

OVERCOMING BARRIERS IN MINDS AND SOCIETY 8TH CONFERENCE - TOGETHER AGAINST STIGMA



PROGRAM

COPENHAGEN 2017

20 - 22 SEPTEMBER

www.againststigma2017.com













OVERCOMING BARRIERS IN MINDS AND SOCIETY 8TH CONFERENCE - TOGETHER AGAINST STIGMA

We are pleased to announce that the 8th International Together Against Stigma Conference will be held in Copenhagen, Denmark, September 20th-22nd, 2017.

Stigma of mental illness is a global challenge resulting in discrimination and exclusion from social life, education and the labor market. The conference will provide an opportunity to establish links between representatives of programs against stigma in different countries and professions as well as people with lived experience of mental illness.

The aim is to create an overview on research, campaigns and other initiatives combatting stigma as well as providing a deeper understanding of effective methods for

identifying and challenging knowledge, attitudes and behavior constituting barriers in minds and society.

The conference is relevant for professionals, researchers, anti-stigma campaigners, politicians, people with lived experience of mental illness and their carers as well as others with a special interest in the field. The conference is hosted by the Danish national anti-stigma campaign ONE OF US in collaboration with the World Psychiatric Association's (WPA) Stigma Section.

Find more information about the conference, the venue and registration on www.againststigma2017.com

THE OVERALL CONFERENCE THEMES ARE:

- People with lived experience of mental illness, their peers, relatives and carers
- · Professionals, staff and clinical practice
- Youth and other special population groups
- Work and social inclusion
- · Communication and the media





CONFERENCE THEME COLOURS

To help participants navigate the program: each conference theme has its own colour which appears throughout the parallel sessions; and some presentations cover more than one theme and then only the dominant theme colour will appear. All five conference themes are represented in each parallel session.

Orange indicates presentations that are of a more horizontal or general nature and light brown indicates the three courses. Participation in courses will require specific registration – more information will follow.

In the parallel sessions there are:
1) symposia (coded SY-...) which have been coordinated by the presenters and

2) oral presentations (coded OR-...) combined by the Steering Committee under a common headline which all presentations relate to.

Posters will be presented on day two in the lunch break. A list of posters can be found on page 16.



DAY 1:

20. SEPTEMBER

TIME

TOPIC

8.00 - 9.15

Registration, coffee, tea, fruit, croissant Creative and dialogue area

9.15 - 10.00

OPENING CEREMONY

ONE OF US US-ambassador Chair *Graham Thornicroft*, WPA Stigma Section President *Bent Hansen*, Danish Regions President *Martin Lund*, ONE OF US Project Manager *Johanne Bratbo*, ONE OF US

10.00 - 11.15

A GLOBAL PERSPECTIVE ON OVERCOMING BARRIERS IN MINDS AND SOCIETY

Learnings from national stigma campaigns
Representatives from national stigma programs/campaigns

11.15 - 11.30

BREAK

Creative and dialogue area

PARALLEL SESSION 1: 11.30-13.00

ROOM

TOPIC

PLENARY

SY-1: Overcoming stigma in the media: Initiatives, challenges, and future directions

Rebecca Palpant Shimkets Michael Pietrus/Romie Christie Anaïs Tosas/Angel L. Mena

Α

SY-2: Selective disclosure to decrease stigma

Pat Corrigan Jon Larson
Nicholas Rüsch Sue McKenzie
Michelle Andra Lindsay Sheehan

В

OR-1: Stigma and recovery

- 1. *Lisa Korsbek*: Illness insight and recovery: How to recover when engulfed in stigma and self-stigma?
- 2. *Guadalupe Morales Cano*: Formation: a key tool for Recovery and fight of stigma and discrimination
- 3. Christina Færch Jensen: Team Zest for Life a non stigmatic approach

HOVEDBANEN

SY-3: Research and planning for the next stage of social change in England Sue Baker

ENGHAVEPLADS

OR-2: Disclosure at the workplace

- 1. Catherine van Zelst: Disclosure of mental health complaints in the workplace
- 2. *Lone Hellström*: Results of a supported employment intervention (IPS-MA), and the importance of disclosure.
- 3. ONE OF US: Disclosure as part of an antistigma effort

