

Academic Integration

In dissecting the problems surrounding mental illness, my minor in mass communication served as advantageous in that it provided valuable tools for better understanding the "public" aspect of this issue—effective research strategies, comprehensive knowledge of public relations and the media's role in society, and methods for approaching communication barriers. Furthermore, my knowledge of mass media in relation to its affects on mental health allowed for a broader perspective when exploring possible solutions.

As I move forward with my new target audience, I believe it will be important to focus on mass communication concepts more specifically related to attitudes—how different opinions and feelings about mental illness are influenced, motivated, and changed. For example, having a solid understanding of the cognitive dissonance and social judgment theories in relation to certain stigmas may be beneficial when it comes to breaking down (and presenting) my research in a clear and effective way—that is, being able to work within my audience's "latitudes of acceptance" in order to modify (or perhaps strengthen) their opinions (Seitel, 2019).

For my proposed "program," I believe the integration of these concepts should be consistent throughout, as any mitigation of the problems involving mental illness stigma is, in my opinion, going to depend largely on maintaining (and applying) that "basic understanding"—comprehension of the underlying factors, of the reasons behind the attitudes, and (hopefully) of the best possible motivators for change.

Formatting a Resolution

Addressing the issue of stigma, prejudice, and discrimination that surrounds mental illness is, in my opinion, one of the most important steps toward improving the overall state of

mental health in America—and it begins with proper information. Educational workshops can help to provide just that: a means through which others may gain a clearer understanding of the topic, and thus, build a truthful foundation on which to base their judgments.

In regards to organization, I believe such a workshop should highlight the important facts and statistics on mental illness in general, as well as the harmful effects of stigmas and the various suggestions for improvement. A proposed layout for this is included below.

- Introduction: Overcoming the Stigma of Mental Illness
 - Preview of the key points
 - Personal relevance (biography of presenter)
 - Purpose of the workshop
 - Key takeaways
- Topic #1: Overview
 - Brief history of mental illness in the United States
 - General facts and statistics
- Topic #2: Stigma, prejudice, and discrimination
 - Reasons for the problem
 - Negative effects
- Topic #3: Resolution
 - Necessary actions for changing the narrative
 - Ways to get involved
- Conclusion
 - Summary of the problem

- Review of the key points
- Distribution of handouts

This outline will allow presenters to cover the most important information about mental illness and its stigmas, offering participants the chance to better understand not only the issue at hand, but also the ways in which they may be able to help mitigate it. The handouts, given to participants at the end of the workshop, will contain key points of the presentation, as well as suggested resources for additional information.

I chose this format because of its simple yet effective style—a streamlined, budget-friendly way to inform and inspire. These presentations can be versatile, as well—conducted in person or online, offered in single or multiple sessions, and expanded on as needed. If compelling enough, they may also help to increase awareness beyond just the participants themselves; by creating a sense of community or common purpose, more people may be motivated to share (Kapil, 2021).

Ultimately, by dispelling common myths and misconceptions, arming more people with the appropriate knowledge, and encouraging compassionate responses, the mental health stigmas that prevent so many individuals from speaking up and getting help may finally begin to crumble (Kapil, 2021).

Applied Project

Slide 1 - Title Page



[Slide Transcript] Hello everyone, and welcome to today's discussion on mental health. Thank you all for taking the time to be here this [morning/afternoon/evening]. I am looking forward to sharing some information with you on a topic that, I believe, concerns all of us. So, if you all are ready, let's get started.