **MENTAL HEALTH** | **1,450+**
Families Served

99% of teen clients experiencing psychosis symptoms improved after starting treatment

 **PARENT ENRICHMENT** | **330+**
Families Served

98% of caregivers report feeling better-equipped to deal with stresses of raising children

 **FAMILY HOUSING** | **1,620+**
Families Served

222
families housed with a 99%
permanency rate

733
families diverted/prevented
from homelessness

 **NUTRITION EDUCATION** | **4,170+**
Families Served

81%
increase in high intensity physical activity in kids



EMPOWER



IMPACT

1,459

families served

99%

of teen clients
experiencing
psychosis
symptoms
improved
after starting
treatment

56%

of all clients
met treatment
goals for
symptoms such
as depression,
suicidal ideation,
isolation,
and more

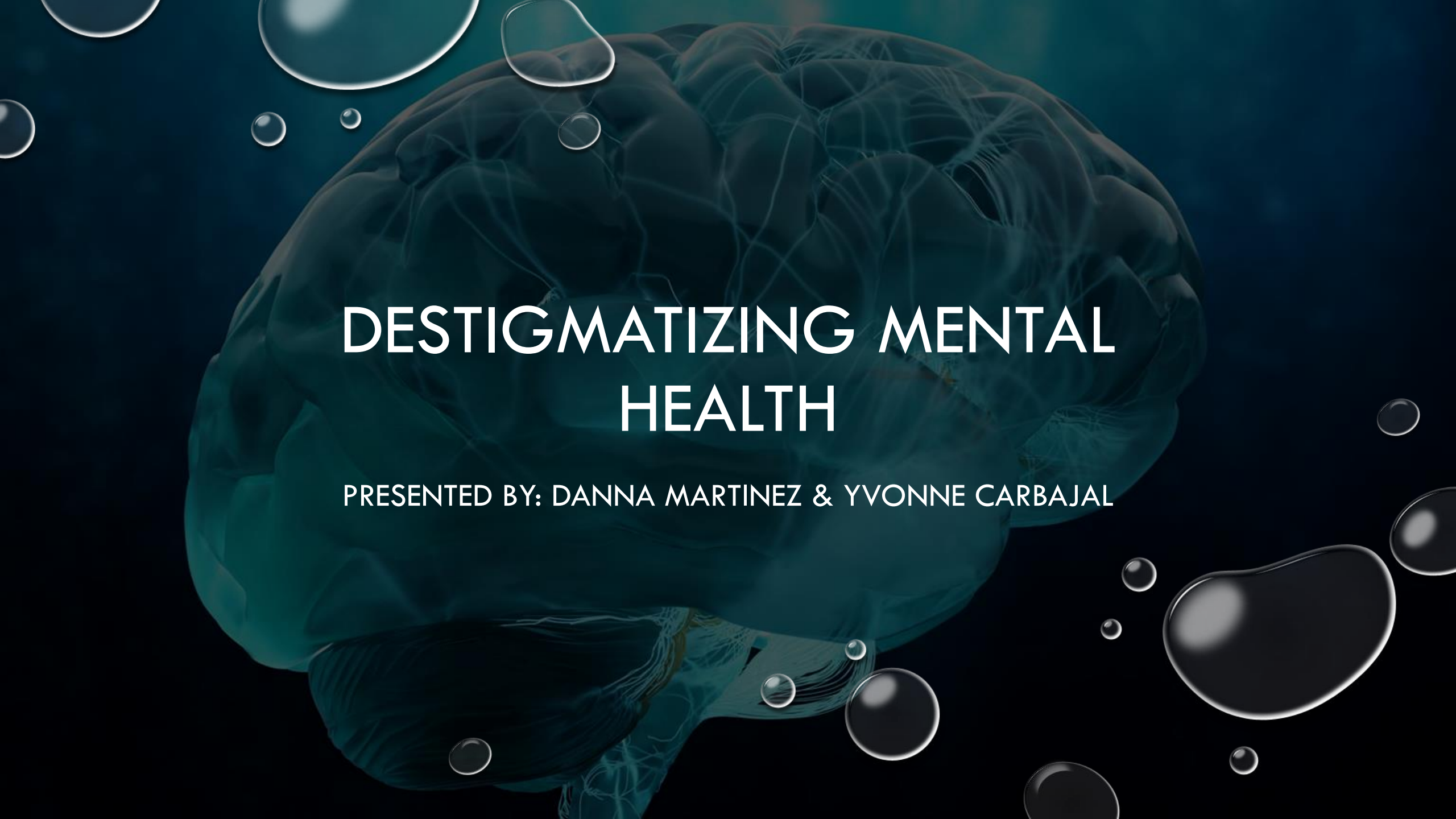
56%

of clients met treatment goals for
symptoms such as temper tantrums,
cutting/self-harm, fighting with
siblings, running away, suicidal
ideation, self-isolation, school
suspensions

MENTAL HEALTH

We address behavioral challenges and trauma in children by helping them develop coping skills and heal from distress.

Maribel, Parent of Arturo and Juan, *Mental Health clients*



