

Compare the articles or talk about how attitudes towards mental health changed in the past 30 years

In recent years, mental health has become a highlighted topic often associated with society's attitude and reflection towards it. For years its revelation and discussion has sparked debate on how mental health has developed from the past to present. Looking back, in comparison to thirty years ago and now, the discussion revolving around mental health has changed drastically. During this time, mental health is discussed much more freely and openly, with a focus on how it develops from being a child to an adult. Over the years, the continuing stigma that overlapped with how mental health was viewed changed for the better and is now more focused on understanding mental health in order to bring change.

To begin with, it is important to consider how mental health was looked at during a time where people still had no clear relevance of it. About thirty years ago, mental health was often looked over largely due to the lack of knowledge and accessibility to relevant resources. For that reason there was a lot of stigma revolving around mental health, with many carrying a negative picture of the health issue. For example, “ This investigation demonstrates that research into the mental health of young people should consider the socioeconomic and demographic environments in which they live” (Aneshensel & Sucoff, p. 293, para. 1). Due to the ongoing stigma, certain labeling on conditions, referred to as a mental illness, reflected discriminatory and socioeconomic conditions. Even so, during this time the information provided wouldn't be seen as negative but information needed to help people who have no clue of how to deal with mental health. In addition, “The neighborhood effect appears to reflect the impact of socioeconomic conditions as distinct from racial/ethnic composition because the working-class neighborhoods, which differ from one another in racial/ethnic composition, do not differ in terms of ambient hazards (Aneshensel & Sucoff, p. 301, para. 2). Based on Aneshensel & Sucoff,

there is a continuing stream of labeling in terms of conditions associated with mental health. These focal points implemented play a crucial role in developing a person's mind overtime.

Furthermore, the ongoing prejudice that came with discussing mental health carried on for many years. Many people heavily relied on what others had already implemented, that supported the stigma associated with mental health. In comparison to twenty years ago, people have now started to notice the influence on mental health developed through stereotypical and discriminative factors. In the article by Bernice A. Pescosolido, she analyzes whether or not stigma is a clear factor in the treatment or overview of how mental health is acted on. As stated, “While contending ironically that “the sense of the stigma associated with mental illness is passing” (p. 445), more than half of respondents, particularly those who were older and less well educated, reported an unwillingness to disclose mental health problems or to recognize the need for treatment, because “the very fact of mental illness involves a stigma which makes people resist the fact of facing psychosis” (p. 452)” (Pescosolido, p. 4, para. 1). Through this quote it reflects older people's inability to help when it comes to discussing mental health because they were exposed to the stigma when it had first developed. This shows that the principal ideas that were integrated make the focal point of what mental health revolved around, so it was under one idea. Additionally, “Comparisons over time also suggested a greater embrace of active and informal responses. Although analyses revealed little change in the share of individuals who chose to do “nothing” (avoidance), or who sought out professionals (formal support; Table 2), significantly more individuals reported a proactive approach (nearly tripling the percentage from 1957 to 1996) and an almost fourfold increase in the willingness to talk to family and friends” (Pescosolido, p. 8, para. 1). Through research conducted, there was a visible change in

interaction. Although not clear, this shows how over the years there was an increase in awareness when people look past those constraints placed on the conditions linked to mental health.

Although mental health harboured a lot of stigma, as the years progressed people have joined to focus on how the health issue can be treated. Based on the article by Alison Cuellar, it highlights the necessary changes and actions needed to be taken in order to guarantee better support to those affected by a mental illness. Cuellar states, “This heterogeneity points to one of the problems Alison Cuellar finds with the United States' approach to children's mental health. Policies and programs to help children with mental disorders are fragmented and lack coordination, funding follows idiosyncratic rules, and all of this makes prevention programs hard to deliver” (p. 111, para. 2). Although needed change is being implemented, Cuellar highlights how there is still a need for organization in systems developed to help children with mental health problems. This is due to the ongoing developments of different mental health types, conditions, and ways of dealing with it. Furthermore, “Many researchers have noted problems with fragmentation, meaning that the medical, school, and justice systems do not coordinate treatment, screening, or prevention. For instance, many children with mental disorders face academic problems, yet these are not the focus of treatments in the medical system” (Cuellar, p. 117, para. 2). Even though people are becoming more involved in bringing awareness to mental health, government systems still have not reached that stage. As much as researchers discuss the need to establish more resources allowing young children to undergo treatment, official state organizations fail to do so.

In all, it is evident that over the course of thirty years many things have changed and continue to change for the better of mental health. In comparison to years ago, current researchers are more focused in successfully developing clear solutions made to help early stages

of mental illnesses in order to fill futures without much worry. Like before, newer information is continually developing and that sets the stage for further advances to be made in order to help the mental health conditions of many people.

#### Senior rubric

	<b>Exceeds Expectations (4)</b>	<b>Meets Expectations (3)</b>	<b>Approaching Expectations (2)</b>	<b>Not Yet (1)</b>	<b>(0)</b>
<b>Analysis and Inferences</b>	Full comprehension of ideas stated explicitly and inferentially by providing an accurate analysis	Comprehension of ideas stated explicitly and inferentially by providing a mostly accurate analysis	Basic comprehension of ideas stated explicitly and inferentially by providing a generally accurate analysis	Limited comprehension of ideas stated explicitly and inferentially by providing a minimally accurate analysis	No comprehension of ideas by providing an inaccurate or no analysis
Examines the topic	Topic is examine completely with comparison to relevant articles and information	Topic is examined with quotes, evidence, analysis, and complete reasoning	Topic is examined through evidence and reasoning	Topic is briefly examined with little to no detail	Topic not examined examined with little to no detail
<b>Evidence and Reasoning</b>	Uses clear reasoning supported by relevant text-based evidence in the development of the claim or topic	Uses mostly effective reasoning supported by relevant text-based evidence in the development of the claim or topic	Uses some reasoning supported by relevant text-based evidence in the development of the claim or topic	Uses little reasoning supported by inaccurate or no text-based evidence in the development of the claim or topic	Uses no reasoning and no evidence
<b>Grammar and Mechanics</b>	Demonstrates full command of language and conventions. The meaning is clear.	Demonstrates full command of language and conventions. There may be a few minor errors, but the meaning is clear.	Demonstrates some command of language and conventions. There may be few errors that sometimes impede understanding, but the meaning is generally clear.	Demonstrates little command of language and conventions. Many errors impede understanding.	No command of language and conventions. Cannot understand writing.
<b>Writing and Style</b>	Is effectively organized with clear and coherent writing and style	Is mostly organized with a mostly coherent writing and style	Is somewhat organized with a somewhat coherent writing and style	Demonstrates limited organization or coherence	No organization or coherence

Comments: