



Moving beyond Labels

Newsletter

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The Latest from Loretta...

When Cheryl and I first started B Stigma-Free, our hope was to become the go-to destination for all things stigma. We continue to build our foundation and provide on-line resources to meet this goal. With the passing of each month, we are strengthening relationships with existing partners and developing new ones.

April was jam-packed with meetings during a trip to Washington DC. I had productive strategy sessions with some of our partners and we discussed potential collaborations. I met with the energetic team at Mental Health America, and with Howard University's Coalition on HIV to explore character development programming for youth. It is exciting to see opportunities for the future open up!

I feel honored to have been asked for an interview from my grad school alma mater, the University of New Haven's Community Psychology program, for its newsletter. Questions ranged from my favorite ice cream to what is next for B Stigma-Free. You can read the interview on pages 5-6 of the UNH CP Scene newsletter, [here](#).

Highlights

- New visuals were created to help with our messaging! Have you seen the new whiteboard video on [our homepage](#)? Our [Facebook](#) page has a new cartoon graphic too.
- Welcome to our new partners: Philadelphia's [Department of Behavioral Health and Intellectual disAbility Services](#) and [Mental Health America](#)! We look forward to working together to impact change and reduce stigma.
- We had two productive meetings with US Senator Chris Murphy's staff. B Stigma-Free was invited to join the senator in efforts to influence change about how mental illness is viewed in this country. We are awaiting the senator's draft legislation on this topic, expected later this month.
- In order to provide a greater focus on collaboration building, we decided to discontinue our Resource Directory and corresponding professional and organization memberships. We hope that you'll agree that this keeps our emphasis where it needs to be.
- We had fun participating in Northwestern University's [Expert Roundup and Twitter chat](#) for its #BreakTheStigma of mental illness campaign in May, and we were honored to be asked to write a [guest blog](#) to wrap up the month's activities.
- Missed our blog articles? You can subscribe at the top of [our blog page](#) so you receive each one

as it is released. [David Fitzpatrick's story](#) about self injury and [Marcel Anderson's personal account](#) of surviving sexual assault both shed light on very hard-to-talk-about topics. The men's perspective is candid and valuable, and often unheard. In May we had [two guest bloggers](#) write about stigma related to food restrictions. Once you read Alice Bast's article about celiac disease and Nick Bellacicco's about food allergy, it becomes very clear: treating people with medical conditions as an irritant or nuisance is never okay.

Spotlight

B Stigma-Free is fortunate to have two motivated student interns work with us to develop their skills and understanding, and enhance our messaging. We recognize them here.

Andrew Burbank is a senior at Ludlowe High School in Fairfield, Connecticut. His love of music and encyclopedia-like knowledge of lyrics and musicians is turning out to be a great fit for us. In addition to growing our collection of *songs that b stigma-free*, Andrew is taking on an important role interviewing our new friend, Country musician Rachel Potter, for an upcoming blog article.

Our Media Intern, Emmit Varitimos, completed his first year of college and is already a recognized videographer. He will further develop and apply his media skills working on B Stigma-Free's visual messaging.

[Learn more about Andrew and Emmit here.](#)

On the Horizon

Crowdfunding accesses on-line sources to raise money for a project from many different people. In order to increase our effectiveness and impact, B Stigma-Free will begin to explore this as a way to fund new staff positions until more stable funding is secured.

Once we have a plan and are ready to launch, we'll send a note out to all of our subscribers. We hope that you'll help spread the word and support our cause.



Stay Connected