DESTIGMATIZING MENTAL HEALTH

PRESENTED BY: DANNA MARTINEZ & YVONNE CARBAJAL

COMMON MISCONCEPTIONS ABOUT MENTAL HEALTH

IF I'VE MANAGED MY EMOTIONS ALONE
BEFORE, I DON'T NEED HELP RIGHT
NOW

MENTAL HEALTH ISSUES ARE A SIGN OF
WEAKNESS

THERAPY IS ONLY FOR THOSE WITH
SERIOUS MENTAL HEALTH ILLNESSES

TALKING ABOUT PAST EXPERIENCES
ONLY MAKES PEOPLE FEEL WORSE

SEEKING HELP MEANS I'LL HAVE TO TAKE
MEDICATION

WHAT IS STIGMA?

- UNFAVORABLE ATTITUDES, PRECONCEPTIONS, AND IDEAS THAT ARE HELD
- DISGRACE ASSOCIATED WITH A CERTAIN CIRCUMSTANCE, VALUE, OR PERSON
- STIGMA USUALLY COMES FROM HAVING A LACK OF UNDERSTANDING OR FEAR OF SOMETHING

- EXAMPLE

- “MY NEIGHBOR IS ALWAYS GOING OUT DRINKING WITH HER FRIENDS. SHE PROBABLY LEAVES HER KIDS AT HOME TO CARE FOR THEMSELVES”

GOING OUT DRINKING WITH FRIENDS CAN BE SEEN AS BEING “BAD PARENTS” OR “IRRESPONSIBLE”

STIGMA CAN LEAD TO....

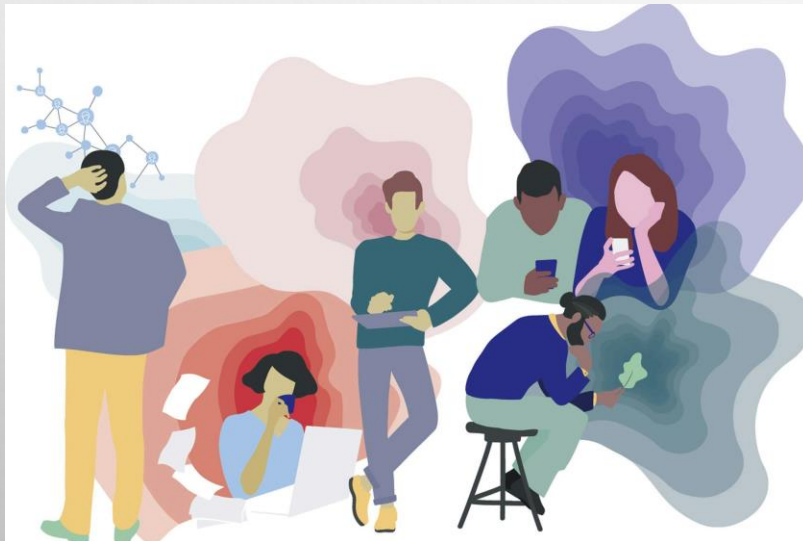
- BEING EXCLUDED FROM FAMILY MEMBERS, LOVED ONES, SCHOOL FRIENDS, AND THE COMMUNITY
- CAN REDUCE THE IMPORTANCE OF RECEIVING TREATMENT FOR MENTAL HEALTH DISORDERS & ILLNESSES
 - NEGATIVE BELIEFS AND ATTITUDES ABOUT MENTAL HEALTH
- INCREASE THE RISK OR INTENSITY OF MENTAL HEALTH PROBLEMS



