



“I Am Not My Diagnosis: A Recovery Story”

*A Presentation By Malkia Newman, Team Supervisor
Anti-Stigma Program*



In the Beginning.....



I Was Born Regina Elaine Hoover In the 1950's.

This is the earliest photo that I have of myself. I was 18 months old.

Don't Define Me by My Diagnosis



There's so much more to me than that! I'm a Child of God, a minister, an advocate, a wife, a mother, a grandmother, a daughter, a sister, a singer, a poet and writer, and so much more!

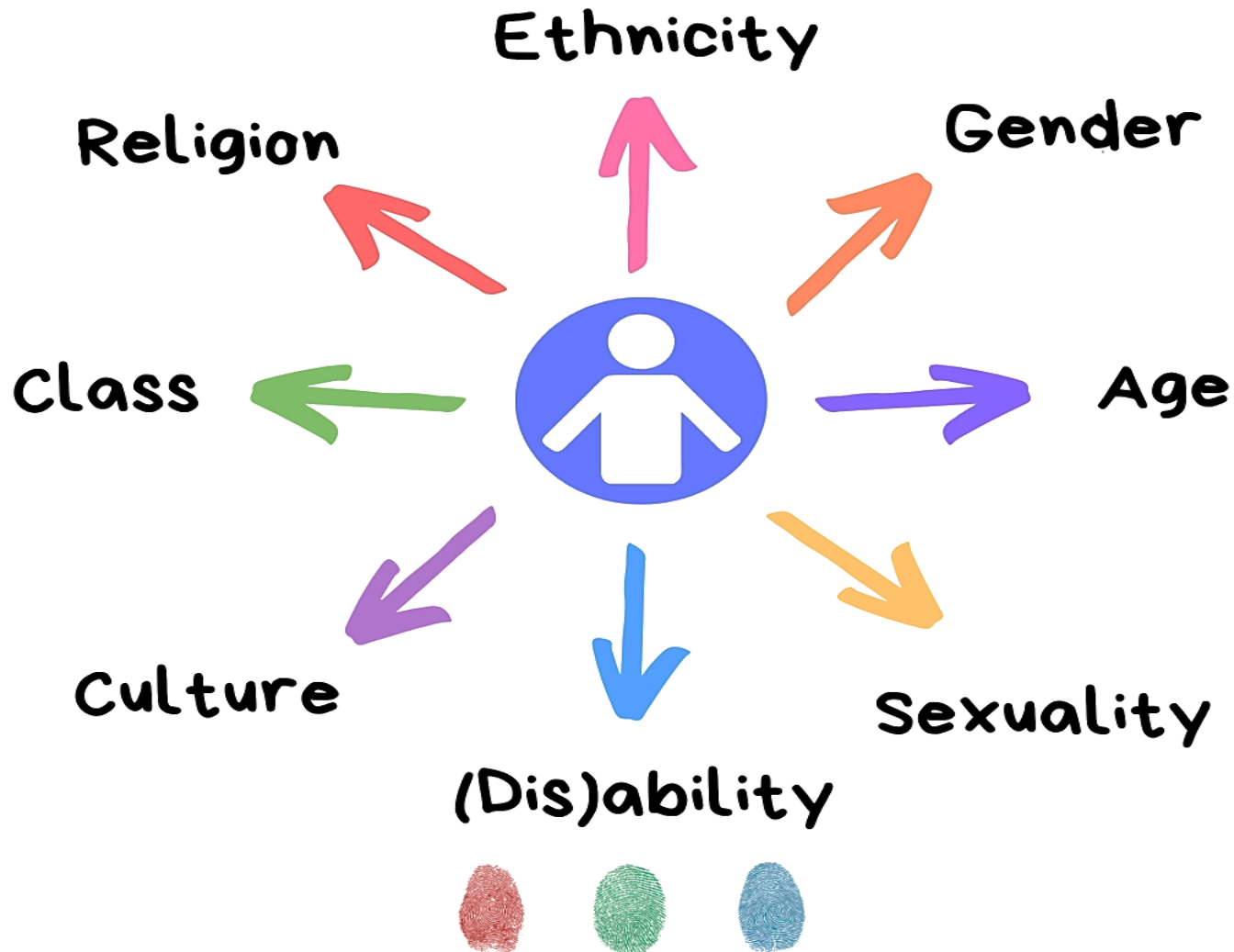
I AM NOT MY DIAGNOSIS.
I'M JUST LIKE EVERYONE ELSE,
JUST A FEW EXTRA STRUGGLES.
THAT DOESN'T MAKE ME WEAK,
IT MAKES ME A FIGHTER.
DESPITE WHAT I HAVE TO DEAL WITH,
I'M STILL HERE.
I HAVE A PURPOSE AND A MISSION.
I AM SMART, FUNNY, LOVING,
UNDERSTANDING AND COURAGEOUS.
I AM NOT MY DIAGNOSIS.
I AM ME!

What Is Stigma?

Stig•ma (n)

The perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them.

What Is Intersectionality?




Empathy vs. Sympathy with Dr. Brene Brown





**For more information about the
CNS Healthcare Anti-Stigma Program
call, 248-409-4227,**

**Visit www.cnshealthcare.org or email
antistigma@cnshealthcare.org**



**Final
Thoughts**