LEADING with RESILIENCY

Tools for combating stigma in the healthcare system & engaging in critical health literacy within vulnerable communities.

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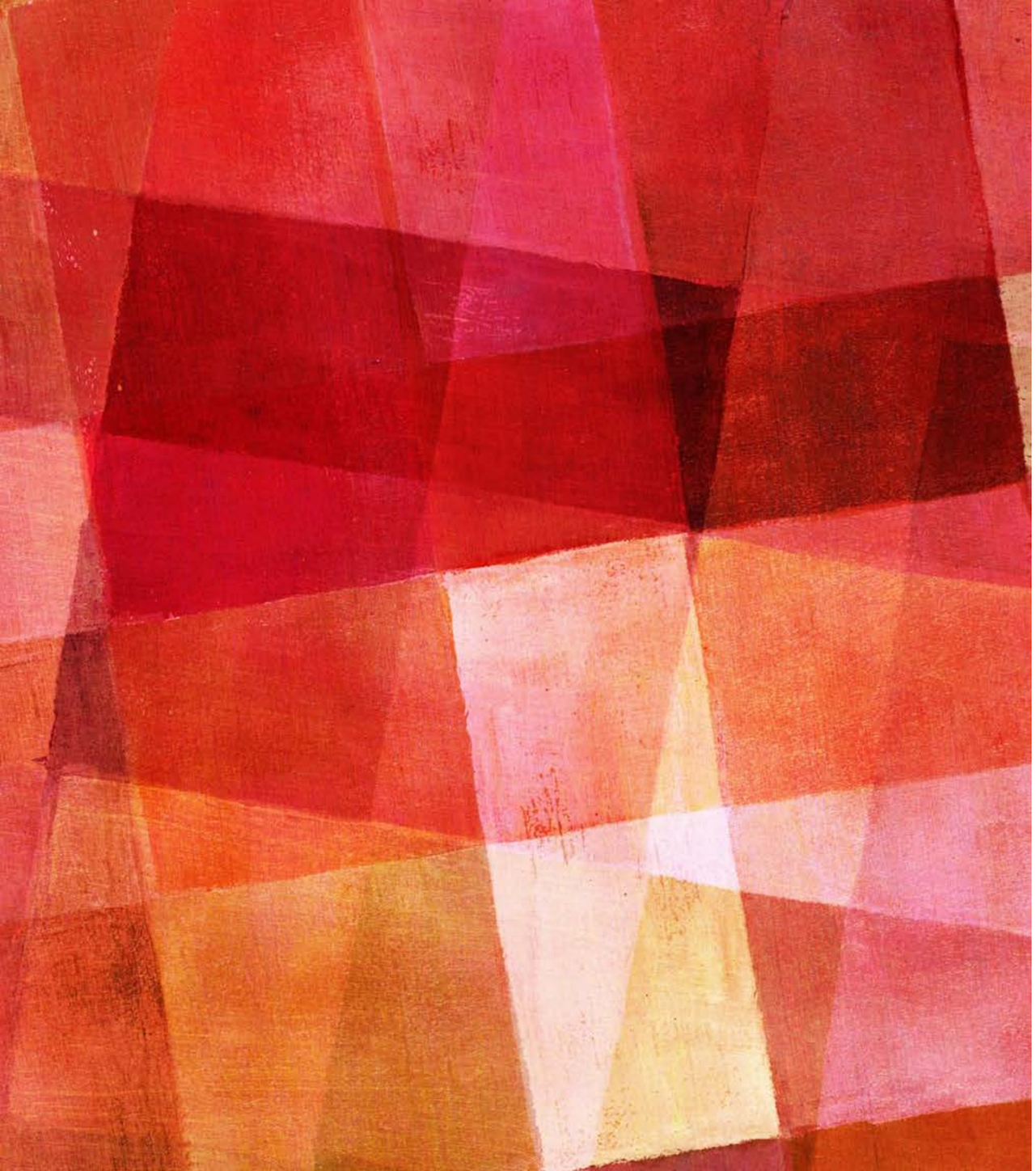
WHAT IS STIGMA?