KASTRUP

SY-4: Collaboration between the person and the mental health professional

Heather Stuart Mads Trier-Blom Claire Henderson

VESTERBRO/ TIVOLI

OR-3: Stigma and lived experience among mental health professionals

- 1. *Katrina Scior*: Lived Experience and Stigma among Mental Health Service Providers
- 2. *Joseph S. DeLuca*: Associative Stigma among Mental Health Professionals: Converging Results from Three Studies
- 3. *Nicholas Lawson*: Structural Stigma and Discrimination Against Medical Students and Residents with Suspected Mental Disorders

AMAGER PARK

OR-4: Interventions for parents promoting disclosure about mental illness

- 1. *Jeneva L. Ohan*: Starting the Conversation: a Parent-led Program for about Disclosing a Child's Mental Health Problems
- 2. Jan Sandberg: Interventions for parents with mental illness
- 3. Nanna Højstrøm: Personal story

CINEMA

OR-5: School based mental health interventions

- 1. Bettina Friedrich: Talk About Change: An Evaluation of a Mental Health Intervention in a Californian School
- 2. Daniel Michelson: Stigma related to targeted school-based mental health interventions: a systematic review of qualitative evidence
- 3. *Ulla Lindgren & ONE OF US ambassador*: Targeted upskilling of teachers strengthens the mental well-being of adolescents in youth education programmes.

13.00 - 14.30

Lunch

Creative and dialogue area: Meet the anti-stigma programs

CINEMA

PARALLEL SESSION 2: 14.30-16.00

ROOM TOPIC SY-5: Lessons from evaluation of three anti stigma programmes **PLENARY** Michelle Koller Claire Henderson Gaia Sampogna Lars Hansson Heather Stuart SY-6: Inequality in somatic health care ONE OF US Bodil Margrethe Nielsen SY-7: Stigma and its impact on suicide attempt survivors В Patrick Corrigan Nathalie Oexle Lindsay Sheehan Laura M. Frey OR-6: Double stigma in the mental health care system **HOVEDBANEN** 1. Sidsel Busch: Stigma turns patients with co-occurring mental health and substance use disorders into non-patients without rights to proper and competent treatment in the psychiatric treatment system in Denmark 2. Kira West: Stigma in the psychiatric system against drug users SY-8: Mental health and diversity works! **ENGHAVEPLADS** Victor Vladar Dorien Verhoeven Ingrid van Ommeren OR-7: Stigma and bipolar disorder **KASTRUP** 1. Oliver J. Mason: What's in a Label? Bipolar Disorder and Schizophrenia 2. Conor Kennedy: Exploring Stigma towards Depression in Rural Ireland 3. Kevin Hines: Cracked Not Broken, the Kevin Hines Story OR-8: Stigma as a barrier for caregivers' help-seeking **VESTERBRO/** 1. Petra Gronholm: Examining Caregivers' Stigma and Young People's **TIVOLI** Pathways to Care 2. Shirli Werner: Family stigma among caregivers of individuals with a dual diagnosis of intellectual disability and mental illness: Is it a barrier to helpseeking? 3. ONE OF US Ambassador: Personal story SY-9: Overcoming digital barriers: Results of beyondblue research into **AMAGER PARK** stigma reduction using digital interventions Andrew Thorp Alison Kennedy Devon Indig

OR-9: Stigma among special population groups

2. Perla Werner: Public stigma towards a person with Alzheimer's disease:

Comparing beliefs towards a young-onset and late-onset person 3. *Lauren O'Connor*: Experience of Dual Self-Stigma Among Lesbian, Gay, Bisexual, Transgender and Queer Persons with Severe Mental Illness

1. Victoria Frye: Mental Health and HIV Stigma

16.00 - 16.30

Break

Creative and dialogue area: Meet the national anti stigma programmes

16.30 - 17.30

A label, an illness or a curse? - Renaming schizophrenia

Chair: Co-chair Norman Sartorius, WPA Stigma Section

Presenters:

Psychiatrist Antonio Lasalvia

Program Manager Charlene Sunkel, South African Federation for Mental Health

ONE OF US ambassador

17.30 - 18.00

Introduction to reception in plenary: Welcome from partners of ONE OF US and funders of the conference – why is supporting anti-stigma programs important?

