

Dismantling Stigma Around Psychiatric & Addictive Disorders

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- NIDA
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Let's start with an activity!

QUESTION 1. People who struggle with addiction should be “cut off.”

TRUE or FALSE?

Let's start with an activity!

QUESTION 1. People are more likely to be cut off. ”

with addi

FALSE

FALSE?

QUESTION 2. People diagnosed with schizophrenia are violent or dangerous.

TRUE or FALSE?

QUESTION 2. People with schizophrenia are dangerous.

FALSE

FALSE?

dangerous.

QUESTION 3. Just because you start psychiatric medications, doesn't mean you have to take them forever.

TRUE or FALSE?

QUESTION 3. Just because
psychiatric medication
has to be used

TRUE

FALSE?

WHAT IS STIGMA?

Negative stereotypes, judgments, and prejudice that can lead to discrimination.

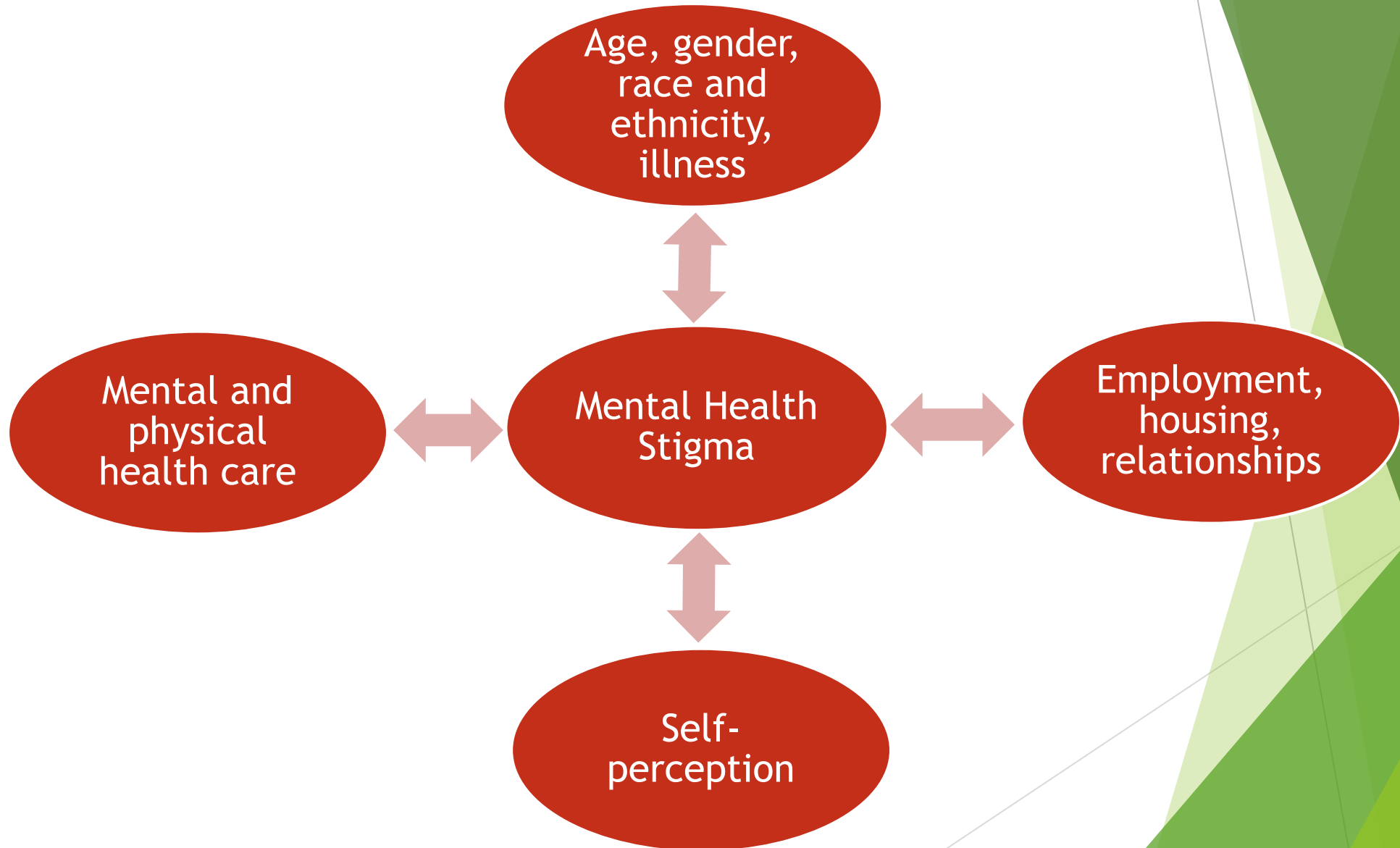


TYPES OF STIGMA

		TYPES			
		Public	Self	Label Avoidance	Structural