WHAT IS MENTAL HEALTH?

MENTAL HEALTH IS HOW WE
FEEL, THINK, AND ACT

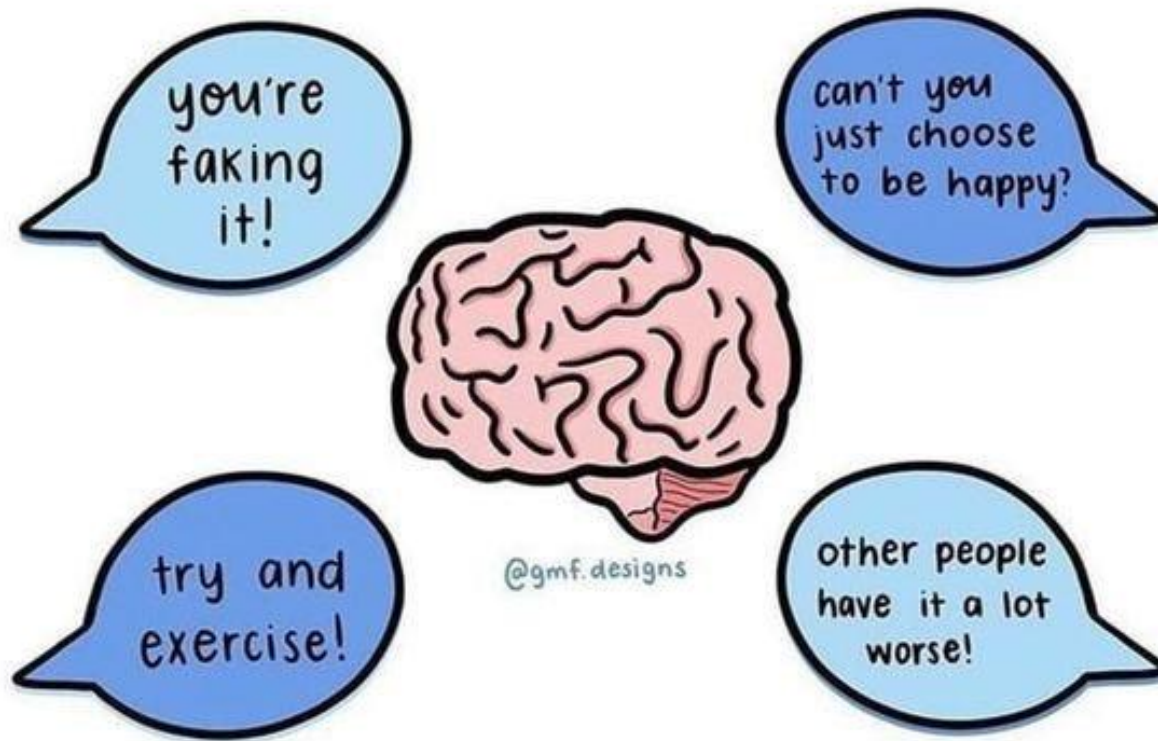
WHAT IS MENTAL HEALTH?