Stereotypes, Attitudes, and Prejudice

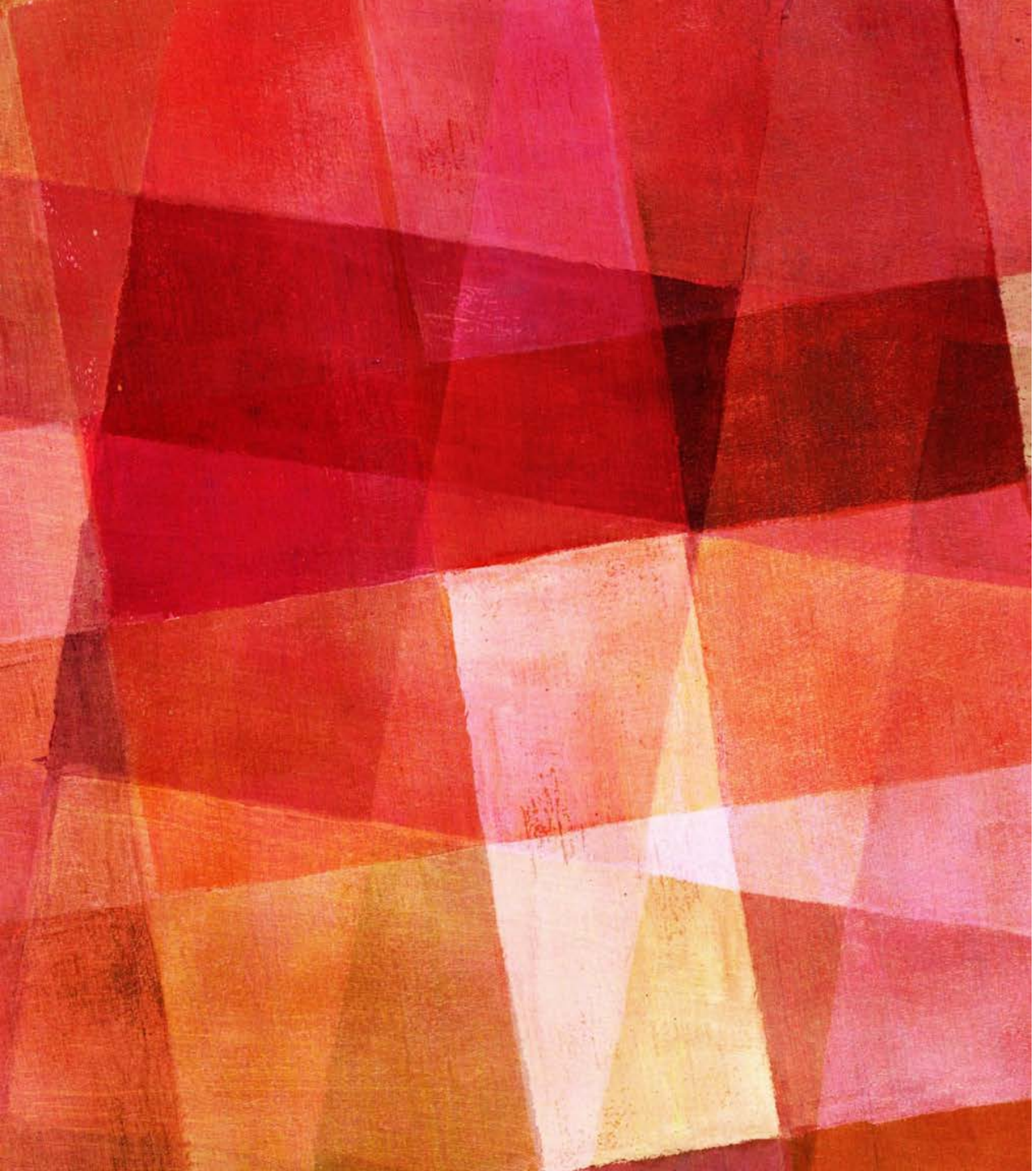


WHAT IS STIGMA?

- **Stereotypes.** Attitudes that are often “generally” assumed about a group of people.
- **Prejudice.** Assumptions and stereotypes seen as valid and confirmed belief about a group.
- **Discrimination.** Actions taken based on stereotypes and prejudices.