social cognitive S T R U C T U R E S	Stereotypes and Prejudice	<i>People with mental illness are dangerous, incompetent, to blame for their disorder, unpredictable.</i>	<i>I am dangerous, incompetent, to blame. [Leads to lowered self-esteem and self-efficacy]</i>	<i>I perceive that the public disrespects and discriminates against people with mental illness.</i>	Stereotypes are embodied in laws and other institutions.
	Discrimination	<i>Therefore, employers will not hire them, landlords will not rent to them, primary care providers will offer a worse standard of care.</i>	<i>Why try: Someone like me is not worthy or unable to work, live independently, have good health.</i>	<i>I do not want this. I will avoid the label by not seeking out treatment.</i>	Leads to intended and unintended loss of opportunity.

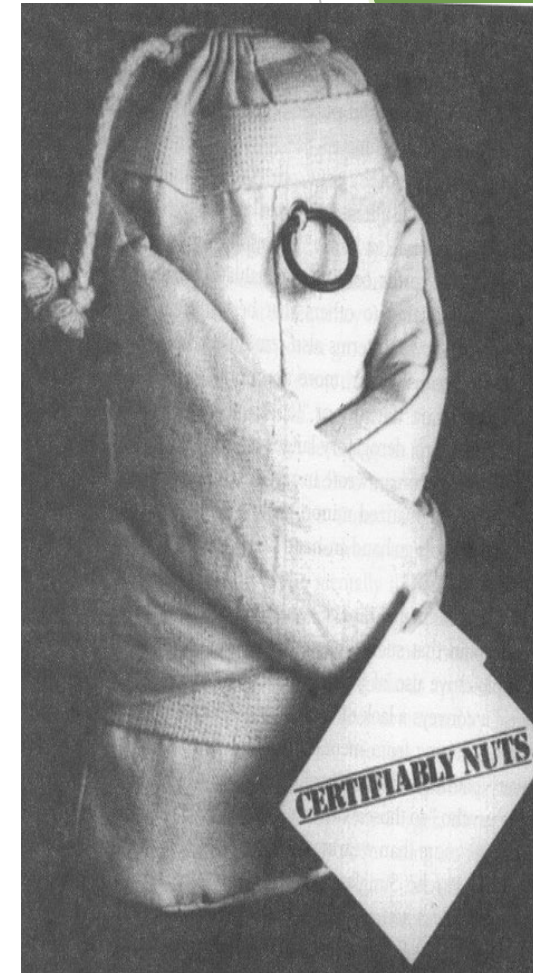
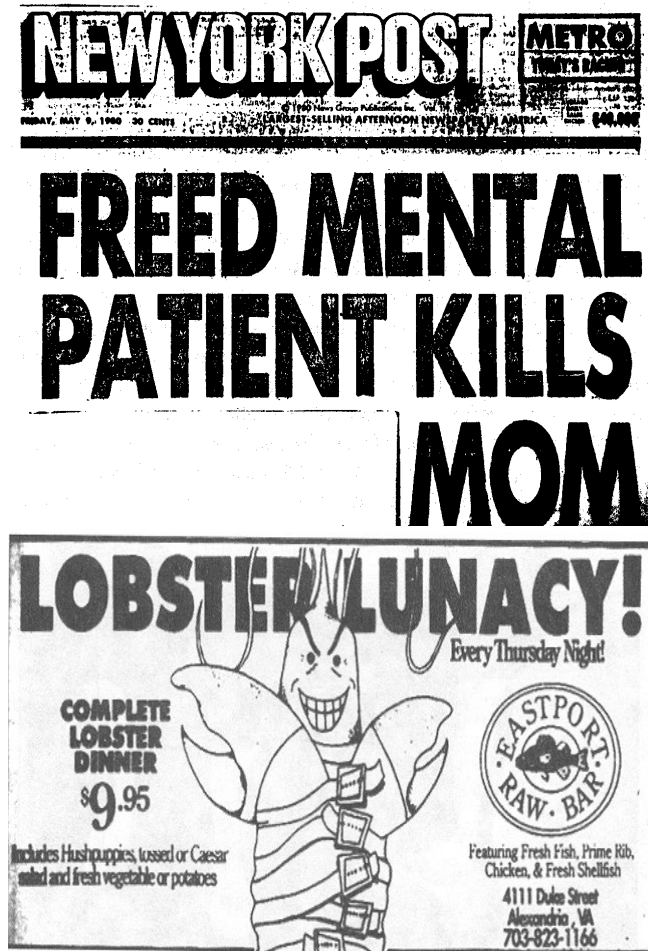
Fig. 1. A matrix describing the stigma of mental illness.

