

Drawing Out Stigma

A program dedicated to reducing stigma and increasing mental health awareness through the arts

PROGRAM OVERVIEW

The Drawing Out Stigma program aims to draw out and explore mental health stigma from a consumer and community perspective through a culturally and linguistically responsive process. Artistic expression of thoughts, emotions, and attitudes through a variety of art mediums provides the opportunity for participants to express themselves in a safe environment. The resulting exhibitions highlighting the work of participants provides the community an opportunity to view mental health through a different lens to counteract stereotypes, dispel prejudice, discrimination and negative attitudes contributing to stigma.



WORKSHOPS

Art workshops increase mental health awareness by drawing out the presence of stigma through a variety of artistic expressions including: **Writing:** Poetry, Memoir and Short Stories **Visual Arts:** Drawing, Painting and Murals **Expressive Arts:** Cultural Arts, Music and Dance conducted through a workshop series or day long retreats.



EVENTS, EXHIBITS, AND DIALOGUES

Through art exhibits, poetry readings, performances and speakers we explore the stigma of mental health with the community through discussions and engagement at community receptions and events.

MY STORY, MY JOURNEY FILM

A multi-ethnic and multi-generational look at mental health stigma developed through a community participatory process to prompt discussions on mental health available at ocmecca.org or YouTube.



MULTI-ETHNIC ARTS FESTIVAL

Drawing Out Stigma culminates in a large-scale annual festival where ethnic communities come together in a multicultural arts celebration aimed at reducing stigma and increasing mental health awareness.

The Multi-Ethnic Collaborative of Community Agencies (MECCA) is a coalition of community-based agencies with a vision of improving the quality of life for under-served multi-ethnic communities.

COLLABORATIVE AGENCIES