- GOOD MENTAL HEALTH
 - HAPPY, CONFIDENT, AND BEING ABLE TO HANDLE PROBLEMS IN A HEALTHY MANNER
- CERTAIN LIFE EXPERIENCES CAN LEAD TO FEELINGS THAT ARE OVERWHELMING AND MAY BE DIFFICULT TO BE DEALT WITH ON OUR OWN (IMPACT OUR OVERALL DAILY FUNCTIONING)
- WITH THE HELP OF MENTAL HEALTH PROFESSIONALS, INDIVIDUALS CAN WORK THROUGH NEGATIVE LIFE EVENTS

STIGMA IN MENTAL HEALTH

WHAT MENTAL HEALTH STIGMA SOUNDS LIKE



STIGMA IN MENTAL HEALTH

- STIGMA CAN INCLUDE NEGATIVE ATTITUDES, BELIEFS, AND STEREOTYPES TOWARDS THOSE WHO EXPERIENCE MENTAL HEALTH CONDITIONS
- THREE DIFFERENT TYPES
 - SELF
 - PUBLIC
 - STRUCTURAL



TYPES OF STIGMA

- SELF
 - BLAMING ONESELF FOR MENTAL HEALTH DIAGNOSES
 - FEELING FLAWED OR SHAME ABOUT BEING UNABLE TO STOP FEELING WHAT THEY'RE FEELING
- PUBLIC
 - NEGATIVE ATTITUDES AND BELIEFS FROM PEERS OR GROUPS OF PEOPLE
- STRUCTURAL
 - LAWS, REGULATIONS, AND POLICIES
 - MAY LIMIT THE RIGHTS OF THOSE WITH MENTAL HEALTH CONDITIONS



MYTHS AND TRUTHS



MYTH: MENTAL HEALTH ILLNESSES ARE NOT REAL AND CANNOT BE TREATED

FACT: MENTAL HEALTH DISORDERS ARE DIAGNOSED IN THE SAME WAY AS ASTHMA, DIABETES, AND CANCER. MENTAL HEALTH TREATMENTS CAN BE AS EFFECTIVE AS 60-80% IN THE TIME RECEIVING SERVICES.



MYTHS AND TRUTHS



MYTH: TEENAGERS DON'T SUFFER FROM "REAL" MENTAL ILLNESSES, THEY ARE JUST MOODY

FACT: 1 IN 10 CHILDREN AND TEENAGERS SUFFER FROM MENTAL HEALTH ILLNESSES WITH MOST STARTING DURING TEENAGE YEARS



MYTHS AND TRUTHS



MYTH: MENTAL HEALTH PROBLEMS ARE REALLY THE RESULT OF POOR PARENTING AND LACK OF DISCIPLINE AT HOME

FACT: OFTEN PASSED DOWN THROUGH GENETICS THROUGH ONE GENERATION ONTO THE NEXT. COULD BE CAUSED BY HEAD INJURIES/TRAUMA OR PROBLEMS DURING PREGNANCY.



MYTHS AND TRUTHS



MYTH: WE'RE GOOD PEOPLE. MENTAL ILLNESSES DOESN'T HAPPEN TO ME AND MY FAMILY.

FACT: 1 IN 4 AMERICANS FROM ALL BACKGROUNDS WILL SUFFER FROM MENTAL HEALTH PROBLEMS. IT CANNOT BE PREDICTED WHO WILL DEVELOP A MENTAL ILLNESS.



MYTHS AND TRUTHS



MYTH: STAY AWAY FROM PEOPLE WITH MENTAL ILLNESS BECAUSE THEY'RE VIOLENT

FACT: MORE OFTEN THAN NOT, MENTALLY ILL PEOPLE HAVE BEEN VICTIMS OF VIOLENCE, STIGMA, AND DISCRIMINATION. THEY ARE NO MORE VIOLENT THAN AMERICANS WHO DON'T HAVE MENTAL HEALTH DISORDERS.