TYPES OF STIGMA

Community, Institutional, Self/Internalized

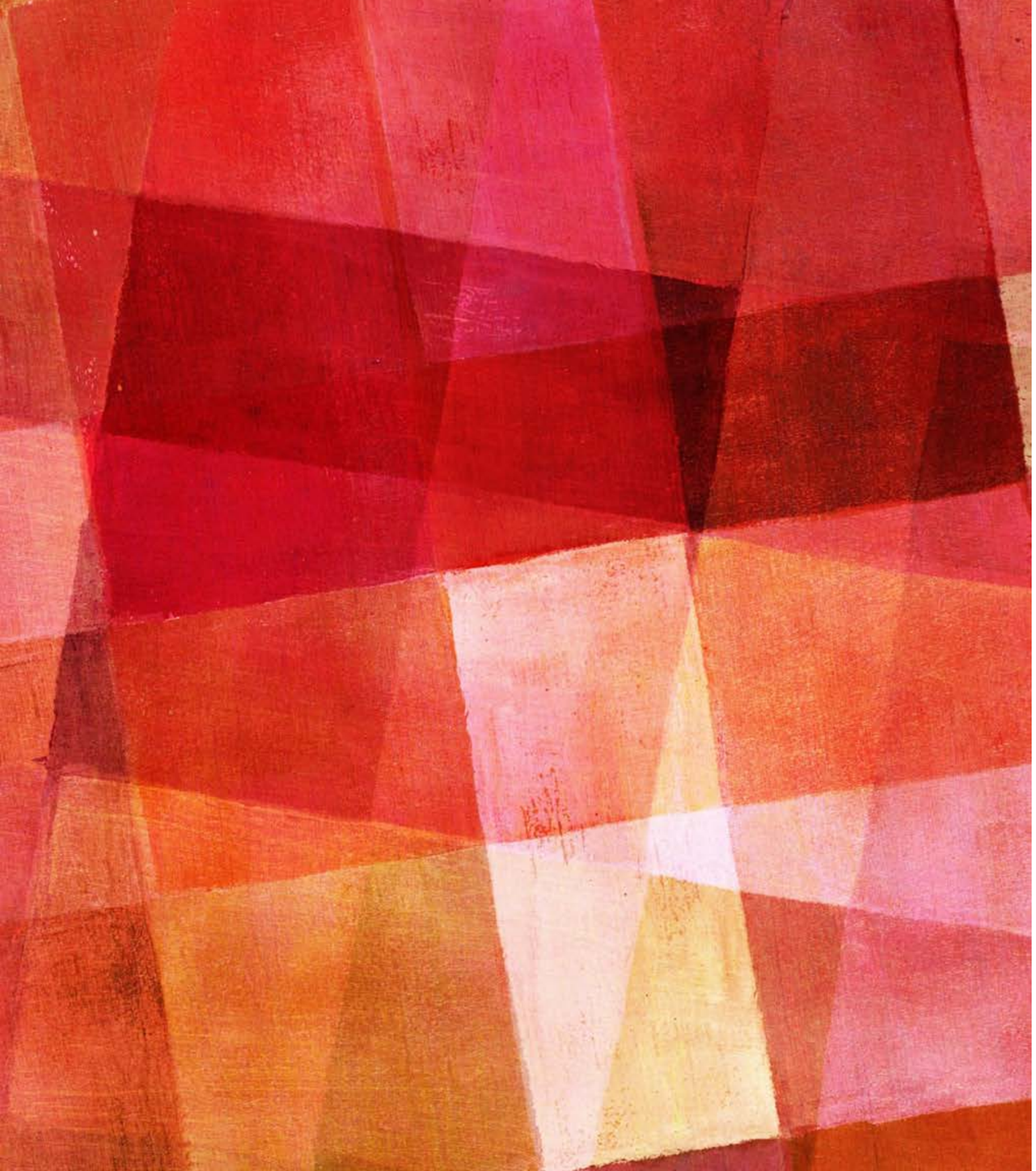


TYPES OF STIGMA

- **Community.** Family, friends, workplace, faith, cultural spaces.
- **Institutional.** Healthcare facilities, clinics, schools, universities, legal system(courts/jails/prisons/processing centers).
- **Internalized.** Sexual-shaming, guilt, depression, re-traumatization, avoidance, unprocessed anger/sadness… ***fatalism***(!!).

WHAT IS RESILIENCY?

Healthy thinking, choices, and social support.



WHAT IS RESILIENCY?

