



K PRESTON MOORE - SPEAKER, TRAINER, COACH



STIGMA: THE CRITICAL FAMILY ENGAGEMENT MISTAKES WE ARE MAKING AND WHAT TO DO ABOUT IT

P r e s t o n M o o r e
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Education for students, parents,
teachers, and community groups



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What Will We Be Learning?

03

- State of substance use and mental health today
- Stigma
- Emotional Dysfunction
- Families role in treatment
- Resources

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Everyone knows...

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we have a mental health
and addiction crisis on our
hands ...

...

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John Bradshaw

Family-Systems Therapist, Family Dynamics Expert, 6 time NYTimes Best Seller, Theologian and Philosopher, Multiple PBS Specials

07

96%

of all families are to some degree emotionally impaired and dysfunctional - Virginia Satir

"Our society is emotionally sick because our families are emotionally sick. And our families are sick because we are living by inherited rules we never wrote." - 1988

Don't trust, don't feel
What Happens in this house...
Quit crying before I...
We do this because we love you
Don't be too full of yourself
Who you are isn't good enough

...



Common Forms of Family Dysfunction

01	PERFECTIONISTIC	Super high expectations praise tied to performance emphasis on perception
02	MILITARISTIC / OVERLY STRICT	Rigid rules, physical or verbally abusive, harsh punishment, extremely secretive, Strict military or religious homes
03	HYPOCHONDRIAC, SICK, MENTALLY OR EMOTIONALLY ILL	High level of fear, pessimism, anxiety, depression, distorted views, extreme measures, and often manipulative
04	PHYSICAL, SEXUAL OR VERBAL ABUSE	Any form of abuse from friends, family, authority figures
05	FOSTER CARE / ADOPTION / DIVORCE	Feelings of guilt, worthlessness, low self-esteem, abandonment, difficulty trusting others

06 - Other Compulsive Behaviors

Perfectionistic
Militaristic
Hypochondriac or
Sick
Mentally /
Emotionally Ill
Physical/Verbal
Abuse
Foster Care /
Adoption / Divorce

Mirror

- Toxic Shame
- Guilt
- Low Self-esteem
- Low Self-worth
- I'm I Lovable
- Do I Matter
- Am I Enough

