

THE OCD FOUNDATION OF MICHIGAN

Join us for our

Spring Program

Community Network Services
Anti-Stigma Team

“Addressing Stigma”

Community Network Services (CNS) will present its award-winning, nationally recognized anti-stigma program, “Addressing Stigma.” Together, we will explore the nature of stigma, separate the facts from the myths surrounding mental illness, learn the four types of stigma, and much more. See reverse for more information.

WHERE: Beaumont Hospital - Botsford Campus
28050 Grand River (north of 8 Mile)
Farmington Hills, MI
Zeiger Administration & Education Center
Colen Auditorium

WHEN: Saturday, April 16, 2016 at 1:00 p.m.

RSVP: Call 734-466-3105 or e-mail OCDmich@aol.com



The Community Network Services' Anti-Stigma Program

Since 2005 the award-winning, nationally recognized CNS Anti-Stigma Program, through community education, has touched and transformed the lives of people all over the country. CNS' Anti-Stigma Program is unique, they combine educational information, poetry, music, into presentations that spread the central message that hope and recovery with a mental illness is possible. In these challenging times they are committed to educate others about the importance of including the total person, the body as well as the mind, when treating brain disorders. The team is dedicated to sharing with everyone CNS's mission of "Transforming lives and transcending expectations on the journey to wellness".

Stigma is commonly held beliefs about mental illness that are not based on fact, but on opinions and misinformation. According to the Surgeon General's 1999 report on the state of the nation's mental health system, stigma was found to be one of the number one barriers that prevent people receiving the care that they need. At CNS we believe that education is one of the most important ways to uncover the myths about mental illness and replace them with facts.

Objectives: To Encourage and Support Recovery By:

1. Increasing knowledge and awareness of stigma/discrimination and recovery as it relates to mental health issues.
2. Exploring commonly held perceptions and attitudes about mental illness.
3. Empowering participants to become advocates in their community.

Assorted Presentation Topics include but are not limited to:

- What is stigma?
- Myths/Facts about mental illness
- The four types of stigma
- Famous people who have faced challenges with mental illness and/or substance abuse
- Personal stories of hope and recovery
- Presentations especially tailored to meet the needs of professionals, youth, adults, seniors, minorities, faith-based and other community stakeholders.