



For me, stigma manifests the strongest and the most frequently from within my ethnic community (i.e. Filipino community). I often experience stigma in places where many Filipinos gather, such as a restaurant. The stigma I have experienced from this community has had both positive and negative impacts in my life. From my picture, I hope people will realize that stigma from within one's culture can exist and be expressed in different forms, and is often felt the strongest in places of gathering. Stigma is a very powerful presence that directly impacts thoughts and behaviors.



*This project was sponsored by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity.*

College campus is supposed to be a safe place, and yet there are a lot of stigma that affect many students. This particular flyer is a reminder to every student that stigma exists at school. This is also speaking to students affected by stigma that they are not alone. Without this little flyer, their voices may not be heard, or nobody may be aware of the stigma.

Fall 2011  
City College of San Francisco

**queer and trans drop-in  
support group**

starting september 13th 2011

*who:* currently enrolled CCSF students  
*where:* HC 100 - Student Health Center, Ocean Campus  
*when:* tuesdays, 5:00 - 6:00 pm (starting sept. 13)

this group is intended to provide a safe, compassionate, and confidential space for LGBTQI students to come together, share stories, give and receive support, and build an inclusive community at CCSF: its a drop-in group so...BRING YOUR FRIENDS!!

facilitators: Emily Thompson MFT trainee (supervised by Dr. Sal Nunez MFT # 43862) & Shannon Ulrike, Psy.D.

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This is a medicine bottle.

In our society, we usually consider those with mental illness weak.

In our society, we usually consider those who take medicine weak.

In the mental health provider community, we usually talk about those with mental illness and how to reduce mental health stigmas.

How can we reduce mental health stigmas if we are not willing to say **we** are "those with mental illness" and "those who take medicine"?



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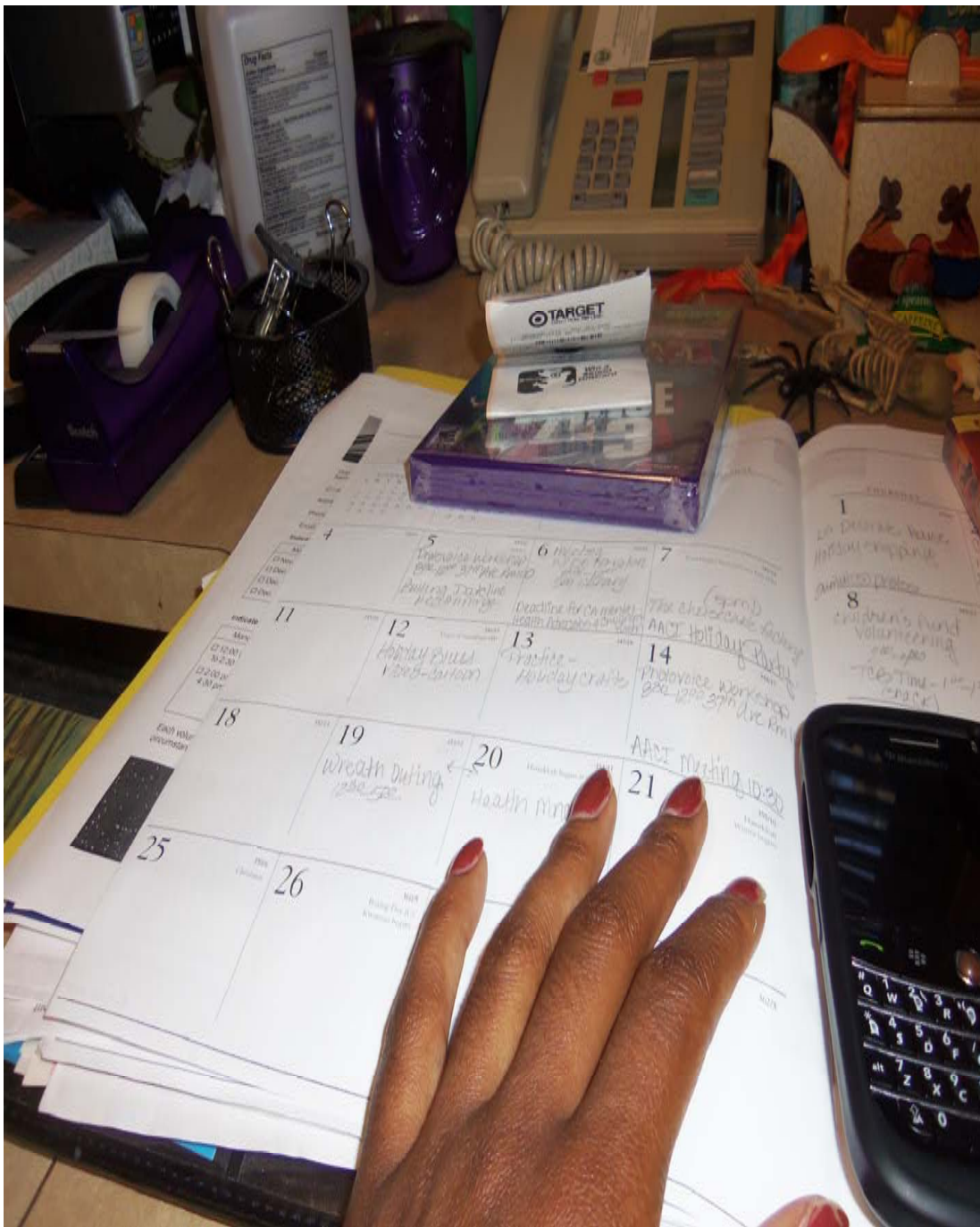


This photo is truly a reflection of what I see outside my door, but also a reality that many people in my community witness as some of us sense tension and separation between our recent immigrant community members and long term residents. I wanted to capture the lives of our hard-working recent immigrants as they, too, work to make ends meet and support their families, but may sometimes be judged and discriminated in the neighborhood.