**Alcoholic
and drug-
addicted
home**

6 Basic

Emotions



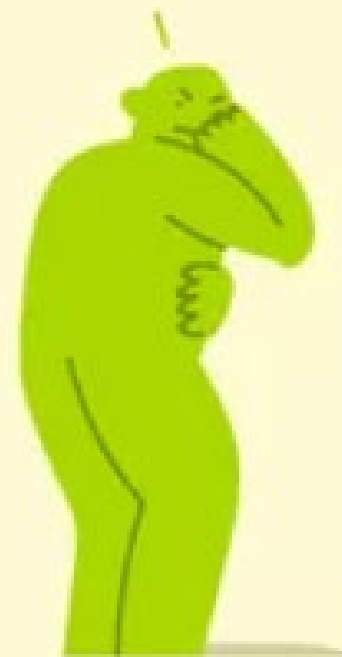
1. Happiness



2. Sadness



3. Fear



4. Disgust



5. Anger



6. Surprise

Anger Example

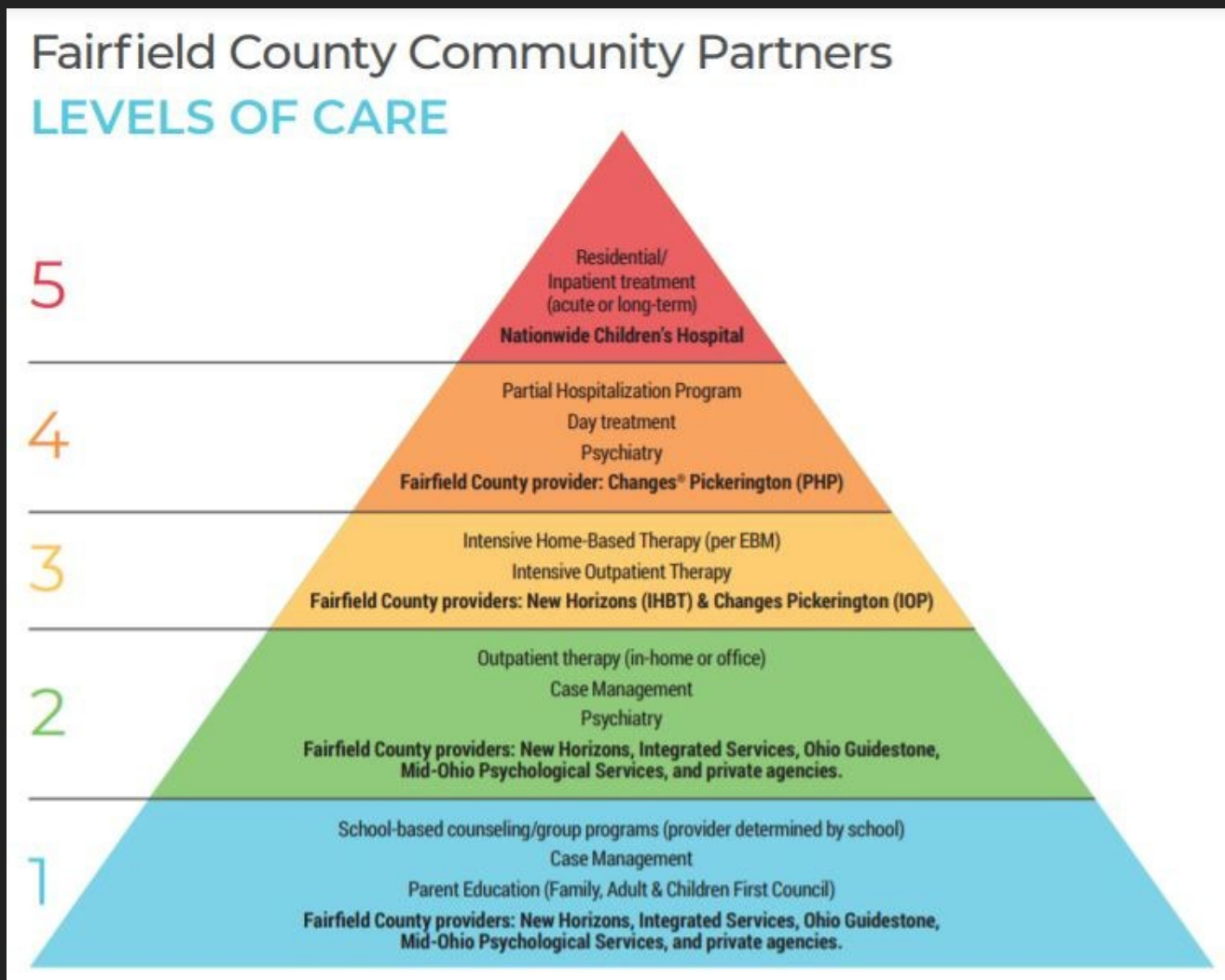
- Dangerous, Unsafe, Immature, Scary, Uncertain
- Comfortable, Form of Protection, Necessary, Righteous
- Everything is Fine, Ignored All Together