THE FAR-REACHING HARM OF STIGMA



HOW RELEVANT IS STIGMA?

Historical representations of mental illness and addiction



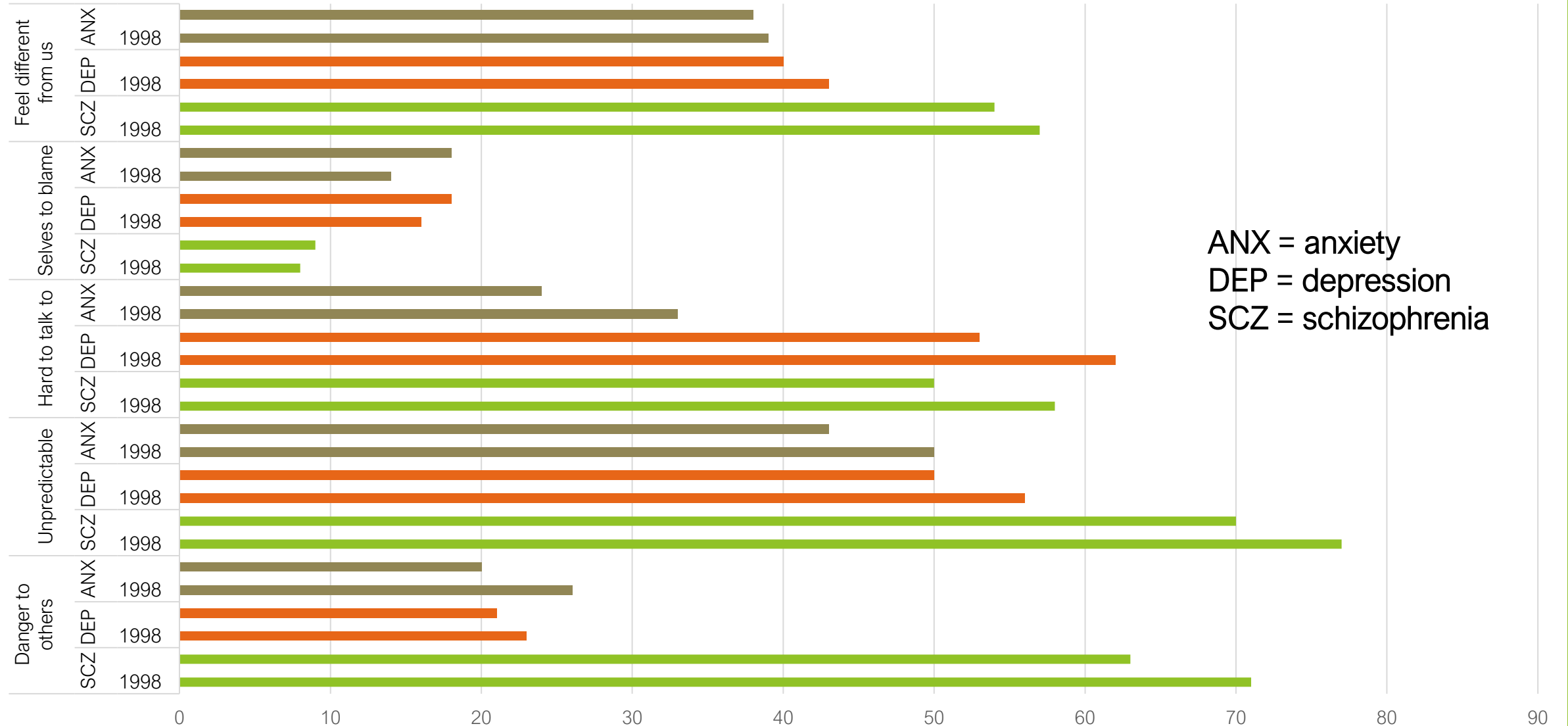
HOW RELEVANT IS STIGMA?

