

*UH JABSOM welcomes you:*

# **Behavioral Health / ECHO Presentation**

November 21, 2023

## **“Let’s CHAT: A Stutterer’s Perspective on Caring for Hawaii Teens with Speech Challenges”**

**Speaker: Raphael Stark**

*Founder of CHATS: Caring for Hawaii Teens with Speech Challenges*

The speaker (Raphael Stark, (CHATS), has no relevant financial relationships with ineligible companies.





# CHATS

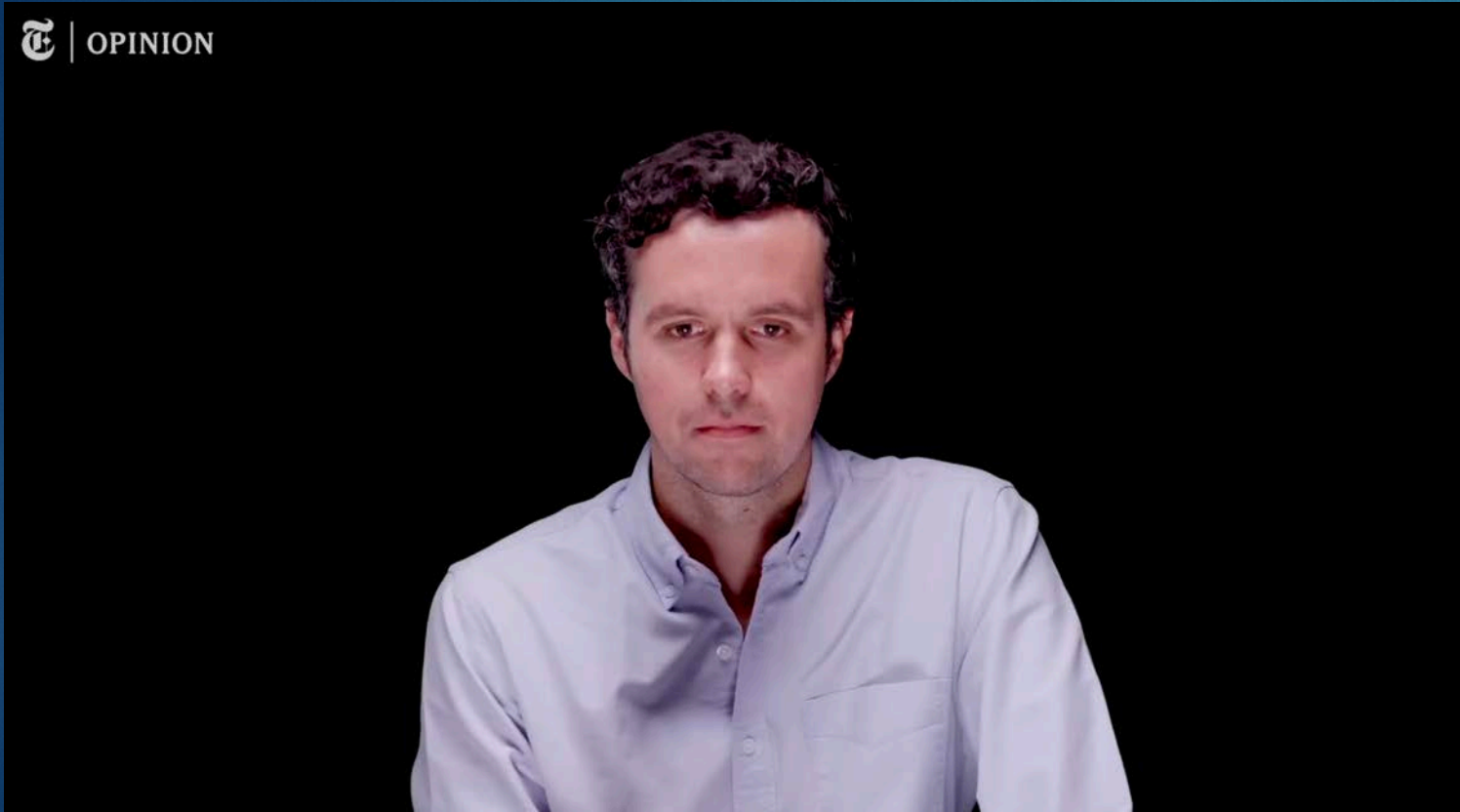
**BE DIFFERENT TOGETHER**

**“Caring For Hawaii Teens With Speech Challenges”**

**RAPHAEL STARK**  
founder/lead advocate

Breaking the walls of misconception through education while providing support & resources for youth with speech challenges

# Video of John Hendrickson



[www.youtube.com/watch?v=m0E\\_wMlwfSI](https://www.youtube.com/watch?v=m0E_wMlwfSI)



Scan Here to Watch Video

# “Let’s CHAT: A Stutterers Perspective on Caring for Hawaii Teens with Speech Challenges

## Learning Objectives

- Identify at least 3 challenges that stutterers face
- Recognize the potential mental health impact of living with a stutter
- Explain at least 3 ways that individuals and society as a whole can contribute to the normalization of stuttering

# My Story

Stuttering happens when im excited  
Its like I am driving a car too fast  
I hit bumps in the road and lose  
control.

-Raphael Stark (10 years old)



