

Beyond Stigma: Understanding and Supporting Men's Mental Health

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from unceded Quw'utsun land

My framework for this talk

1.Cultural and genetic influence

2.Developmental Stumbles cause anguish

3.Events

4.Our role in this

culture



Men are strong

A photograph of a man lying in a hospital bed, looking thoughtful with his hand to his chin. The background is a blurred window with a view of a landscape. The text 'Stumbles give heart ache' is overlaid in orange.

Stumbles give heart ache

- Each step presents challenges:
 - Getting started in a career, a relationship, friendships,
 - Succeeding
 - Tapering
 - Retiring
 - Aging

Addiction Disorders are now:
more severe and
more prevalent
more toxic consequences

Prognosis is better than 50 years ago!

Fate is **not** determined only by

1. Genetics

2. Precipitants (chemicals, racism, violence...)

3. treatment (bio, psycho, social, spiritual)

Better Outcome?

How does a man take charge of his health?

How does a team share treatment?

How does a community join a man's health?

Is there dignity?

What did I say?

A man is born with his genetic code
and into the culture around him.

stumbles bring anguish.

Stuff happens: joyful or violent.

but responses bring anguish or growth

the usefulness of treatment is determined by:

respectful connection, and
good technique.

Dignity above all

A man's good health requires say and dignity

What did I
say about
men's
mental
health?

A man is born with his genetic code
and into the culture around him.

stumbles bring anguish.

Stuff happens: joyful or violent.

but responses bring anguish or growth

Treatment has:

respectful connection

good technique

DIGNITY



THE END

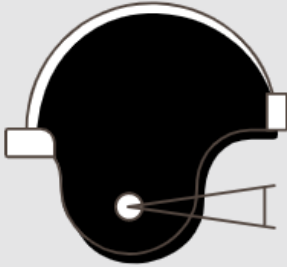


Three behaviors or beliefs behind the phenomenon



1

**SUPPRESSING EMOTIONS
OR MAKING DISTRESS**



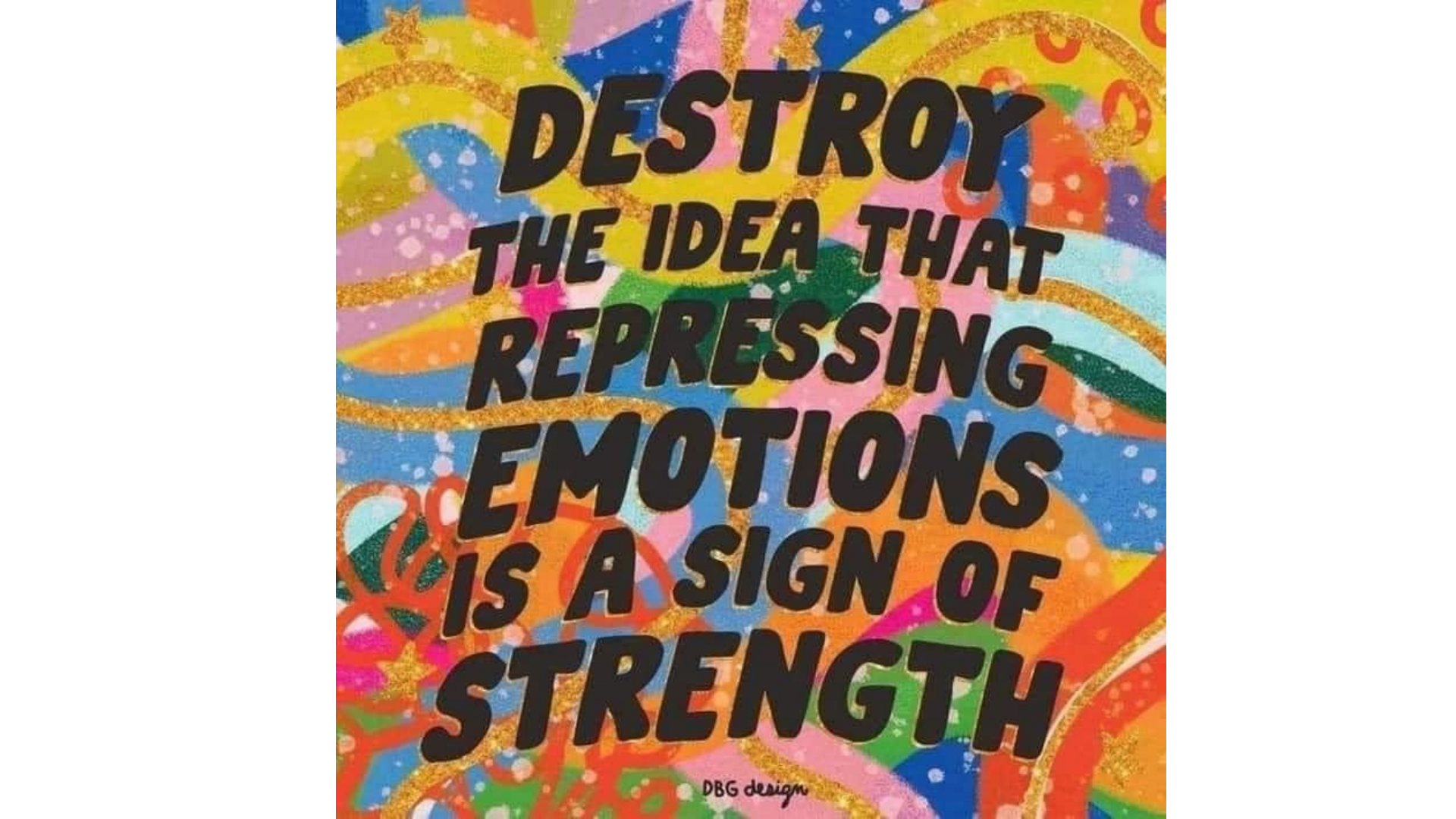
2

**MAINTAINING AN
APPEARANCE OF
HARDNESS**



3

**VIOLENCE AS AN
INDICATOR OF POWER**



**DESTROY
THE IDEA THAT
REPRESSING
EMOTIONS
IS A SIGN OF
STRENGTH**

DBG design

Metta / Loving Kindness

May I be happy

May I be healthy

May I be safe

May I be free of suffering

May all beings be happy

May all beings be healthy

May all beings be safe

May all beings be free of suffering



BARBERYN
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Doctors Making a Difference

Dr Lawrence Yang – His struggle with anxiety turned him into a better doctor

MARCH 4, 2019

• DOCTORS MAKING A DIFFERENCE

“I was never trained to offload others’ emotions in a healthy way”

Challenges with anxiety only grew once he joined his father’s practice in Whalley, treating mainly low-income families, the homeless and the street-entrenched population. He dealt with complex cases - mental health issues combined with multiple other chronic diseases. While he was drawn to this kind of practice, his own issues with anxiety worsened.



A big problem, says Dr Yang, is that unreasonable expectations are set when physicians

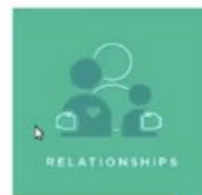
Take Home Message: There is evidence for HOPE!

HOPE Framework

Healthy **O**utcomes from **P**ositive **E**xperiences

Groups PCEs into 4 categories:

1. Nurturing, supported relationships
2. Living in safe, stable environments
3. Constructive social engaging opportunities
4. Learning social and emotional competencies



Relationships within the family and with other children and adults through interpersonal activities.