- **Myself.** Engaging in health-promoting cognitive processing.
- **My choices.** Enacting healthy behavioral practices.
- **My circle.** Enlisting social support from others.
- **My perspective.** Empowering other young gay/bisexual men.*

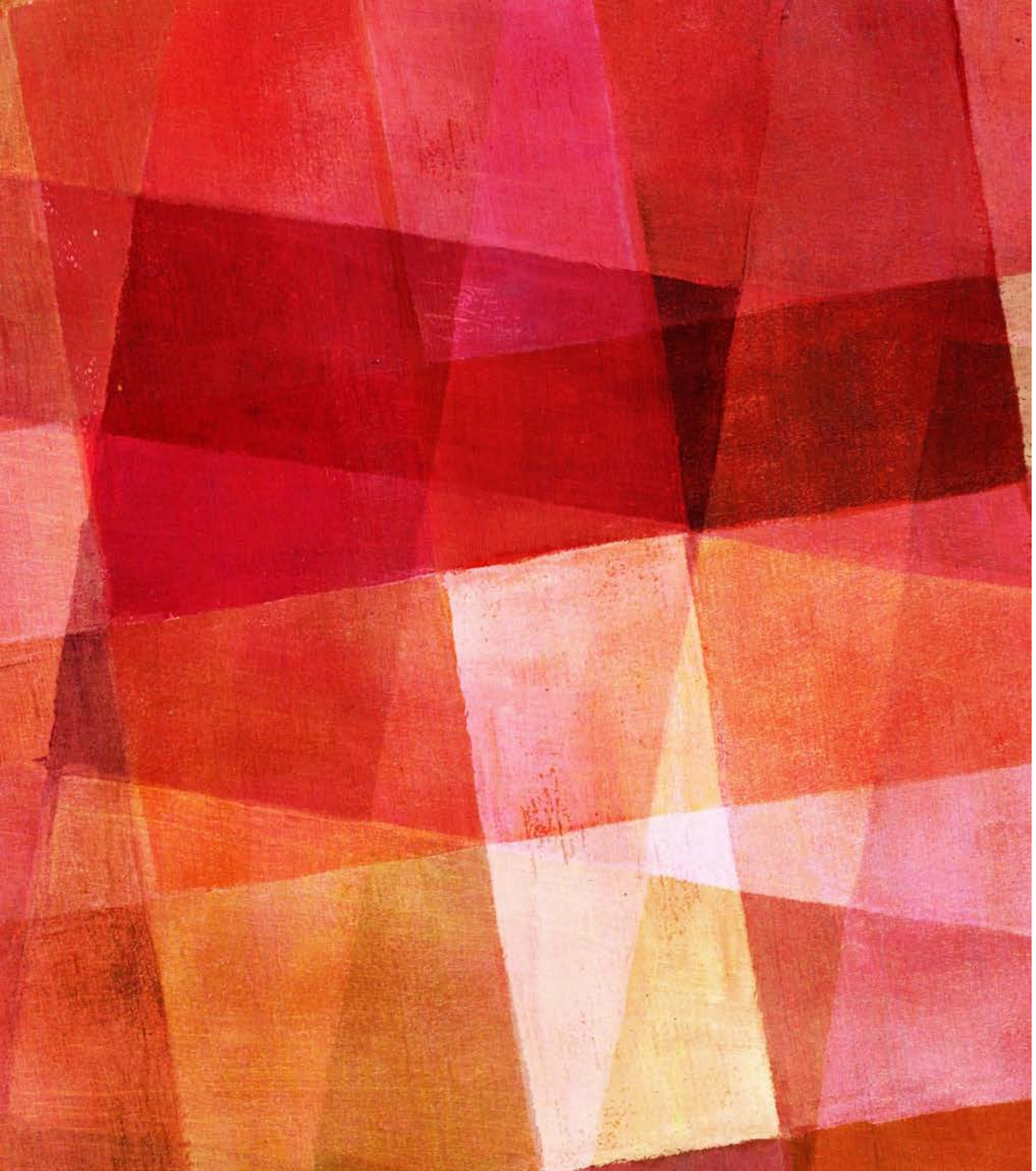
Resilience Processes Demonstrated by Young Gay and Bisexual Men Living with HIV: Implications for Intervention - University of Michigan

Gary W. Harper, PhD, MPH,
1 Douglas Bruce, PhD, MSW,2 Sybil G. Hosek, PhD,3 M. Isabel Fernandez, PhD,4and Brian A. Rood, MA, MPH5

WHAT IS CRITICAL HEALTH LITERACY?