MYTHS AND TRUTHS



MYTH: THERE IS NO HOPE FOR PEOPLE WITH MENTAL ILLNESSES

FACT: IF TREATED EARLY, MENTAL HEALTH ILLNESSES CAN BE SUCCESSFULLY
TREATMENT AT HIGHER RATES COMPARED TO CHRONIC MEDICAL ILLNESSES



COMMON MENTAL HEALTH DISORDERS

- MOST COMMON HEALTH DISORDERS AT TWC IN CLIENTS
 - TRAUMA, PSYCHOSIS, DEPRESSION, AND ANXIETY
- PREVALENCE RATES OF PSYCHOSIS
 - 3% OF OUR POPULATION WILL EXPERIENCE SYMPTOMS OF PSYCHOSIS (3 IN 100 PEOPLE)
 - 1% OF POPULATION ARE DIAGNOSED WITH A CONDITION RELATED TO PSYCHOSIS (1 IN 100 PEOPLE)



- PREVALENCE RATES OF TRAUMA
 - VIOLENCE, ABUSE, OR NATURAL DISASTERS
 - POSTTRAUMATIC STRESS DISORDER (PTSD)
 - 3.9% OF THE WORLD POPULATION HAS PTSD (312 MILLION PEOPLE)
 - 15% OF GIRLS AND 6% OF BOYS DEVELOP PTSD
 - 1 IN 4 PEOPLE WITH PTSD GET MENTAL HEALTH TREATMENT
 - 40% OF THOSE WITH PTSD RECOVER WITHIN A YEAR WHEN RECEIVING SERVICES

COMMON MENTAL HEALTH DISORDERS

- PREVALENCE RATES OF DEPRESSION

- LOSS OF INTEREST OR ENJOYMENT IN ACTIVITIES, FEELING SAD, TIRED OR EASILY IRRITATED
- MILD, MODERATE, SEVERE
- ABOUT 280 MILLION PEOPLE IN THE WORLD
 - 50% MORE LIKELY IN WOMEN VS MEN
 - IN 2019, 4% OF CHILDREN AGED 3-17 WERE DIAGNOSED WITH DEPRESSION