All partners of ONE OF US:

Director General Søren Brostrøm, The Danish Health Authority

President Martin Lund, ONE OF US

Program Manager Mette Meldgaard, The Danish Foundation TrygFonden

Director Michael Bjørn Nellemann, The Obel Family Foundation

Representative, Danish Regions

President Mogens Seider, The Psychiatry Network

President Anne Lindhardt, The Danish Mental Health Fund

Representative, The National Board of Social Services

Representative, Local Government Denmark (KL)

Director Charan Nelander, The Danish Committee for Health Education

18.00 - 19.30

Reception in the creative and dialogue area with musical entertainment from ONE OF US-ambassadors

DAY 2:

21. SEPTEMBER

TIME

TOPIC

8.00 - 9.00

Registration, coffee, tea, fruit, croissant Creative and dialogue area

9.00 - 10.30

Communication and the media: How to change representations of mental illness in the media including social media
Journalists and campaigners

10.30 - 11.00

BREAK

Creative and dialogue area

PARALLEL SESSION 3: 11.00-12.30

ROOM

TOPIC

PLENARY

SY-10: The INDIGO Network

Norman Sartorius Maya Semrau Graham Thornicroft Sara Evans-Lacko Claire Henderson Mirja Koschorke

A

SY-11: Narrative Enhancement and Cognitive Therapy (NECT) for self-stigma among persons diagnosed with severe mental illness: International applications and research findings

Philip Yanos Lars Hansson
David Roe Lene Falgaard Eplov

В

OR-10: Stigma and self-stigma among young people

- 1. Kirsten Catthoor: Adolescents with personality disorders suffer from severe stigma 2. Lene Mosegaard Søbjerg: Self-stigmatisation amoung young people with a mental illness
- 3. *Nadine Koslowski*: Adaptation and evaluation of the Honest, Open, Proud program for adolescents with mental illness

HOVEDBANEN

OR-11: Structural discrimination

- 1. *Annika Frida Petersen*: Mental health patients and Danish Health Law Stigma and Discrimination
- 2. Per Vendsborg: Structural Discrimination in Denmark
- 3. Mads Fabricius: The Right to Recover
- 4. Maria Ventegodt Liisberg: The Danish Institute for Human Rights

ENGHAVEPLADS

SY-12 Improving mental health in the workplace: Promising practices for employers

Heather Stuart Micheal Pietrus Sue Mercer

KASTRUP

OR-12: Unequal access to somatic health care

- 1. *Sylvia Johannsen*: Inequality in Health An Analysis of Health Promotion for People with Mental Illness in an Intersectoral Perspective
- 2. *Helene Speyer*: Improving lifestyle in people with severe mental illness: Are we running on the right path?
- 3. Kim Heyes: Individual illness Narrative stories of people with mental ill health

VESTERBRO/ TIVOLI

OR-13: Mass media portrayals of mental illness

- 1. *Matthias R. Hastall*: Which Mass Media Portrayals of Stigmatized Individuals Increase Stigmatization?
- 2. *Jan A. Finzi*: Homeless, Mentally III, and Stigmatized: Which Type of Media Reports Improve Attitudes towards Homeless People?
- 3. *Bettina Friedrich*: Building a Bridge? The portrayal of Asperger's in the Danish/Swedish series "The Bridge"

AMAGER PARK

SY-13: Stigma and discrimination of people with mental illnesses and their families in Central and Eastern Europe

Dzmitry Krupchanka Miroslava Janoušková Petr Winkler Sladana Strkalj Ivezic

CINEMA

OR-14: Increasing awareness of stigmatizing attitudes among students, teachers and professionals in mental health

- 1. *Jiri Pasz*: Mental illness stigma among medical students and teachers
- 2. Kristina Reihl: Neurobiology of Stigma: Implications for Clinicians
- 3. Loujain Saud M. Sharif: The development and preliminary evaluation of a media-based health education intervention to reduce mental disorder-related stigma among nursing students in Jeddah, Saudi Arabia

