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FAMILY DIVERSITY PROJECTS



NOTHING TO HIDE: *Mental Illness in the Family*

FAMILY DIVERSITY PROJECTS, INC.

Family Diversity Projects is a non-profit organization devoted to educating the public about issues related to the diversity of family life. Family Diversity Projects creates photo-text exhibits, books and related educational materials to help eliminate prejudice, stereotyping, name-calling, and harassment of people who are discriminated against due to race, national origin, religion, gender, sexual orientation, physical disability, and mental disability.

Family Diversity Projects currently distributes four photo-text exhibits: **Nothing to Hide: *Mental Illness in the Family***; **Of Many Colors: *Portraits of Multiracial Families***; **Love Makes a Family: *Lesbian, Gay, Bisexual, and Transgender People and Their Families***; and **In Our Family: *Portraits of All Kinds of Families***. These exhibits travel nationwide to schools, universities, mental health centers, medical schools, places of worship, public libraries, workplaces, community centers, museums, and conferences.

Founded by photographer, Gigi Kaeser and editor, Peggy Gillespie, Family Diversity Projects, Inc. also provides speakers and workshop leaders for conferences and exhibit venues.

A Photo-Text Exhibit

Photos by Gigi Kaeser
Interviews by Jean Beard and Peggy Gillespie



NOTHING TO HIDE: *Mental Illness in the Family*

This photo-text exhibit presents photographs taken by Gigi Kaeser and interviews conducted by Peggy Gillespie and Jean Beard with families whose lives are affected by schizophrenia, bipolar disorder, obsessive compulsive disorder, major depression, anxiety disorders, and other brain disorders. The photos and text in this exhibit dispel harmful stereotypes, misconceptions, and myths about mental illness.

Nothing to Hide gives people living with mental illness and their families an opportunity to come out of the shadows and into the public eye. These compelling accounts demonstrate strength, courage, integrity, and accomplishment in the face of adversity and stigma. In the words of one woman in the exhibit who has schizophrenia, *"It is a struggle to have a mental illness and a real test of my ability to survive. All I ask is that I am understood and accepted for who I am. I am a person, not just a label."*

According to a recent report by the U. S. Surgeon General, *"About one in five Americans experiences a mental disorder in the course of a year."* By bringing visibility to these individuals and their families, **Nothing to Hide** will help destigmatize mental illness.

PRAISE FROM COMMUNITIES

Edwin H. Cassem, M.D.

*Chief of Psychiatry, Massachusetts General Hospital
Professor of Psychiatry, Harvard Medical School*

"Psychiatric treatment is more effective now than at any other time in history. It is a hopeful time, but stigma is worldwide and stifling. It prevents the sick from seeking help. **Nothing to Hide** aims to eradicate prejudice and discrimination based on mental disability. It is a project whose hour has come."

John Selig

*Director of Arkansas Department of Human Services
Division of Mental Health Service*

"The Division of Mental Health Services recently showcased **Nothing to Hide** in our State Capitol rotunda during the legislative session. The Capitol was filled not only with law-makers, but also with many state agency representatives and other visitors, including school groups. The photographs were captivating and the text was poignant and informative. The exhibit was of outstanding educational benefit and had an impact on everyone who viewed it."

Dale Rogers Marshall

President, Wheaton College, Norton, Massachusetts

"Hosting the exhibit **Nothing to Hide** at Wheaton College was an unforgettable experience. I witnessed first hand the incredible power of the dialogue that comes from experiencing the photographs and the text panels ... This exhibit makes it safe to talk openly and candidly about mental issues within one's own family. The exhibit touched every student I spoke with, whether or not they had their own story to tell."

E. Fuller Torrey, M.D.

*Research Psychiatrist
Author, Surviving Schizophrenia:
A Manual for Families, Consumers, and Providers*

"I enthusiastically endorse **Nothing to Hide**. Serious mental illnesses are devastating but common experiences for many families. Anything we can do to educate, decrease stigma, and reach out to families who feel they are alone with this problem is worthwhile."



YOU CAN BRING THIS EXHIBIT TO YOUR COMMUNITY

Nothing to Hide can travel nationwide to your school, university, mental health center, hospital, medical school, public library, workplace, place of worship, community center, museum, or conference. This exhibit is intended to be used by individuals with mental illness and their families, mental health professionals, educators, parents, and all people interested in educating the public about the experiences of individuals and their families who live with chronic mental illness.

Family Diversity Projects, Inc. has multiple copies of **Nothing to Hide** available on a rental basis and can work with you to make this exhibit an educational and enlightening event in your community.

The exhibit consists of twenty museum-quality framed photographs and ready-to-hang interview text panels.

For exhibit rental information, please contact:

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