Ending Self-Stigma: An Intervention to Reduce Self-Stigma and Enhance Recovery

Amy Drapalski, Ph.D.
Amy Drapalski is research psychologist at the VISN 5 Mental Illness Research Education and Clinical Center (MIRECC) and a Clinical Assistant Professor in the Department of Psychiatry at the University of Maryland, School of Medicine. Her professional work has focused on developing and testing consumer-centered strategies and tools to improve the quality of care of individuals with mental illness and their families and identifying barriers and facilitators to mental health recovery, including internalized stigma. She has given a number of presentations over the past 10 years on a variety of topics relevant to individuals with mental illness including psychiatric rehabilitation and psychosocial interventions. A number of these presentations have focused on stigma and self-stigma and its impact on individuals with mental illness, including multiple applied workshops similar to the one proposed here.

Alicia Lucksted, Ph.D.
Dr. Alicia Lucksted is a clinical-community psychologist and research faculty at the University of Maryland School of Medicine, Department of Psychiatry, Center for Mental Health Services Research and at the VISN-5 Mental Illness Research Education and Clinical Center (MIRECC) within the Veterans Affairs health system. Her professional work focuses on applied research and program development improving public mental health services for people with serious mental illnesses, self-help interventions among mental health consumers and their family members, qualitative and mixed-methods in mental health services research, the welfare of LGBT people in the mental health system, consumer views of mental health services, and internalized stigma. Over the past 15 years she has given many presentations and workshops or various topics regarding mental health and self-help services used by adults with mental illnesses, at IAPSRS / USPRA (now PRA) and a wide variety of other conferences, institutions, and self-help organizations. In recent years, a number of these have focused on stigma and self-stigma for both individuals with mental illnesses and their families, and strategies for lessening stigma's negative impacts, including multiple applied workshops similar to the one proposed here.
Cynthia Clark, RNC
Cynthia Clark has been a registered nurse for the past 28 years. Following nine years working as both an in-patient and out-patient psychiatric nurse/case manager at the Sheppard and Enoch Pratt Hospital, she started working as an inpatient nurse at the Baltimore VA Medical Center. In 2000, Ms. Clark started working with the VISN 5 MIRECC (Mental Illness Research, Education, and Clinical Center). During the past 13 years, she has been involved in several research projects and educational activities for veterans with serious mental illness and their families. In addition, Ms. Clark has been involved in educational workshops for staff including serving as a trainer and consultant for a national VA Social Skills Training program for the last five years. She has also served as an interventionist on several research projects focused on veterans with serious mental illness including the Ending Self-Stigma intervention.

Katrina Vorce, M.S.
Katrina Vorce currently serves as a research coordinator and interventionist at the VISN 5 MIRECC. She is currently one of the interventionists delivering the Ending Self Stigma intervention as part of a large clinical trial at the VA. She has experience working with mental health consumers in a variety of settings.