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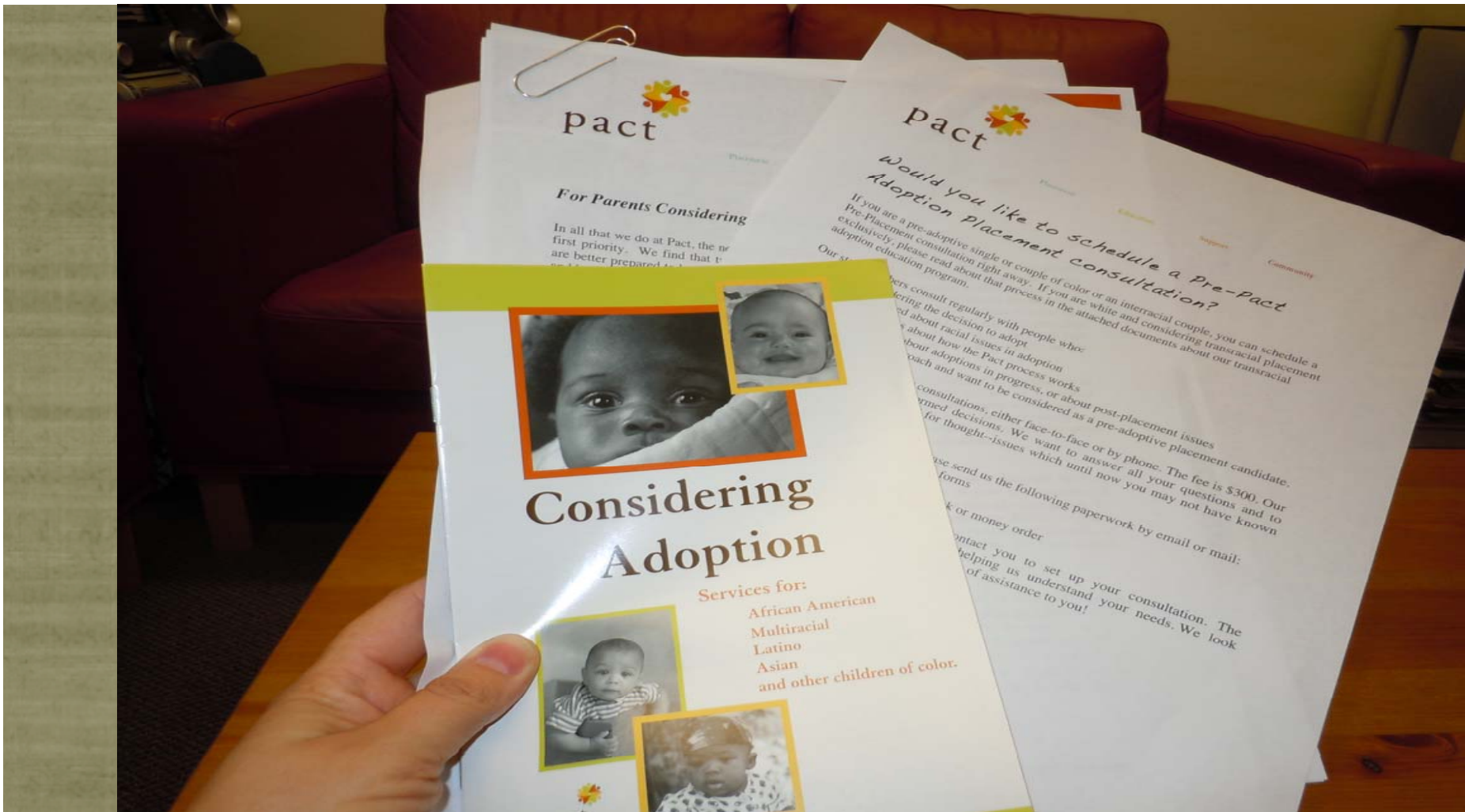
This photo illustrates the stigma I feel at work base on the assumptions that I feel are placed on me by others because of skin color, my age and my youthful appearance, being a female and my job title. I believe many others feel stigmatized at work for some of these same factors as well as others.

Stigma is felt everywhere including the work environment where one can feel both accepted and judged. This judgment placed on someone in the work place by others can be a challenge for those who already are doing challenging work and working with challenging populations. I believe it is universal and felt by many but rarely discussed. In the mental health field discussions take place about stigma being something that happens outside the work place with the populations we serve; not inside the work-place with those who are providing the services. Are we discussing the stigma that is felt around the work we do, the individuals we serve and the person others believe we are or should be and how this effects the services we provide?



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Adoption is a way for individuals and couples to enter another stage in their life, parenthood. As a Lesbian, in an interracial relationship with a female, adoption is one of the few ways that we will be able to expand on our family. Thinking about family expansion for us, will be expensive, adoption will cost us around \$15,000 and that is already on a sliding scale. Besides the financial stigma, the adoption agency and at times the birth parent has the power in deciding who the adoptive parents are which includes a rigorous consultation, counseling and paperwork decision making process that could take up to a year. I am stigmatized when I think about the potential barriers to adoption, finance, LGBT, interracial and all the while my Partner and I just want to be loving parents to a child who needs a loving home.



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