Lunch

Poster presentations in creative and dialogue area

PARALLEL SESSION 4: 14.00-15.30

ROOM	TOPIC
PLENARY	SY-14 Changing attitudes and overcoming stigma at work Sue Baker Micheal Pietrus Madeleine McGivern Andrew Thorp
A	OR-15: Anti-stigma programs aimed at young people 1. Jo Loughran: Developing insights driven anti-stigma programmes for young people 2. Anaïs Tosas: Obertament's "What's Up!" project has an impact on stigma levels among young Catalonians 3. Laura Sharpe: "What's on your mind?" A whole school population approach to challenging mental health stigma and discrimination
В	OR-16: Fighting stigma through peer support 1. Nicolaj Holm Ravn Faber: How can peer support reduce stigma? And how do I work with peers? 2. Klavs Serup Rasmussen & Anne Thøgersen: Peer-support and destigmatization – promising cases from Denmark 3. Michael Danielsen: Peer support among persons with mental illness and addiction in Vejle Municipality
HOVEDBANEN	OR-17: People with lived experience overcoming barriers in minds and society 1. Pablo García-Cubillana: 1 in 4, tackling stigma in Andalusia (Spain) from general public campaigns to empowering the associative movement 2. Ingrid van Ommeren: No story, no glory: the power of ambassadors with lived experience 3. Mads Trier Blom: Reflections from the frontline – "ONE OF US" ambassadors break barriers
ENGHAVEPLADS	OR-18: Antistigma interventions targeting professionals in somatic and social care 1. Stephanie Knaak: Understanding Stigma: Results of a Mixed Methods Evaluation of an Anti-stigma Program for Healthcare Providers in Canada 2. Calum Irving: Tackling stigma and discrimination in health and social care; a Scottish perspective on challenges and opportunities 3. Francisco Jose Eiroa-Orosa: Validation of an instrument developed using participatory-action-research techniques to measure the effectiveness of training and sensitization activities with mental health professionals
KASTRUP	OR-19: Reducing stigma in mental health treatment 1. Andreas Hoff: Reducing Stigma in Psychiatric Assessments 2. Pia Vedel Ankersen: The Influence of Psychiatric Treatments on Selfperceived Capabilities and Identity 3. Lise-Lotte Efryd Vejen-Jensen: Personal story
VESTERBRO/ TIVOLI	OR-20: ONE OF US communication and activity strategy at national and regional level 1. Tobias Ènne: Communication and social media strategy 2. Ulla Lindgren & Dorthe Randi Schmidt: Adolescents, staff and the labour market as important targetgroups for the ONE OF US initiative
AMAGER PARK	OR-21: Stigma and discrimination in Chinese communities 1. Jie Li: Stigma and discrimination experienced by people with schizophrenia living in the community in Guangzhou, China 2. Jie Li: Comprehensive interventions to reduce stigma and discrimination in schizophrenia: A Community-Based Randomized Controlled Trial in Guangzhou, China 3. Tianming Zhang: Self-stigma Experience of People with Schizophrenia and their Family Caregivers: A Photo-Elicitation Study in a Chinese Rural Community
	1. Open, Honest, Proud, Patrick Corrigan & Jon Larson 2. Using scales, Claire Henderson & Petra Gronholm 3. Starting a stigma program. Heather Stuart

3. Starting a stigma program, *Heather Stuart*

15.30 - 16.00

Break

Creative and dialogue area

PARALLEL SESSION 5: 16.00-17.30

ROOM

TOPIC

PLENARY

SY-15: Best Practices in Stigma Reduction - the Canadian Context

Micheal Pietrus Sue Mercer Romie Christie Stephanie Knaak

Α

OR-22: Attitudes among mental health professionals

- 1. Mariangela Lanfredi: Mental health professionals' attitudes toward people with borderline personality disorder: an Italian survey 2. Qi Yuan: Attitudes to Mental Illness among Mental Health Professionals Working in Singapore Evidence from a Cross-sectional Study 3. Eva Tušková: Attitudes of Czech nurses working in the field of psychiatry
- towards people with mental illness and community care

В

OR-23: Analysis of media coverage and interventions

- 1. Rebecca Palpant Shimkets: International Program Expansion, Development, and Sustainability: Building on a Proven Anti-stigma Media Intervention 2. Rebecca Palpant Shimkets: A Content Analysis of Articles from The Rosalynn Carter Fellowship for Mental Health Journalism Program: Use of Associated Press Stylebook guidelines on mental illnesses
- 3. ONE OF US: Infomedia analysis of 2016

