Additional Resources

Person-Centered Care

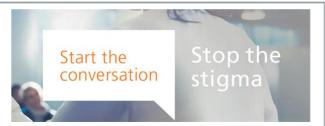


Start the Conversation, Stop the Stigma



October 10, 2018 – OptumHealth Hub Blog Post for Mental Health Awareness Day

https://hub.uhg.com/news/optum/Start-Behavioral-Health-Conversation/3309



Finding the right words to say when talking about behavioral health conditions can be challenging. In everyday conversation, terminology we use to describe diagnoses can take on new meaning. Volatile weather is sometimes described as "bipolar" or a scattered co-worker may describe himself as "ADHD."

Today, we celebrate World Mental Health Awareness Day. As part of our efforts to Start the Conversation and Stop the Stigma, Optum Behavioral Health put together a

suggested language guide for discussing behavioral health conditions. The guide is person-centered, recovery oriented and clinically accurate.

As a community, we recognize behavioral health conditions are a part of a person's life, but it doesn't define who they are. Instead of saying "she's depressed," an appropriate phrase would be "she has a diagnosis of depression." Or, instead of "he's schizophrenic," say "he has been diagnosed with schizophrenia."



While it may seem harmless, non-medical and non-scientific use of behavioral health terms undermine the seriousness of these conditions, spread misinformation and perpetuate a negative stigma.

The difference is simple but meaningful. Our language guide helps describe the condition as part of the person's health at a point in time not as a defining characteristic.

Optum Guide to Behavioral Health Terminology



Link to Optum Guide:

https://hub.uhg.com/HUBNews/Documents/Optum/Behavioral Health_Condition_Language_ Guide.pdf

