Addressing Stigma

Adam Blua, Chief Psychiatrist for the New York City Board of Education in 1946, "warned, that unless retrained, left-handed children risked severe developmental and learning disabilities..."

Kushner, H. I. (2011). Retraining the King's left hand. *The Lancet, 377*(9782), 1998–1999, page 1998.

Agenda

- What is stigma

- Why stigma is important

- How we can reduce stigma

"A mark of disgrace or dishonor associated with a particular circumstance, quality, or person."

"A strong feeling of disapproval that most people in society have about something."

Webster's New World Dictionary
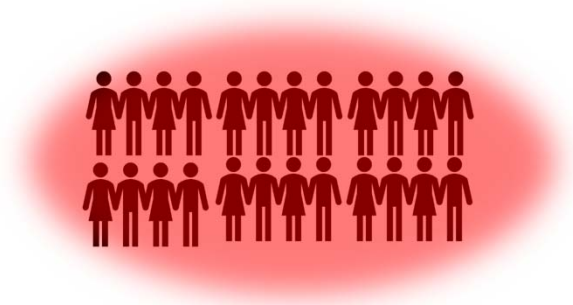
Stigma can result in

- negative attitudes about people with a condition
- discriminatory behaviors and policies.

National Academies of Sciences, Engineering, and Medicine. (2016). Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington, D.C.: National Academies Press.

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What is stigma

Public Stigma

Public Stigma

- Barrier to new relationships

- Isolate individuals

- Reduce employment

- Reduce access to housing

Corrigan, P., & Watson, A. (2002). Understanding the impact of stigma on people with mental illness. World Psychiatry, 1(1).

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Public Stigma

"Substance use disorder is among the most stigmatized conditions in the US and around the world. People do not want to work with, be related to, or even see people with a substance use disorder in public. Further, many believe that people with a substance use disorder can or should be denied housing, employment, social services, and health care."

Barry, C. L., McGinty, E. E., Pescosolido, B. A., & Goldman, H. H. (2014). Stigma, discrimination, treatment effectiveness, and policy: public views about drug addiction and mental illness. Psychiatric Services, 65(10), 1269-1272.
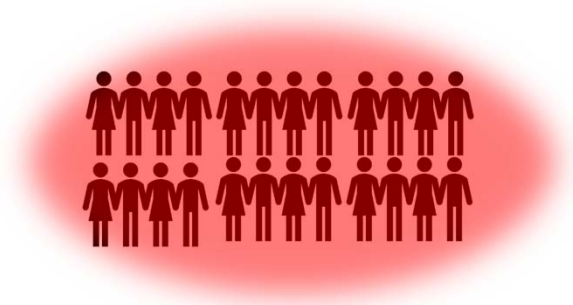
National Academies of Sciences, Engineering, and Medicine. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington (DC): National Academies Press (US); 2016 Aug 3. 2, Understanding Stigma of Mental and Substance Use Disorders.

illness. World Psychiatry, 1(1).

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Public Stigma

Self Stigma

Self Stigma

- Lower self-esteem

- Increase shame

- Reduce hope

- Reduce social support

- Increase symptoms

- Decrease compliance with treatment

Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. Social Science & Medicine (1982), 71(12), 2150–2161.

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What is stigma

Public Stigma

Self Stigma

Self Stigma

- Lower self-esteem

- Increase shame

"Humiliation, shame, guilt and angst are not the primary engines of change. Ironically, such experiences can even immobilize the person, rendering change more remote."

Miller, W. R., & Rollnick, S. (2002). Motivational Interviewing, Second Edition: Preparing People for Change (2nd ed.). New York: The Guilford Press.

Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. Social Science & Medicine (1982), 71(12), 2150–2161.

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Self Stigma

~~Public Stigma~~

Approximately two-thirds of individuals with substance use disorders do NOT seek treatment… and stigma may be one contributing factor to this underutilization.