Present day representations of mental illness and addiction



STIGMA IS NOT UNIFORM

Percent of Sample Endorsing Negative Statements



STIGMA MAY BE AN ESPECIALLY INFLUENTIAL BARRIER FOR SOME AGE GROUPS

- ▶ Youth and adolescents have a need to preserve social identity and social capital making stigma especially detrimental
- ▶ Family stigma
- ▶ Bullying
- ▶ Additional research needed: how to implement child- and adolescent-focused stigma reduction approaches across levels of influence for youth (e.g., school, family)



Hinshaw, 2005; Mukolo et al., 2010; Kaushik et al., 2016

Racial & Ethnic Minorities

- ▶ Often experience other social adversities such as poverty and discrimination within policies and institutions and low socio-economic background
- ▶ Intersectional impact of stigma accounts for the underutilization of mental health services among those who are affected
- ▶ Major clinical implication tailoring anti-stigma strategies according to the specific racial and/or ethnic backgrounds with the intention to improve mental health outreach

Eylem et al., 2020; Gronholm et al., 2019

HOW DOES STIGMA IMPACT MENTAL & PHYSICAL HEALTH CARE?



HOW DOES STIGMA IMPACT MENTAL & PHYSICAL HEALTH CARE?



“If it’s a big amount, like if it’s a \$20 gift card, and they’re still in active addiction, they’re gonna sell it for 15, and that’s the truth.”

“I mean, kids do great with the rewards system. I think drug addicts would, too. You know?”

HOW DOES STIGMA IMPACT MENTAL & PHYSICAL HEALTH CARE?