Understanding critical health literacy: a concept analysis

Susie Sykes 1 Jane Wills 1 Gillian Rowlands 1 and Keith Popple1



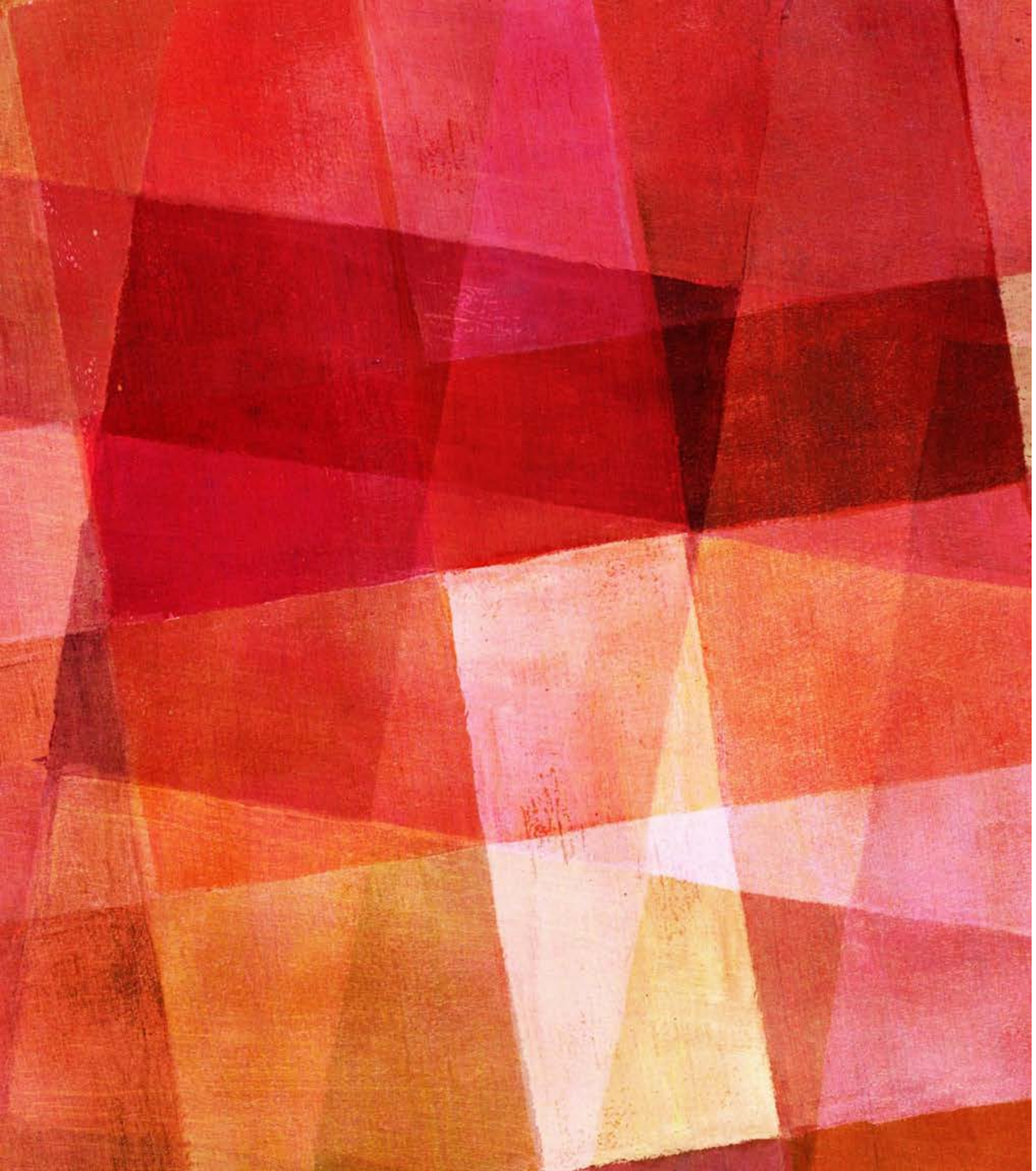
CRITICAL HEALTH LITERACY

- *[A]distinct set of characteristics of **advanced personal skills**, health knowledge, information skills, **effective interaction** between service providers and users, informed decision making and empowerment **including political action** as key features of critical health literacy.*

- *The potential consequences of critical health literacy identified are in improving **health outcomes**, creating more **effective use of health services** and **reducing inequalities** in health thus demonstrating the relevance of this concept to public health and health promotion.*