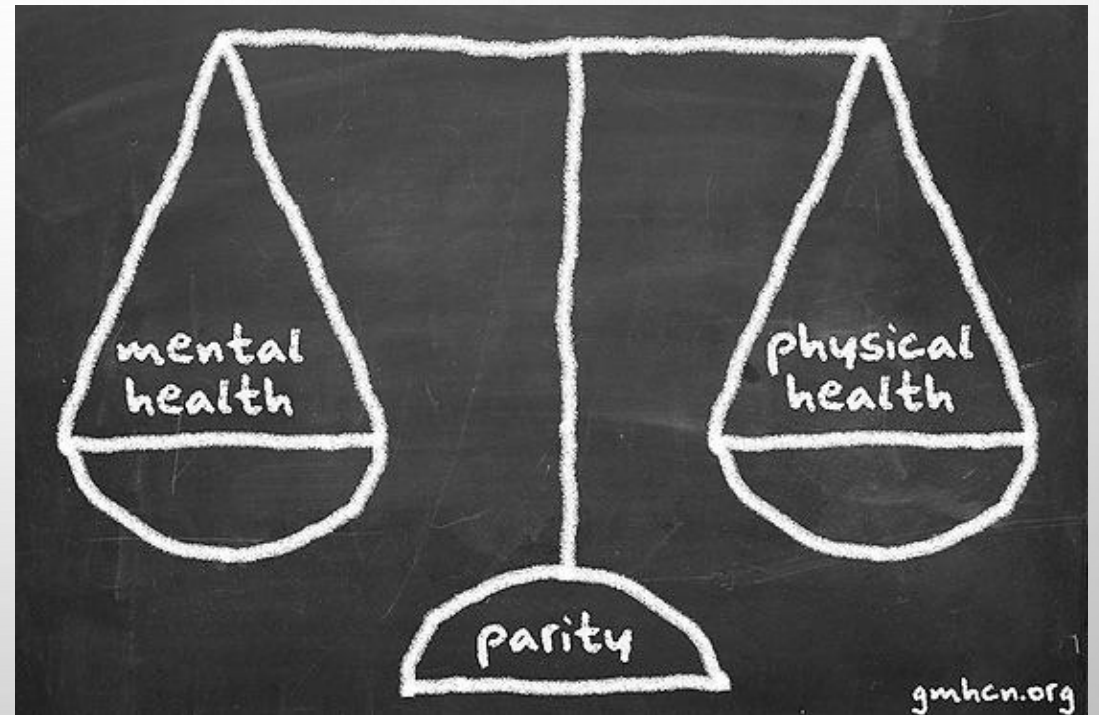


- PREVALENCE RATES OF ANXIETY

- EXCESSIVE AND INTENSE FEAR OR WORRY THAT IMPACTS DAILY LIFE
- MOST COMMON MENTAL HEALTH DISORDER IN THE WORLD
- IN 2019, 301 MILLION PEOPLE HAD AN ANXIETY DISORDER
- MOST COMMON IN WOMEN
- IN 2019, 10% OF CHILDREN AGED 3-17 ARE DIAGNOSED
 - 9% BOYS AND 11% GIRLS

PARITY OF MENTAL HEALTH

- MENTAL HEALTH PARITY ACT (MHPA)
 - WAS PASSED IN 1996
 - ADVOCATES FOR MENTAL HEALTH BENEFITS TO BE AS IMPORTANT AS RECEIVING MEDICAL SERVICES
 - MHPA ALLOWED FOR GROUP HEALTH PLANS TO NOT IMPOSE ANNUAL OR LIFETIME DOLLAR LIMITS ON MENTAL HEALTH BENEFITS
 - STRENGTHENED ACCESS TO MENTAL HEALTH AND SUBSTANCE USE DISORDERS SERVICE



