12. Community Inclusion
Community Inclusion

STIGMATISM REDUCES OPPORTUNITIES FOR COMMUNITY INCLUSION AND PARTICIPATION
Community Inclusion

People with Serious Mental Illnesses:

- Among the poorest and most vulnerable in society
- Consistently excluded from participation
- Often discriminated against — in a national study:
  - 73% reported discrimination due to psychiatric disability
  - 51% reported discrimination in employment
  - 30% reported discrimination in housing (Corrigan, et al., 2003)

Fear, misunderstanding and stigma are huge problems for people with serious mental illnesses
Community Inclusion

Intrinsic and Extrinsic Sources of Stigma

Intrinsic Factors:
- Odd behavior
- Poor hygiene
- Fear of rejection
- Uncomfortable around others

Extrinsic Factors:
- Media that portrays people with serious mental illness as dangerous
- Mental health system that encourages segregation and stigma
- Community advocates for segregation
- Community rules for acceptable behavior
- General intolerance
Community Inclusion

Downward Spiral of Marginalization

A CYCLE OF EXCLUSION

- Mental health problems
- Debt
- Loss of social networks
- Worsening mental health
- Withdrawal and rejection from society
- Unemployment
- Homelessness
Community Inclusion

Persons Most at Risk for Social Exclusion:

- Racial and ethnic minority groups
- People who are unemployed
- Those considered by the general public as undesirable: prostitutes, individuals who use alcohol or other drugs, etc.
- Immigrants and refugees
- People with physical and mental impairments
- People who are homeless
Community Inclusion

Culture and Gender – Important Considerations

- Ethnicity
- Religion
- Gender/Gender Identity
- Etiology and/or Acceptability
- Trauma Adversities
- Language Capabilities
Community Inclusion

Domains of Inclusion for Both General and Serious Mental Illness Populations

Community Inclusion Implies Full Participation in Every Domain:

• Leisure and recreational activities
• Friendship and intimate relationships
• Employment
• Education
• Housing
• Religion and spiritual activities
• Medical services, choices, and confidentiality
• Protection of legal rights
• Freedom from discrimination and granting of dignity
• Right to free speech
Community Inclusion

The Ecological Framework

- Social inclusion shapes both the individual and the environment
- Individuals shape their own behavior to live within the social environment (culture)
- Environment is shaped by the interaction of individuals
- Sometimes people are excluded because those around them are afraid the person will fail or be hurt or humiliated, but:

  “Many of our best achievements came the hard way: We took risks, fell flat, suffered, picked ourselves up, and tried again. Sometimes we made it and sometimes we did not. Even so, we were given the chance to try. Persons living with disabilities need these chances, too.”

Community Inclusion

Ways the Mental Health System Can Help to Promote Inclusion:

- Ensure Environment Quality
- Raise Self Esteem
- Encourage Emotional Processing
- Develop Self-Management Skills
- Reduce Stress
- Make a broad-spectrum of individualized supports readily available
- Reduce and eliminate environmental barriers
- Encourage Social Participation
- Eradicate Emotional Abuse
- Diminish Emotional Negligence
- Eradicate Emotional Abuse
- Reduce and eliminate environmental barriers
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