7RECOMMENDATIONS FOR COMBATING STIGMA

Practical Steps to Implementing Critical Health Literacy

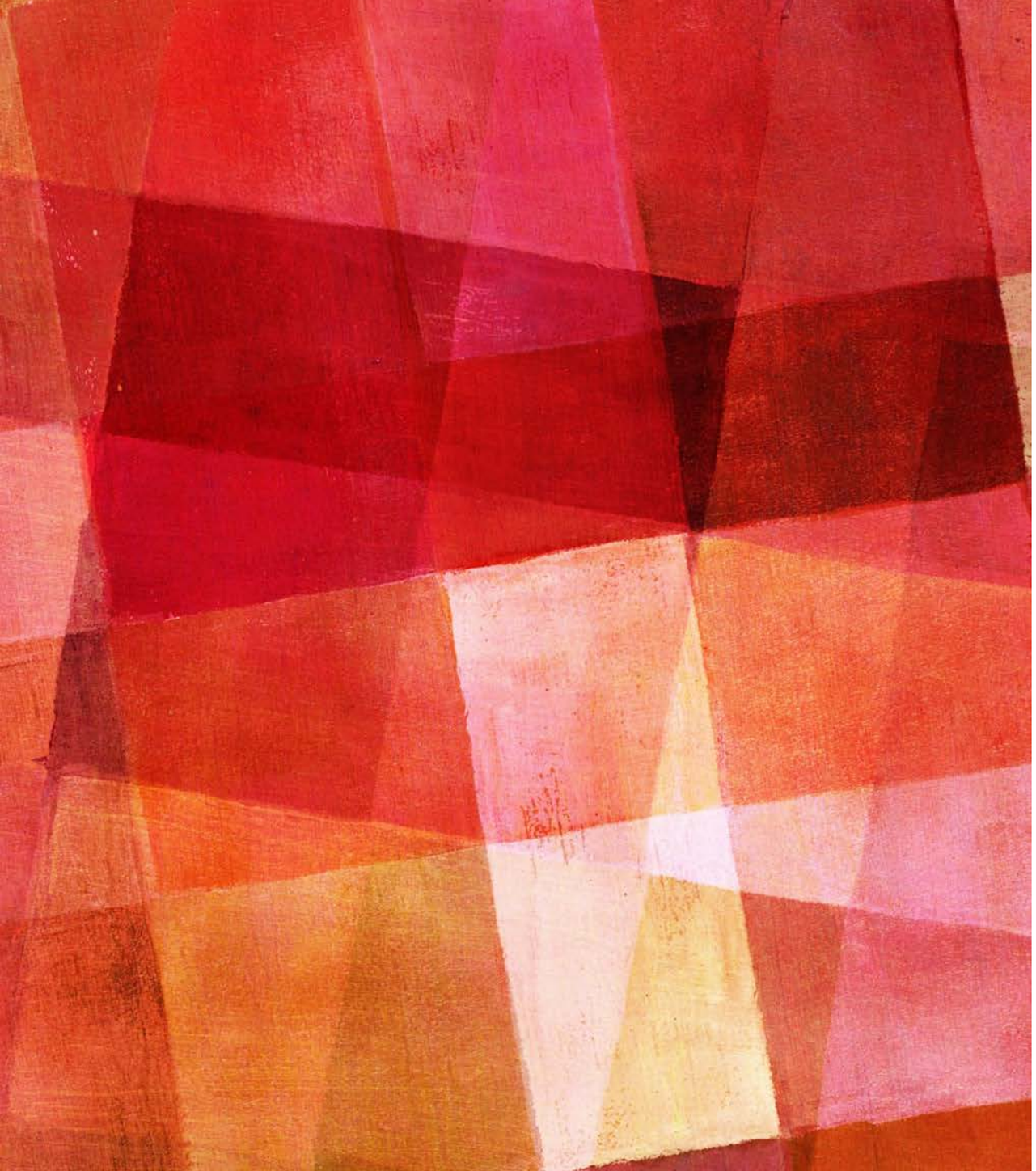


CRITICAL HEALTH LITERACY

- **Monolingual Materials.** If I can read it then I can engage with it.

- **Health Literacy.** If I know what it's called then I can tell you.
  - **Health systems literacy.** If I can understand it then I can navigate it.

- **Peer support/navigators.** If they speak my language and know my story, we can move faster.

