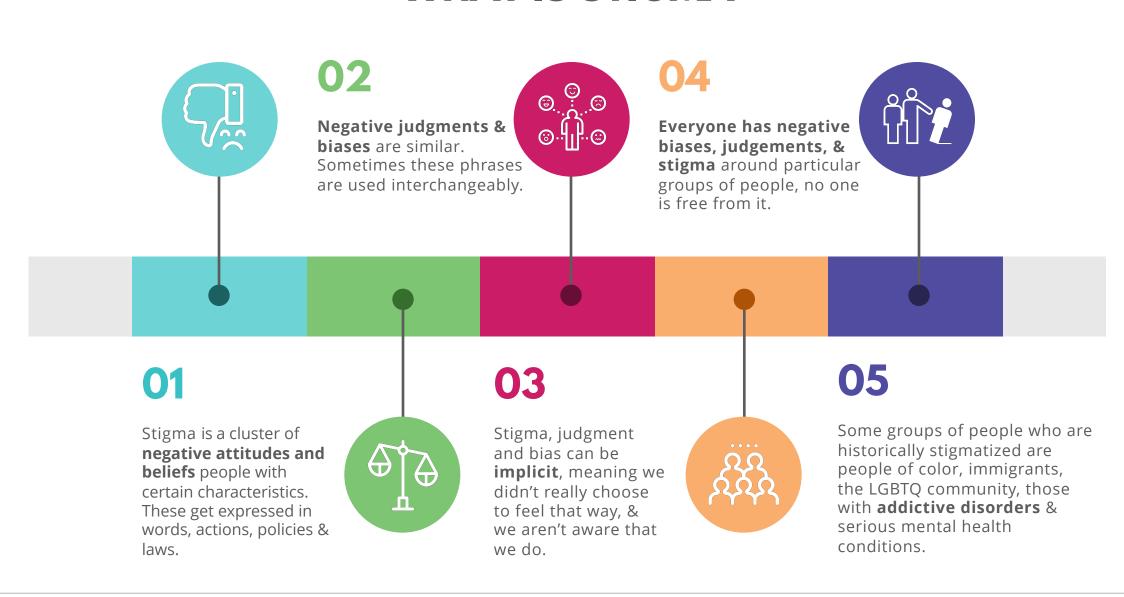
Addressing Addiction Stigma: Resources

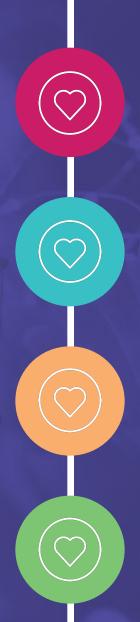


WHAT IS STIGMA



We can compassionately **reflect on our own biases and judgments**, to be increasingly aware of what might be unconscious. Although many of us have one or more characteristic that are often stigmatized in our society, we often have our own biases as well.

We can work **to weed out stigmatizing language** out our
vocabulary. We can gently give others
feedback when they unknowingly are
using it.



When we become aware, we can work to **mitigate our own stigmatizing beliefs** and biases. We can share with trusted people using countering thoughts and actions to mitigate bias.

Empathy is the opposite of stigma. We can work toward empathy for ourselves as we address our own biases, and work toward truly seeing, listening, and understanding others without judgement.

Stigma, judgements and biases have enormous impacts on us.

Health:

Stigma causes **chronic stress**. It has been shown to lead to higher rates of **chronic diseases**. Those of us that have historically been stigmatized suffer less access to healthcare, worse healthcare when we do get access, and as a result **worse health outcomes**.







We have less access to education, good jobs and upward mobility in careers, causing deep economic disparity. There is less access to affordable housing. Often are arrests and incarceration rates are much higher.

RESEARCH

A good systemic review of the literature:
The effectiveness of interventions for reducing stigma related to substance use disorders: a systematic review

To see some scary research on how judging those with addictive disorders leads to increases in use, see Bill Miller's research here.

For another great B. Miller piece of research, see his article on brief interventions, and his finding about <u>unconditional love</u>, and its impact on problematic drinking.

RESOURES and TOOLS



Stigmatizing Language:

- 1. For a practical, specific list of words that are known to cause stigma, and words we can use instead, see this info-graph from the National Alliance for Advocates for Buprenorphine Treatment.
- 2. Here is a great dictionary, of stigmatizing words and replacements: https://www.recoveryanswers.org/addiction-ary/
- 3. For a deeper look at the language issue, including how to help your organization move to nonstigmatizing language. see SAMHSA's very useful and easy to read 5-ish page paper.

For a beautiful, impactful slide deck on addiction stigma, see the one that Recovery Brands put together.

To increase awareness of your own biases, by taking implicit bias tests, visit Harvard University's Project Implicit.

To see a tool to measure empathy (re: how well stigma is mitigated), see the <u>CARE</u>

<u>Patient Feedback Measure</u>, widely used in the U.K.

TRAININGS

The Institute for HealthCare
Communication has many empathy
based workshops, including:
The Empathy Effect: Countering Bias to
improve Healthcare Outcomes

Dr. Helen Reiss has an online empathy training course for healthcare professionals called **Empathetics**. The website also has information, on that program as well as Dr. Reiss' book on empathy.



Motivational Interviewing is empathy-based; high quality MI training is anti-bias and destigmatizing training as well.

WILLIAM MILLER & STEPHEN ROLLNICK