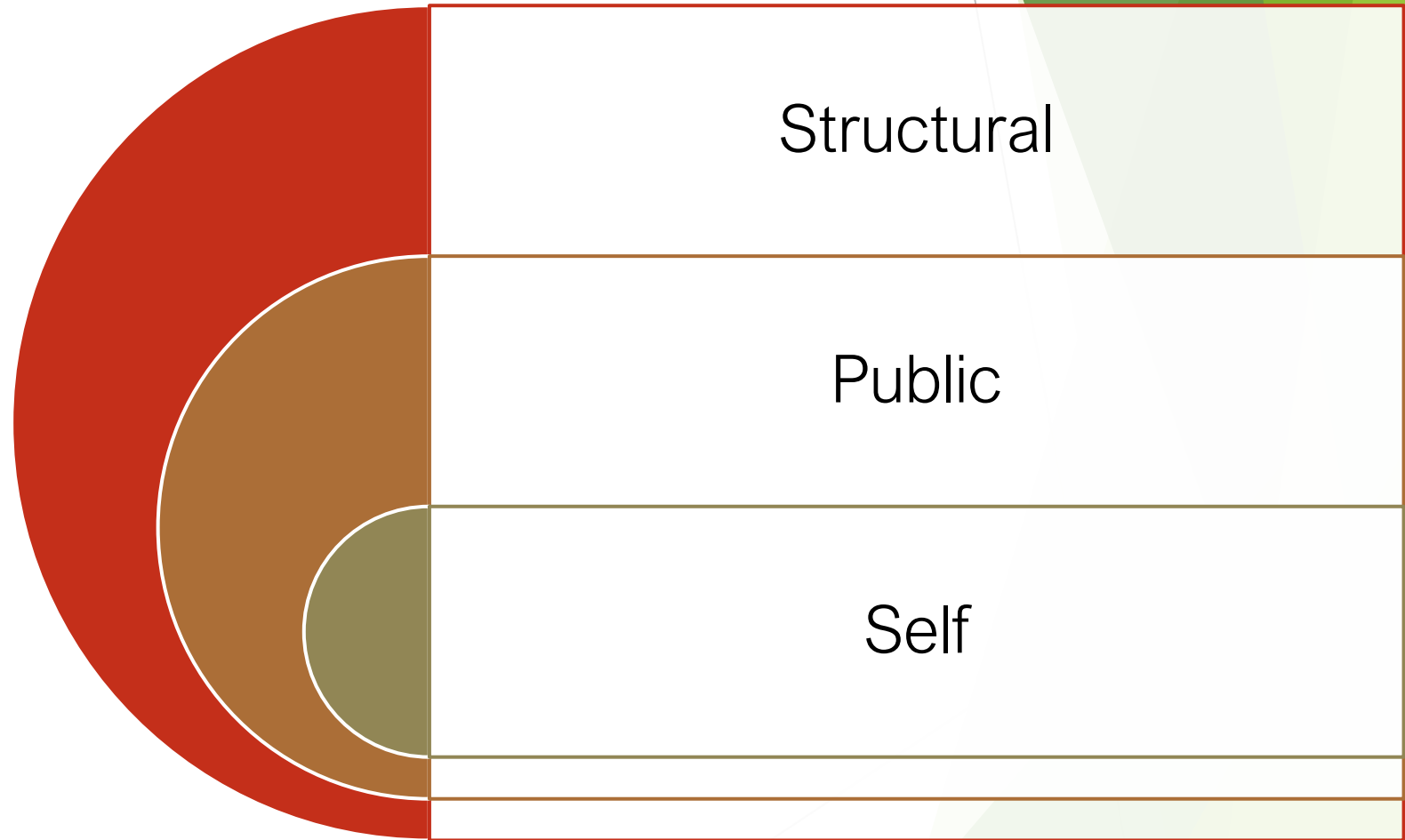


**STIGMA ALSO IMPACTS
EMPLOYMENT, HOUSING, AND
OVERALL WELL BEING!**

WHAT ABOUT STIGMA AND COVID-19?

- ▶ COVID-19 has:
 - ▶ **Exacerbated economic stress** which has intensified mental health problems and substance use
 - ▶ Caused **isolation and job loss** → poor mental health outcomes
 - ▶ **Created additional barriers** for those with psychiatric and substance use disorders
 - ▶ **Worsened stigma** for already vulnerable groups
 - ▶ “**Culture of stigma**” and racial healthcare **inequities**
 - ▶ Possible *reduction* of stigma during pandemic and “new norm” with mental health challenges
 - ▶ Innovative **public health measures** warranted

DISMANTLING STIGMA AT MULTIPLE LEVELS





DISMANTLING STIGMA AT MULTIPLE LEVELS

Education
Openness
Challenge self-stigma
Practice empowerment & build resilience
Humanize people with mental illness
Increase contact
Language



Self

CHANGING OUR LANGUAGE: A GREAT STARTING PLACE

- ▶ Expanding language choices can reduce stigma



Recovery Dialects

Language matters but can change depending on the setting we are in. Choosing when and where to use certain language and labels can help reduce stigma and discrimination towards substance use and recovery.