HOVEDBANEN

OR-24: Evaluation tools focused on a lived experience perspective

- 1. *loannis Bakolis*: Development of a short version of the Discrimination and Stigma Scale (DISC) across seven different world regions
- 2. ONE OF US: The ONE OF US panel
- 3. ONE OF US: Ambassador survey

ENGHAVEPLADS

OR-25: Social inclusion in low resource settings

- 1. *Erica Breuer*: Stigma-related knowledge, attitudes and behaviour towards people living with mental illness in India and Nepal: a cross-sectional study
- 2. Cokorda Bagus Jaya Lesmana: From Darkness into the Light: The case of the confined and physically restrained mentally ill individuals in Bali, Indonesia

KASTRUP

OR-26: Alternative activities to improve mental health

- 1. Anja Kammacher: When riding the bike, everybody's equal
- 2. Liesbeth Tip: Choir project to change mental health stigma
- 3. LAP: The Mental Health Benefits of Art

VESTERBRO/ TIVOLI OR-27: Antistigma interventions in India and Nepal

- 1. *Pallab Maulik*: Perceptions about stigma related to mental health in rural India: a mixed methods assessment of stigma
- 2. Sauharda Rai: Involvement of caregivers and family to promote mental health service user's participation in stigma reduction programs

AMAGER PARK

SY-16: Educating our children and youth about mental illness: The cases of two organisations visiting Danish primary schools and high schools

Jesper Nørgaard Kjær Susanne Dyvesether Medde Stald Madsen Nick Asadzadeh Nadia Bendixen Skov

- 1. Open, Honest, Proud, Patrick Corrigan & Jon Larson
- 2. Using scales, Claire Henderson & Petra Gronholm
- **3. Starting a stigma program,** Heather Stuart

17.30 - 17.45

Break

Creative and dialogue area

17.45 - 19.00

Achievements in the field of mental health - barriers overcome

Chair: Norman Sartorius

Presenters:

Graham Thornicroft: Evidence of effective methods to reduce stigma and

discrimination

Pallab Maulik: Result from anti-stigma campaign in rural india Cokorda Bagus Jaya Lesmana: Anti-stigma work in Indonesia

19.00 - 19.40 CINEMA HarmonyChoir: A two-month choir project to improve mental health and change mental health stigma

HarmonyChoir & University of Edinburgh

19.00 - 21.00

Excursions to psychosocial rehabilitation services

Fountain House, Socialpsykiatrisk Center Nordvest and others

DAY 3:

22. SEPTEMBER

TIME

TOPIC

8.00 - 9.00

Registration, coffee, tea, fruit, croissant Creative and dialogue area

PARALLEL SESSION 6: 9.00-10.30

ROOM	TOPIC
PLENARY	SY-17: Labeling, self-concept, help-seeking and disclosure: From youth and highrisk groups to the military Nicolas Rüsch Georg Schomerus Sara Evans-Lacko Lawrence H. Yang
A	OR-28: Self-stigma and resilience 1. Lauren Armstrong: Factors influencing the relationship between stigma and self-esteem: A systematic review 2. Anaïs Tosas: Fighting self-stigma through activism 3. Maria Adele Bonde: Re-discovering myself by telling my story
В	OR-29: Interventions promoting mental health among young people 1. Carsten Obel: A generic and systematic approach to mentally challenged youth 2. Trine Hammershøy: Headspace Denmark 3. ONE OF US ambassadors
HOVEDBANEN	OR-30: Stigma as a barrier to help-seeking 1. Petra Gronholm: Mental health-related stigma and pathways to care for people at-risk of psychotic disorders or experiencing first-episode psychosis: systematic review 2. Amanda Maranzan: Relationships between self-stigma, loneliness, and depressive symptoms amongst women experiencing postpartum mood changes 3. Ziyan Xu: Interventions to improve help-seeking for mental health problems: A systematic review
ENGHAVEPLADS	OR-31: Structural and individual interventions related to the labor market 1. Iben Gammelgård: Personal and clinical recovery with the individual placement and support intervention in Denmark 2. Emely Ek Blæhr: Are social workers stigmatizing acute psychiatric hospital service users? 3. Sara Mosely: Workplace Wellbeing in Wales - Innovative Practice for Sustained Change
KASTRUP	OR-32: Conceptualised interventions to improve knowledge and action 1. Nick Prendergast: Improving People's Lives Through Great Digital Experiences 2. Michael Danielsen: Mental Health First Aid in Denmark 3. Santosh Loganathan: Artists' experiences of enacting in a street play on mental health awareness
VESTERBRO/ TIVOLI	OR-33: Global campaign breaking the chains of stigma 1. Goossens Prakash: Global campaign "Breaking the chains of stigma in mental health" 2. Graham Thornicroft
AMAGER PARK	OR-34: Stigma and specific disease groups 1. Anish V. Cherian: Stigma predicts severity of Major Depressive Disorder in Women Living with HIV in rural India 2. Perla Werner: Stigma towards a person with Alzheimer's disease: Comparing Jewish and Arab high school students' beliefs 3. Axell M. Alterado: Characterizing Courtesy Stigma on Family Members of PTB Diagnosed Individuals Enrolled in DOTS in Cebu City, Philippines