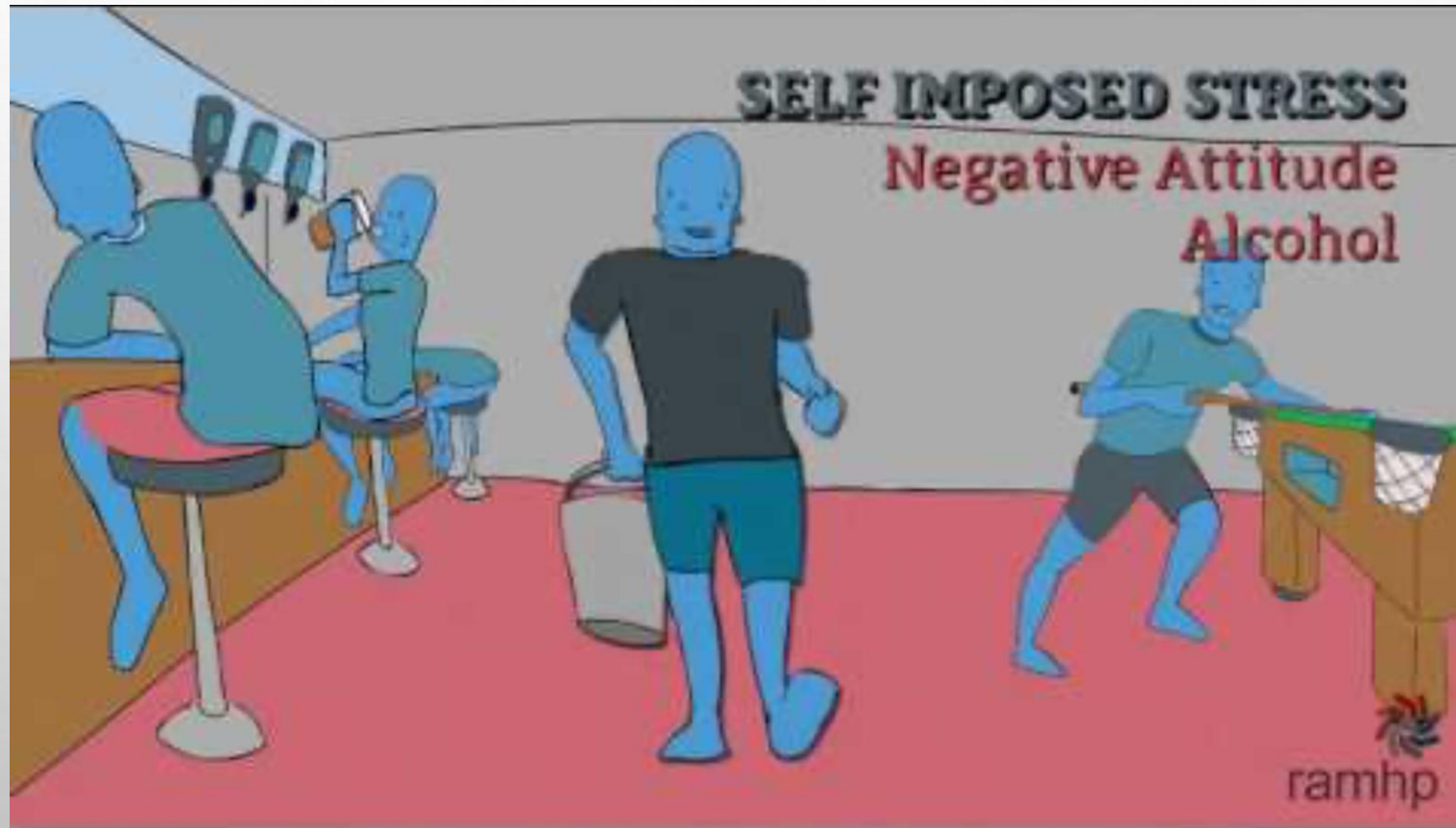
MENTAL HEALTH AND STRESS

- MENTAL HEALTH IS LIKE THE WEATHER, ITS EVER CHANGING
- IT DEPENDS ON HOW WE ARE THINKING AND FEELING ABOUT WHAT IS HAPPENING IN OUR LIVES
- THERE ARE LOTS OF THINGS THAT CAN INFLUENCE OUR EMOTIONAL OR MENTAL HEALTH FOR THE BETTER... AND SOMETIMES FOR THE WORST.
- WHEN CHANGES AREN'T ENOUGH, THEN WE NEED TO SEEK HELP
- STRESS IS ONE OF THE THINGS THAT CAN INFLUENCE OUR MENTAL HEALTH



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IMPACT OF STRESS (VIDEO)



KEY TAKEAWAYS

- MENTAL HEALTH IS HOW WE THINK, FEEL, AND ACT
- MENTAL HEALTH IS EVER-CHANGING JUST LIKE THE WEATHER, AND STRESSFUL LIFE EVENTS CAN IMPACT IT
- MENTAL HEALTH DISORDERS CAN AFFECT ANYONE AT ANY AGE AND FROM ANY BACKGROUND
- TO REDUCE STIGMA TOWARDS MENTAL HEALTH, WE NEED TO START CREATING AN ENVIRONMENT WHERE PEOPLE FEEL SAFE AND COMFORTABLE EXPRESSING THEIR EMOTIONS AND RECEIVING THE SUPPORT THEY NEED WITHOUT FEELING JUDGED BY THEIR PEERS



Odalis, Viktor, and their daughter,
Family Housing clients

Thank you!!!

Questions?