Merrill, J. E., & Monti, P. M. (2015). Influencers of the stigma complex toward substance use and substance use disorders. USA: Center for Alcohol and Addiction Studies, Brown University.

with treatment

Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. Social Science & Medicine (1982), 71(12), 2150–2161.
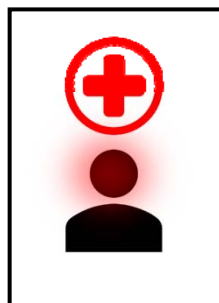
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What is stigma

Public Stigma

Self Stigma

Courtesy Stigma

Courtesy Stigma

- Isolate family members

- Lead family members to feel guilty

- Create a sense of shame

- Less likely to encourage treatment

National Academies of Sciences, Engineering, and Medicine. (2016). Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington, D.C.: National Academies Press.

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What is stigma

Public Stigma

Courtesy Stigma
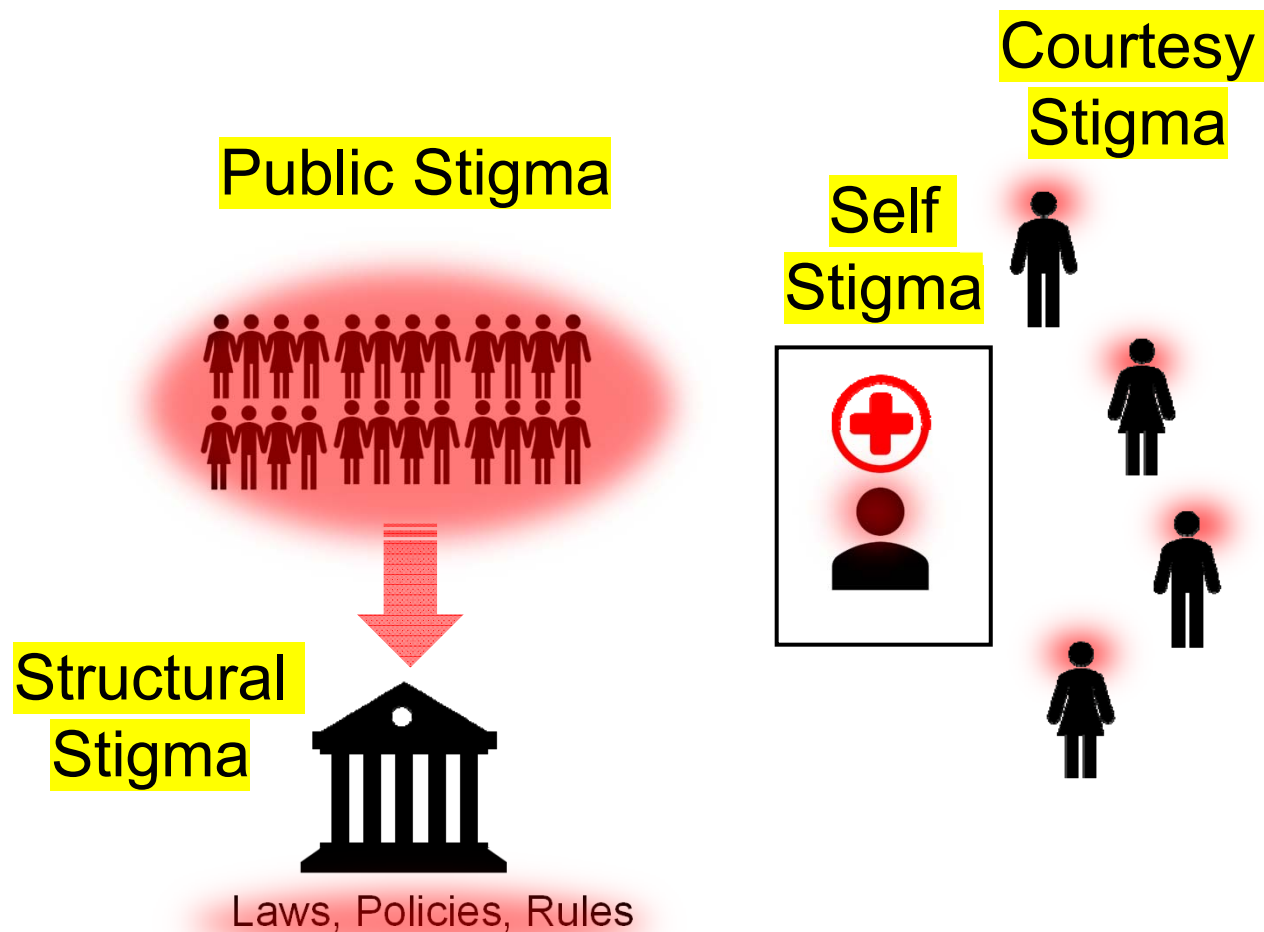
Self Stigma

Structural Stigma

Laws, Policies, Rules

Structural Stigma

- Increase barriers

- Reduce access to treatment and on-going care

- Reduce employment opportunities

- Poor health outcomes

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Courtesy
Stigma

Public Stigma

Self
Stigma

Structural
Stigma

Laws, Policies, Rules

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Four Ways to Reduce Stigma

1. Change our language and labels

2. Learn about the issue

3. Personal experiences

4. Review practices and policies

Livingston, J., D., Milne, T., Lan Fang, M., & Amari, E. (2011). The effectiveness of interventions for reducing stigma related to substance use disorders: a systematic review. Addiction, 107, 39-50.

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The language we use to describe people matters.

"Angie is bipolar."

vs.

"Angie has a bipolar disorder."

> *"Protest any labels that turn people into things. Words are important. If you want to care for something, you call it a 'flower;' if you want to kill something, you call it a 'weed'."*
>
> *Don Coyhis*
>
> Retrieved from: http://www.williamwhitepapers.com/blog/2013/07/moral-panics-the-limits-of-science-professional-responsibility.html

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Language and Labels

Addict	Has a substance use disorder
Junkie	Has a substance use disorder
Schizophrenic	Has schizophrenia
Crazy	
Replacement therapy	
Dirty UA	
Frequent flyer	

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Stigmas are slow to change, even when evidence no longer supports the underlying assumptions.

Jones, E. E., Farina, A., Hastorf, A. H., Marcus, H., Miller, D. T., & Scott, R. A. (1984). *Social stigma: The psychology of marked relationships*. New York, NY: Freeman.

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Research shows that education reduces stigma.