**What Might a
Mental Wellness Plan
Look Like?**



Understanding Level of Care For Mental Wellness

10



Coaching

Focus on goals, desires, and potential

Counseling

Coping skills, self -esteem, handling emotional turmoil

Therapy

Social workers, Psychologists, Clinical professionals

Psychiatry

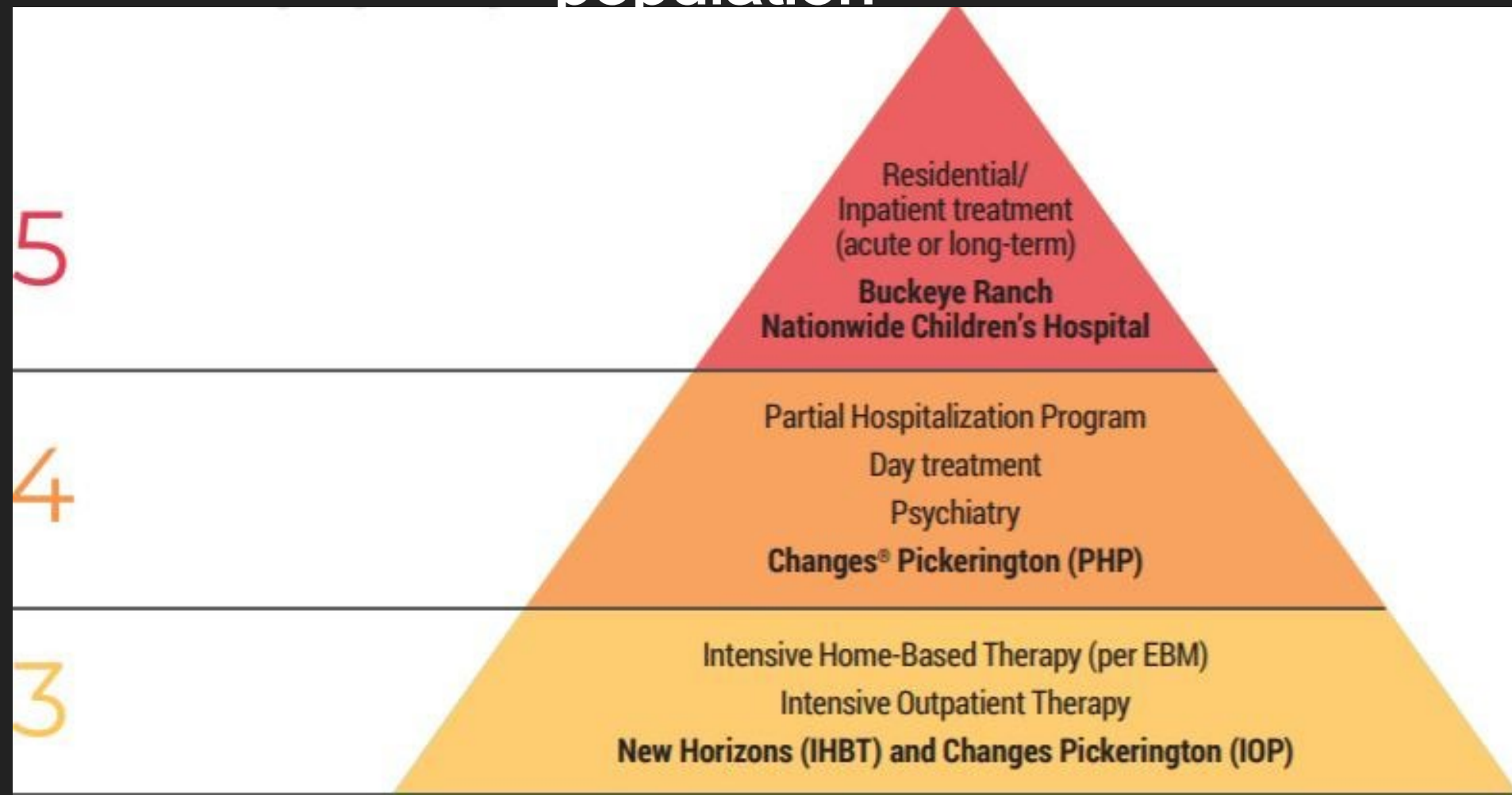
Medical Doctor that prescribes medication