10.30 - 11.00	Break Creative and dialogue area

11.00 - 11.45	Dialogue among conference participants in plenary: What have we learned and what do we take home with us?
	Poffections on the conference

11.45 - 12.15	Interview with participants shown on big screen Conference film
	Conference film

12.15 - 13.00	Closing Ceremony
12.15 - 15.00	- thank you and goodbye

13.00	Lunch and goodbye hugs
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POSTER PRESENTATIONS

WORK AND SOCIAL INCLUSION

Disclosure decision aid for people with common mental disorders *Rie Poulsen*

Engaging mental health service users through football: an evaluation of the 'Coping Through Football' Project

Bettina Friedrich Oliver Mason

PEOPLE WITH LIVED EXPERIENCE OF MENTAL ILLNESS, THEIR PEERS, RELATIVES AND CARERS

Creative area: The mental health benefits of art Lau Jeppesen

ONE OF US ambassador survey – results ONE OF US

Frequency and variables associated with stigma-discrimination in victims of the Colombian armed conflict

Adalberto Campo-Arias

Depression related stigma-discrimination complex among general population: a systematic review

Adalberto Campo-Arias

Correlates of internalized stigma levels of people with psychosis in the Czech Republic Aneta Weissová Miroslava Janoušková

Experiences of stigma faced by family members of people with severe mental illness in Taiwan

Chih-Cheng Chang

"So - what do you do?" *Lau Jeppesen*

I'm old, stupid and crippled: Self-stigma experience regarding age-related hearing loss

Dana David

Perla Werner

Family stigma among informal caregivers of persons with Alzheimer's disease: examining public and affiliate stigma

Perla Werner

COMMUNICATION AND THE MEDIA

The Rosalynn Carter Fellowships for Mental Health Journalism Program Evaluation Strategy

Rebecca Palpant Shimkets

YOUTH AND OTHER SPECIAL POPULATION GROUPS

Incremental intergroup contact interventions for public stigma reduction towards SMI people - a RCT with knowledge, attitude and behavior measures

Siyu Gao

Facilitating recruitment of patients with schizophrenia to a clinical trial Bettina Ellen Grønbech Jørgen Aagaard Svend Eggert Jensen

Relationships between traits empathy and stigma amongst university students

Amanda Maranzan

Erika Portt

Can video interventions be used to effectively destigmatize mental illness among young people? A systematic review

Eva Tušková

Anti stigma case competition in 25 high school classes *ONE OF US*

PROFESSIONALS, STAFF AND CLINICAL PRACTICE

Relationships between elements of stigma in the nursing student population: path analysis Aneta Weissová Miroslava Janoušková

Impact of reducing stigma on preferences for pharmacological versus psychological treatments in primary care mental health services

Anvita Bhardwaj

Flashpoint - How can a board game change the culture in a Psychiatric Hospital?

Ulla Hartvig

Gitte Vase

Susanne Foldager

How to address sleep difficulty when this is only one difficulty among many Lea Gaulshøj Thomsen Rikke Vorre Pedersen

The role of beliefs about illness and (social) anxiety in social functioning in psychosis Liesbeth Tip