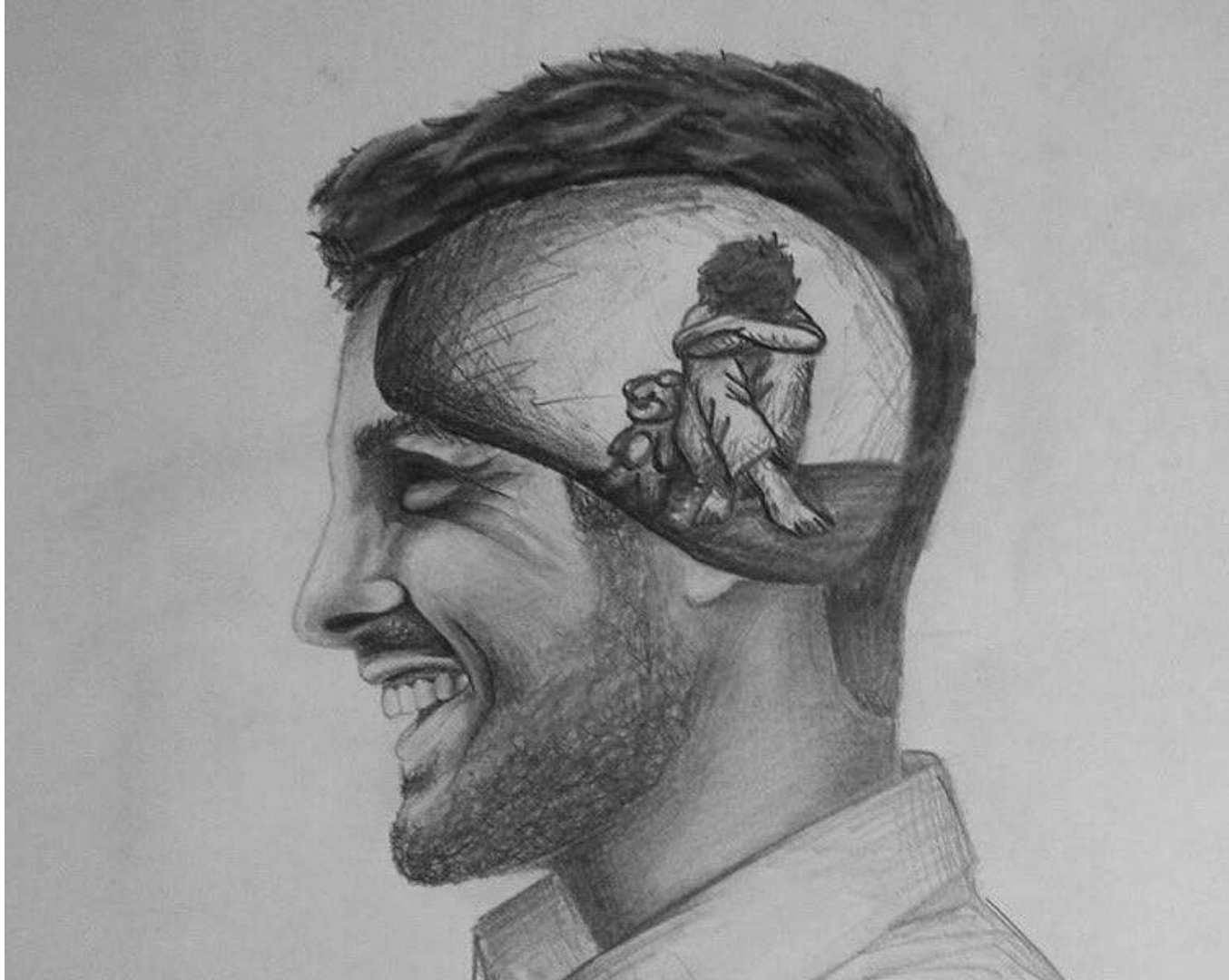
Safe, equitable, stable environments for living, playing, learning at home and in school.



Social and civic engagement to develop a sense of belonging and connectedness.



Emotional growth through playing and interacting with peers for self-awareness and self-regulation.



What's your PCE Score? _____

6 | Childhood Experiences

I talk to my family about how I feel	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
My family stand by me during difficult times	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel safe and protected by the adult(s) at home	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I have 2 (or more) supportive adults, outside of family, who take genuine interest in me	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel supported by my friends	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel I belong at my school	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I enjoy participating in community traditions	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never



Physician
Health Program



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