# Stuttering is the most common fluency ~~disorder~~ challenge

How many stutterers worldwide?



80 MILLION  
adults



34 MILLION  
children

Stuttering Foundation of America

# Three Types of Stuttering

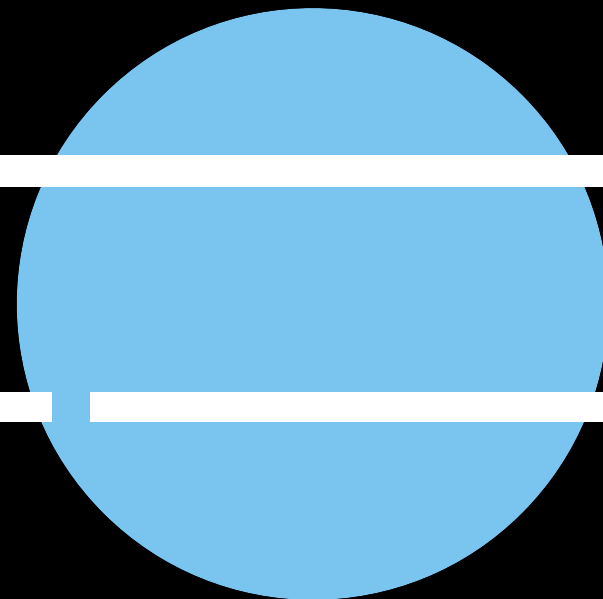
▶ Repetitions



▶ Prolongation



▶ Blocks



OBJECTIVE #1

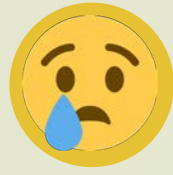
Identify at least 3  
Challenges that  
**STUTTERERS** face



# Challenges...*(a short list)*



Whether or not to let others know about the stutter



Dealing with micro-aggressions from others



Choosing a method or strategy everytime one speaks



Choosing to face a social situation or avoid it



Worrying about being "time-pressured" and misunderstood

# QUIZ: write your answer in the chat

## **CHALLENGES that stutterers face**

It's your first day as a freshman at a new high school. The homeroom teacher is having each student stand and introduce themselves. As a stutterer, what is a challenge that you may face?


OBJECTIVE #2

Recognize the  
mental impact of living  
with a stutter

# From Avoidance to Acceptance

## AVOIDANCE approach examples:

- ▶ Need to control the stuttering or get rid of it
- ▶ Pressure to use trained strategies in every speaking situation
- ▶ Need to avoid situations where stuttering is likely, avoid communication



I can't go. I'll stutter!

# Avoidance Research

Degree of physical tension, effort, & struggle related to level of acceptance of stuttering & speakers' who stutter rated it higher than observers

(Jackson, et al., 2015, Tichenor et al., 2017)

Lower agency, self-efficacy, more impacted psychologically, emotionally, behaviorally, socially, and functionally

(Tichenor & Yaruss, 2018)

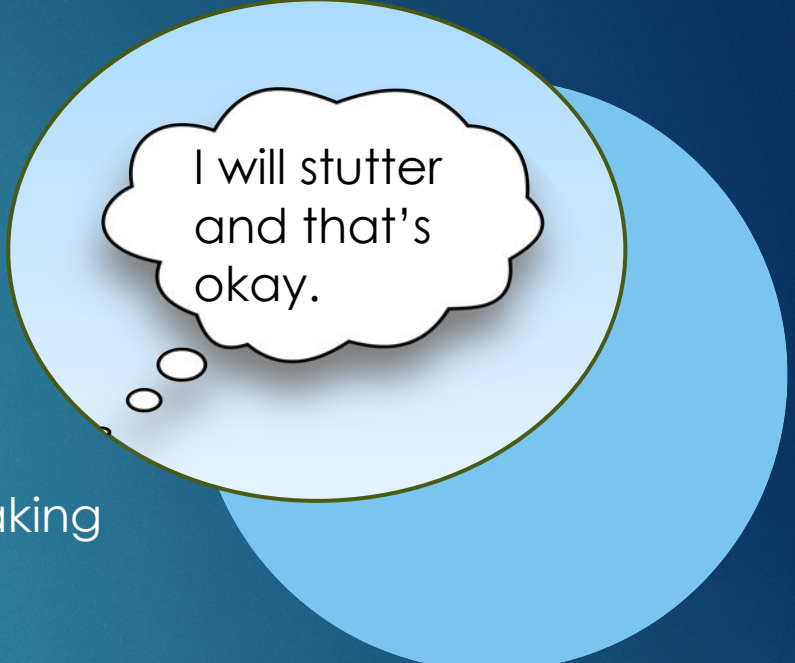
60-70% of adolescents who stutter report keeping their stutter a secret and rarely or never talking about it. Others don't talk about it either

(Blood et al., 2003), (Hearne et al., 2008)

# From Avoidance to Acceptance

## ACCEPTANCE approach examples:

- ▶ Choosing to stutter openly
- ▶ Acknowledging the thoughts related to stuttering/speaking
- ▶ Choosing when to use strategies



I will stutter  
and that's  
okay.

# Acceptance Research

(Boyle, et al., 2018b)

Those who disclose stuttering and openly talk about it have a higher quality of life

(Tichenor & Yaruss, 2019b)

History of self-help involvement/  
Openly discussing stuttering in supported environment increased propensity towards acceptances

(Arnold & Li,)

Training and exposure, challenging stereotypes through education, familiarity, and advocacy related to behavioral reactions and intentions of communication partners

# Targets of Therapy

- ▶ Education about communication, speech, stuttering, attitudes and beliefs
- ▶ Discuss experiences with stuttering
- ▶ Work on identifying thoughts, emotions, and behavior
- ▶ Self-Disclosure
- ▶ Pseudostuttering
- ▶ Mindfulness
- ▶ Awareness of thought patterns
- ▶ Joining or creating supporting networks
- ▶ Advocacy
- ▶ Setting communication expectations



# Speech Differences & Bullying



- Nationally, 22% (35% HI) of all students report being bullied during the school year
- Youth with speech challenges are 5x more likely to be bullied
- Youth who stutter are 61% more likely to be targeted by a bully
- 83% of 267 adults reported being bullied when in school
- School-aged youth are more likely to experience social rejection and less likely to be chosen as leaders
- Adults who stutter experience adverse listening experiences, stereotypical occupational disadvantages



# Suicidal Ideation



**Does asking someone about suicide make them more likely to think about suicide?**

No, research shows that asking someone you care about if they are thinking about suicide does not make them more likely to think or act on thoughts of suicide.

