Evaluations & CE Credits

Nursing Contact Hours, CME and CHES credits are available for a limited time.

Please visit www.phlive.org to fill out your evaluation and complete the post-test.

Combating the Opioid Crisis: Addressing Stigma

November 15, 2018
Featured Speakers

Allan Clear  
Director Office of Drug User Health  
NYS DOH AIDS Institute

Robert Suarez  
Community Leader  
Peer Network of New York/VOCAL-NY

Conflict of Interest & Disclosure Statements

The planners and presenters do not have any financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed in this activity.

No commercial funding has been accepted for this activity.

Thank You to Our Sponsors

- University at Albany School of Public Health
- New York State Department of Health
- NYSACHO
Learning Objectives

- Describe how stigma affects people who use drugs.
- Identify the health related consequences of stigma for people who use drugs.
- Name at least two actions health-care professionals and first responders can take to reduce stigma related to drug use in their setting.

Addressing Stigma Among People Who Use Drugs (PWUD)

Everyone deserves care at a place and time that is right for them

Stigma and PWUD

- The experience of being “deeply discredited” or marked due to one’s “undesired differentness”
- To be stigmatized is to be held in contempt, shunned or rendered socially invisible because of a socially disapproved status

Stigma and PWUD
Impacts multiple areas of a person's life
- Presents the biggest barrier to care
- Compounds other forms of marginalization and oppression

Forms of stigma:
- Individual
- Institutional
- Self-stigma (internalized)
- Stigma by association

Functions of Stigma – The “3 Ds”

- Difference: Keep people out
- Danger: Keep people away
- Discrimination: Keep people down

Cycle of Drug-Related Stigma

Adapted from Julian Buchanan, Social Inclusion Unit, Glyndwr University, Wrexham
Consequences of Drug-Related Stigma

- Impacts psychosocial variables: hope, self-esteem, efficacy, self-concept, and identity formation
- Quality of life measures: social isolation, employment and income
- Physical health and mental health problems
- Reluctance to access/utilize needed health services
- PWUD receive a decreased quality of care

Negative Health Impacts

- Willingness to access medical assistance for future or ongoing treatment of health conditions
- Ability to receive quality therapeutic care and treatment from a broad range of health practitioners
- Motivation to disclose their status of drug use, a history of injecting, or associated medical conditions

A Few Basic Principles

- Drug users are more than their drug use
- Drug-related harm cannot be assumed
  - Drugs can meet important needs
- Drug use exists along a continuum
  - Abstinence is one of many possible goals
  - Meet people “where they are at”
Drug-Related Stigma

All people who use drugs are not alike

- Tailor approach to best meet client’s individual needs
- Let clients set their own goals
- Use motivational interviewing skills

Increase Personal Awareness

- Pay attention to stigmas you may personally hold and seek supervision around these issues
- Keep learning about stigma and people who use drugs

Harm Reduction

- A set of practical strategies and ideas aimed at reducing negative consequences associated with drug use
  - Safer use, managed use, abstinence
  - Addresses conditions of use, as well as use itself
- A movement for social justice built on a belief in, and respect for, the rights of people who use drugs
- Demands interventions and policies reflect specific individual and community needs
Promote & Link to Harm Reduction Services

- Teach overdose prevention strategies and basic harm reduction skills
- Facilitate access to naloxone and educate PWUD about the 911 Good Samaritan Law
- Refer to Syringe Exchange Programs and Drug User Health Hubs

Challenging Stigma & Creating Change

Individual
Community
Organization

Care for the Whole Person

- Safety
- Trust
- Trauma Informed Care
- Collaboration
- Choice
- Empowerment
Making the Change to Person-Centered Language

Instead of this… Say this…
Addiction Substance Use Disorder
Drug Addict, Abuser A person who uses drugs
“Clean” or “Dirty” toxicology Test was “Negative” or “Positive,” test was “unexpected” or “expected”
Got clean A person who formerly used drugs
Junkie, Crackhead, Tweaker, etc. A person who uses… (specify drug/s)
Addicted Newborn, or “Born Addicted” Babies born with prenatal substance exposure, or, Newborn Opioid Withdrawal

Person-Centered Language

What can the use of person-centered language do?
- Improve quality of life
- Improve self-worth
- Increase chances of meaningful engagement in medical care
- Reduce isolation from service providers
- Increase access to lifesaving care

Strategies for Challenging Stigma

<table>
<thead>
<tr>
<th>Individual Level</th>
<th>Organizational Level</th>
<th>Community Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language</td>
<td>Training and education</td>
<td>Participant Advisory Boards</td>
</tr>
<tr>
<td>Relationships, honesty &amp; authenticity</td>
<td>Outlets for feedback</td>
<td>Awareness campaigns</td>
</tr>
<tr>
<td>Disclosure and dialogue</td>
<td>Assessment of practices</td>
<td>Policy and advocacy</td>
</tr>
<tr>
<td>Education and personal development</td>
<td>Hiring drug users</td>
<td>Events</td>
</tr>
</tbody>
</table>
Nice People Take Drugs

Release-UK Campaign

Resources for Providers

- New York State Department of Health AIDS Institute Office of Drug User Health
- Reversing the Stigma: Combatting Addiction in New York State documentary
- The Harm Reduction Coalition – harmreduction.org
- Drug Policy Alliance – drugpolicy.org
- Injection Drug Users Health Alliance & the Peer Network – iduha.org/peer-network
- VOCAL-NY (Voices of Community Advocates & Leaders) – www.vocal-ny.org

Evaluations & Continuing Education: CNE, CME and CHES continuing education credits are available for a limited time. Please visit www.phlive.org to fill out your evaluation and complete the post-test.

Conflict of Interest Disclosure Statement: The planners and presenters do not have any financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed in this activity. No commercial funding has been accepted for this activity.
Let us know how you use Public Health Live!
Take a brief survey at phlive.org.

Thank you!