What do you need to learn more about?
- Brain Science of Addiction
- Mental Health Disorders
- Brain Science of Trauma
- Medication-Assisted Treatment (MAT)

National Academies of Sciences, Engineering, and Medicine. (2016). Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington, D.C.: National Academies Press.

Corrigan, P. W., Morris, S. B., Michaels, P. J., Rafacz, J. D., & Rüsch, N. (2012). Challenging the public stigma of mental illness: a meta-analysis of outcome studies. *Psychiatric Services, 63*(10), 963–973.

Griffiths, K. M., Carron-Arthur, B., Parsons, A., & Reid, R. (2014). Effectiveness of programs for reducing the stigma associated with mental disorders. A meta-analysis of randomized controlled trials. *World Psychiatry, 13*(2), 161–175.

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Experiences can change our beliefs.

National Academies of Sciences, Engineering, and Medicine. (2016). Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change. Washington, D.C.: National Academies Press.

Corrigan, P. W., Morris, S. B., Michaels, P. J., Rafacz, J. D., & Rüsch, N. (2012). Challenging the public stigma of mental illness: a meta-analysis of outcome studies. *Psychiatric Services, 63*(10), 963–973.

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What are ways that you could interact more with people with stigmatized conditions?

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Ask those you serve with various conditions how practices and policies may impede

- access to services;

- compliance with treatment; and

- overall healing and well-being.

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Four Ways to Reduce Stigma

1. Change our language and labels

2. Learn about the issue

3. Personal experiences

4. Review practices and policies

Livingston, J., D., Milne, T., Lan Fang, M., & Amari, E. (2011). The effectiveness of interventions for reducing stigma related to substance use disorders: a systematic review. Addiction, 107, 39-50.

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What if we could eliminate stigma?

Adam Blua, Chief Psychiatrist for the New York City Board of Education in 1946, "warned, that unless retrained, left-handed children risked severe developmental and learning disabilities..."

Kushner, H. I. (2011). Retraining the King's left hand. *The Lancet, 377*(9782), 1998–1999, page 1998.

Help&*Hope*WV

www.HelpandHopeWV.org

Help & Hope WV connects people to information, tools, directory of services, calendar of trainings, and events across the state.

Help&*Hope*WV

StigmaFreeWV

www.StigmaFreeWV.org

StigmaFree WV provides information about the types of stigma experienced by individuals with substance use disorder, stories of recovery, and how people can get involved.

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