[NoShameGetHelp.org](https://NoShameGetHelp.org)

- Adolescents with a stutter have increased likelihood of depressive symptoms and suicide ideation
- Most common diagnostic risk factors are mood disorders
- Clear evidence that bullying causes increased risk for suicidal ideations and behavior.
- Males who stutter have higher suicidal ideation rates

# Barriers to Care



- Cultural safety/sensitivity
- Clinical productivity demands in primary care setting.
- AWS avoid medical interactions or avoidant behavior discussing sensitive topics.
- Defaulting
- Shame, Stigma, Discrimination

OBJECTIVE #3

Explain at least 3 ways that individuals and society as a whole can contribute to the normalization of stuttering

# Learn to Listen

## DON'T

- ▶ Say 'slow down', 'take a breath', 'relax', 'just spit it out'
- ▶ Show impatience
- ▶ Poke fun
- ▶ Interrupt
- ▶ Guess or finish their words
- ▶ Look away
- ▶ Imitate the stutter
- ▶ Assume the person is mentally challenged
- ▶ Treat their stutter as a handicap

## DO

- ▶ Maintain eye contact
- ▶ Focus on what they are saying, not how they say it
- ▶ Let them feel that you are listening
- ▶ Defend when being mistreated
- ▶ Include them in social events

## TIP:

**Stutterers usually find saying their name difficult to say. Don't EVER ask 'have you forgotten your name?'**



# Normalize Stuttering




- ▶ Providing supportive, holistic approaches
- ▶ Raising awareness to eliminate prejudice & stigmatizing attitudes in the family & wider society
- ▶ Developing social support systems (such as CHATS), alongside speech therapy

**Family, Friends, and Community Effort**

**TIP:**

**Highlight successful people who have a stutter, such as actors, singers, sports figures, politicians, etc.**



*“One of the  
hardest things  
in life is having  
words in your  
heart you can’t  
utter”.*

- James Earl Jones

voice of Darth Vader, actor and stutterer





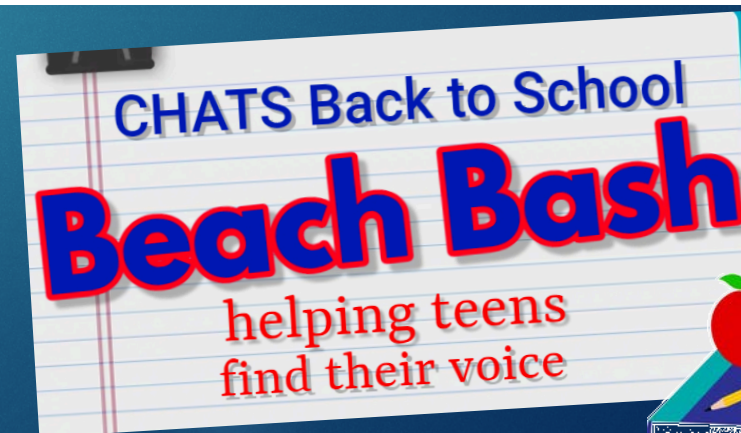
# Spill The Tea Café

## Mental health clinic for teens

Meet & Greet Events



Visit schools and Community Organizations





**BE DIFFERENT TOGETHER**

"Caring For Hawaii Teens With Speech Challenges"



## Support Group

- ✓ Every Second Sunday
- ✓ For teens ages 13-18
- ✓ Talk story
- ✓ Safe place



Visit website to register  
for Support Groups

## About Us

Hawaii Teen, Raphael, founded CHATS in 2021 to provide a safe place where youth with speech challenges could empower each other while teaching the community to listen.

## Second Sunday TEEN Support Group

- Flexibility in accepting their speech challenge
- Hold a positive self-concept
- Committed in the action of educating others



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# Summary

- Identify at least 3 challenges that stutterers face
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# CHATS

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