Group Support

Therapeutic IOP, PHP, & volunteer

Understanding Level of Care For Mental Wellness

- Only 10-15% of our population



Emergency Room

Local hospital, NCH up to 5 days

Inpatient

Therapeutic Stabalization 5 - 14 days in a hospital

Residential

Therapeutic Programs 30 days - 12 Months

Partial Hospitalization PHP

Therapeutic Groups 5 days a week

Intensive Outpatient IOP

Therapeutic Groups 3 days a week

Understanding Level of Care For Mental Wellness

- 80-90 % of people

Coaching

Focus on goals, desires, and potential

Therapy

Social workers, Psychologists, Clinical professionals

Support Groups

Peer led with a focus on lived experience

Peer Support

a person with "lived experience" who has been trained to support

Counseling

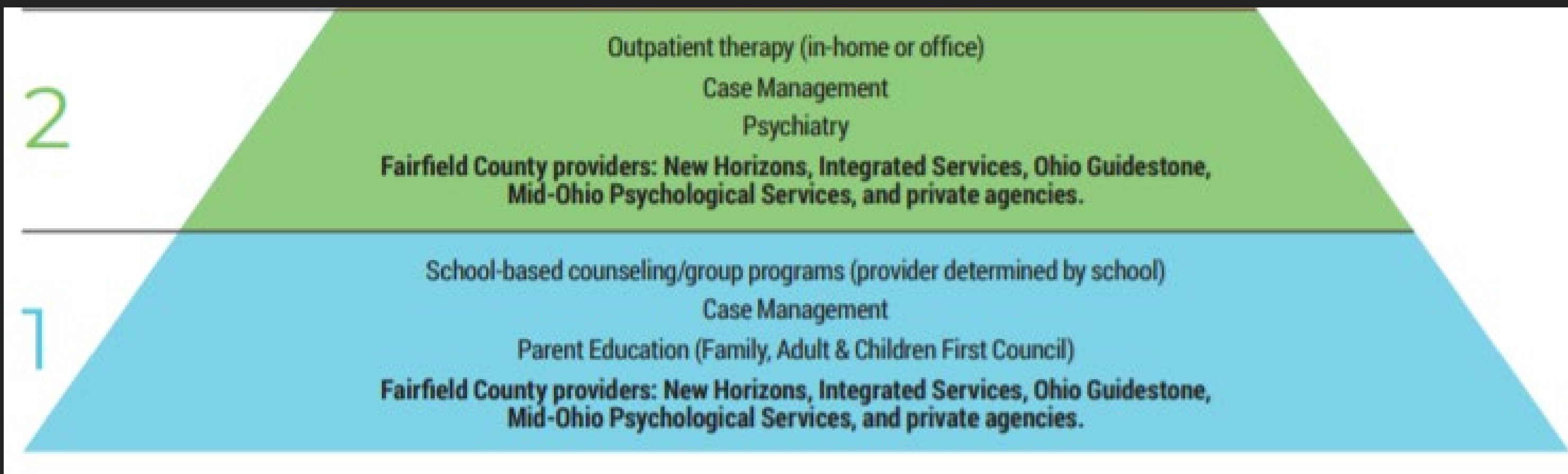
Coping skills, self-esteem, handling emotional turmoil

Psychiatry

Medical Doctor, Psychiatrist, or Psych Nurse Practitioner that prescribes medication,

Case Management

understand their needs and connect them to the appropriate resources





Mental Wellness Plan - 5-20 Hrs Wk



- Daily Meditaion, Mindfulness, Prayer, Journal - 30-60 mins

- Positive Literature / Daily Reader - 5-15 mins

- Mentorship/Sponsorship - Daily conversations - Weekly or Monthy In -Person

Meet up

- Some Sort of Paid Professional- Weekly or Bi-Weekly

- Peer Led Support Groups Based on Lived Experience

1-7 days a week- 1 hr Per Group

- Accountablity Partners & Outside Support Circle - Call list of people you can

count on (preferably not friends and family) - Daily Contact

- Pay it Forward - Mentor others that are newer than you

--- **Do as I Do VS Do as I Say** ...

Books

ANYTHING BRENE BROWN

ANYTHING JOHN BRADSHAW

ANYTHING ESTHER PEREL

ANYTHING MELODY BEATTIE

LOVING WHAT IS - BYRON KATIE

LOST CONNECTIONS- JOHANN HARI

LOST FOCUS- JOHANN HARI

ADDICTION INOCULATION - JESSICA LEAHY

WHAT HAPPENED TO YOU?- BRUCE PERRY

& OPRAH WINFREY

THE BODY KEEPS THE SCORE B.V. DER

KOLK

CLEANING UP YOUR MENTAL MESS- DR.

CAROLINE LEAF

THE ACA BIG RED BOOK

SELF-THERAPY BY JAY EARLEY

DR. RICHARD SCHWARTZ- IFS THERAPY

Alternative

JOHN BRADSHAW - ON THE FAMILY - PBS SPECIAL

JOHN BRADSHAW - HOME COMING - PBS SPECIAL

BYRON KATIE - THE WORK INTENSIVES- YOUTUBE

WIM HOFF - BREATHWORK

OWAKEN - BREATHWORK

JOE DESPENZA MEDITATIONS

BETTER HELP- VIRTUAL COUNSELING

COLD PLUNGES, SAUNA, SOUND BATH, CHINESE

MEDICINE AND ACUPUNCTURE,

GUIDED MEDITATIONS, SUPPORT GROUPS, AA, NA,

ALANON, ACA, CODA, SMART, NAMI, CR, ETC

INTENSIVE WEEKEND RETREATS AND SUPPORT

GROUPS

MANKIND PROJECT

LANDMARK FORUM

WOMAN WITHIN

Moore Soul Sessions

Life and Leadership
Coaching

by Sarah
Moore



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