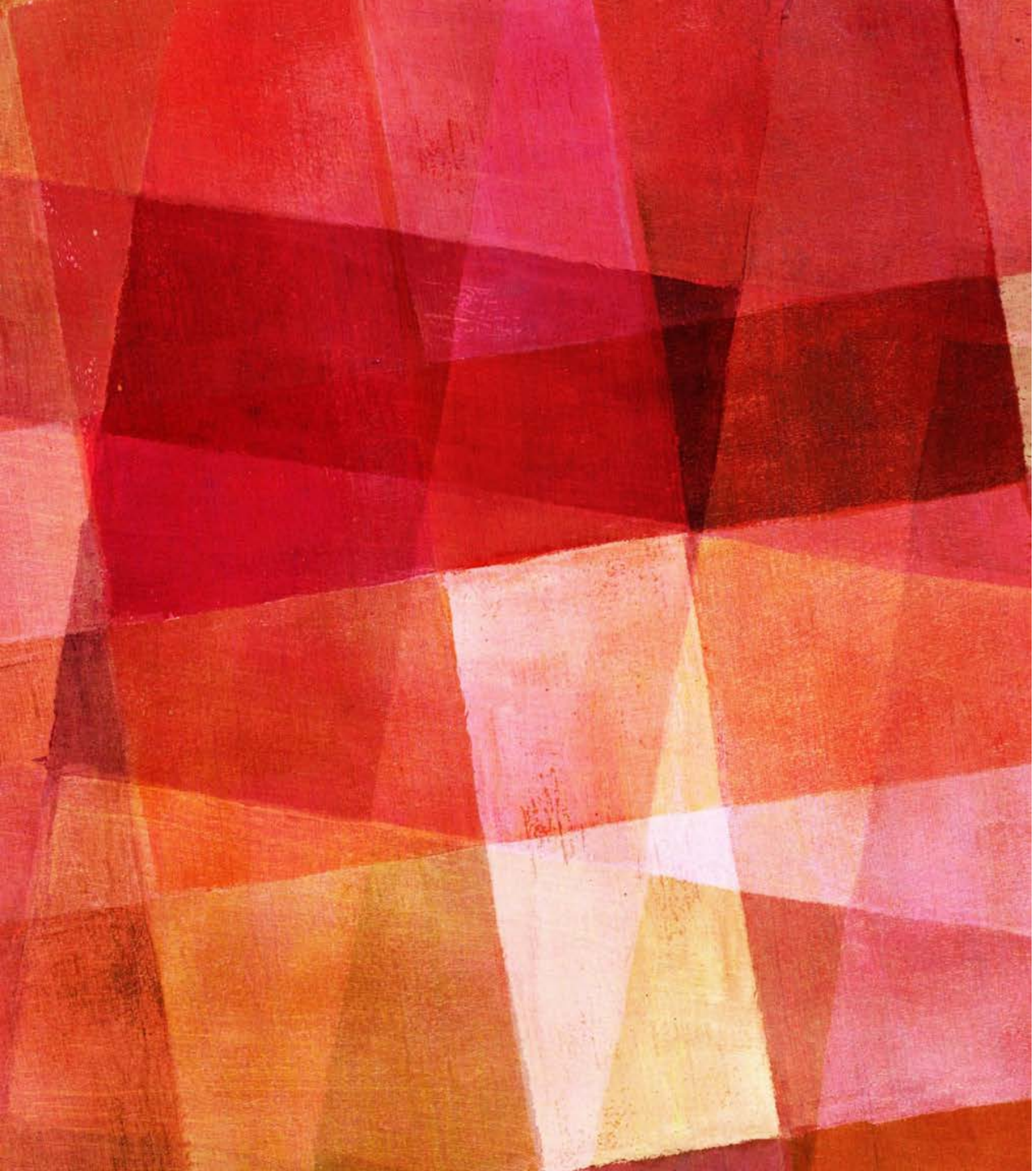


CRITICAL HEALTH LITERACY

- **Multi-channel communication tools.** If I can reach you then I feel connected and supported.

- **Integrated behavioral health services.** Everyday my mind needs maintenance and my soul needs healing.

- **Comprehensive prevention & care services.** If I can go to one place then I can do it all.



CRITICAL HEALTH LITERACY

- **Non-shame based language, engagement, or policies.**
  Empathy-driven:
  - Case management services
  - Protocols
  - Response plans

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Questions and Clarifications?