

Maria Liegghio - Working with youth diagnosed with mental health issues as collaborators in research about the stigma of mental illness

The stigma of mental illness is often implicated as a reason parents may not access mental health services for their children. The purpose of this paper was to discuss the ways psychiatric stigma relates to the experiences of children and youth diagnosed with a mental health issue and their family members. As well, I presented a proposed research project in which a Participatory Action Research (PAR) framework will be used to work collaboratively with youth diagnosed with a mental health issue to study family and self stigma. The process used in the project was proposed as a model for resisting and countering the stigma children and youth may experience as a result of their contact with psychiatry and the children's mental health system. Funding for the project was generously provided by the Mental Health Commission of Canada.