	Mutual Aid Meetings	In Public	With Clients	Medical Settings	Journalists
Addict	✓	✗	✗	✗	✗
Alcoholic	✓	✗	✗	✗	✗
Substance Abuser	✗	✗	✗	✗	✗
Opioid Addict	✓	✗	✗	✗	✗
Relapse	✓	✗	✗	✗	✗
Medication-Assisted Treatment	✗	✗	✗	✗	✗
Medication-Assisted Recovery	✓	✓	✓	✓	✓
Person w/ a Substance Use Disorder	✓	✓	✓	✓	✓
Person w/ an Alcohol Use Disorder	✓	✓	✓	✓	✓
Person w/ an Opioid Use Disorder	✓	✓	✓	✓	✓
Long-term Recovery	✓	✓	✓	✓	✓
Pharmacotherapy	✓	✓	✓	✓	✓



RECOVERY
RESEARCH
INSTITUTE

ADDICTIONARY® ADDICTION RECOVERY RESEARCH MULTIMEDIA NEWS AND OPINIONS ABOUT

Addictionary®

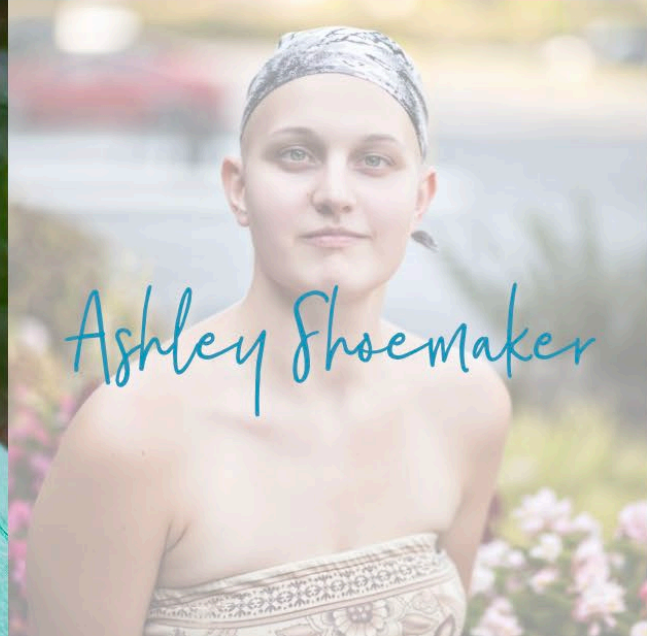
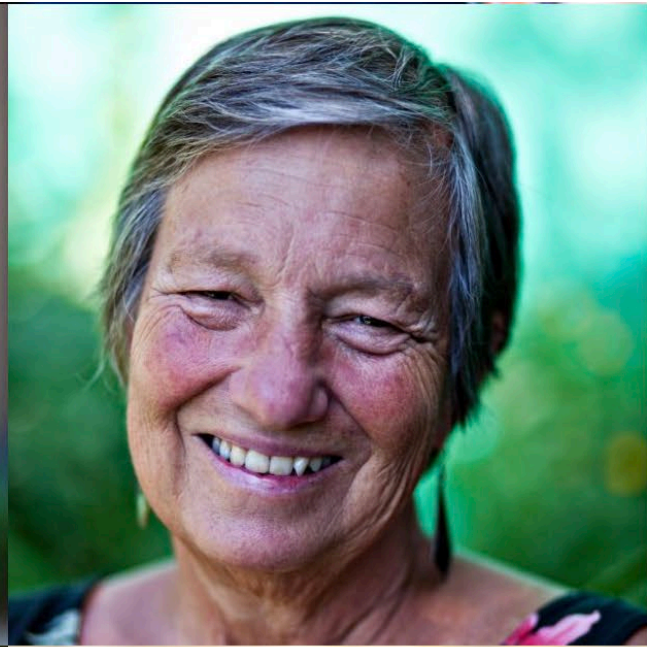
If we want addiction destigmatized,
we need a language that's unified.

The words we use matter. Caution needs to be taken,
especially when the disorders concerned are heavily
stigmatized as substance use disorders are.

DISMANTLING STIGMA AT MULTIPLE LEVELS

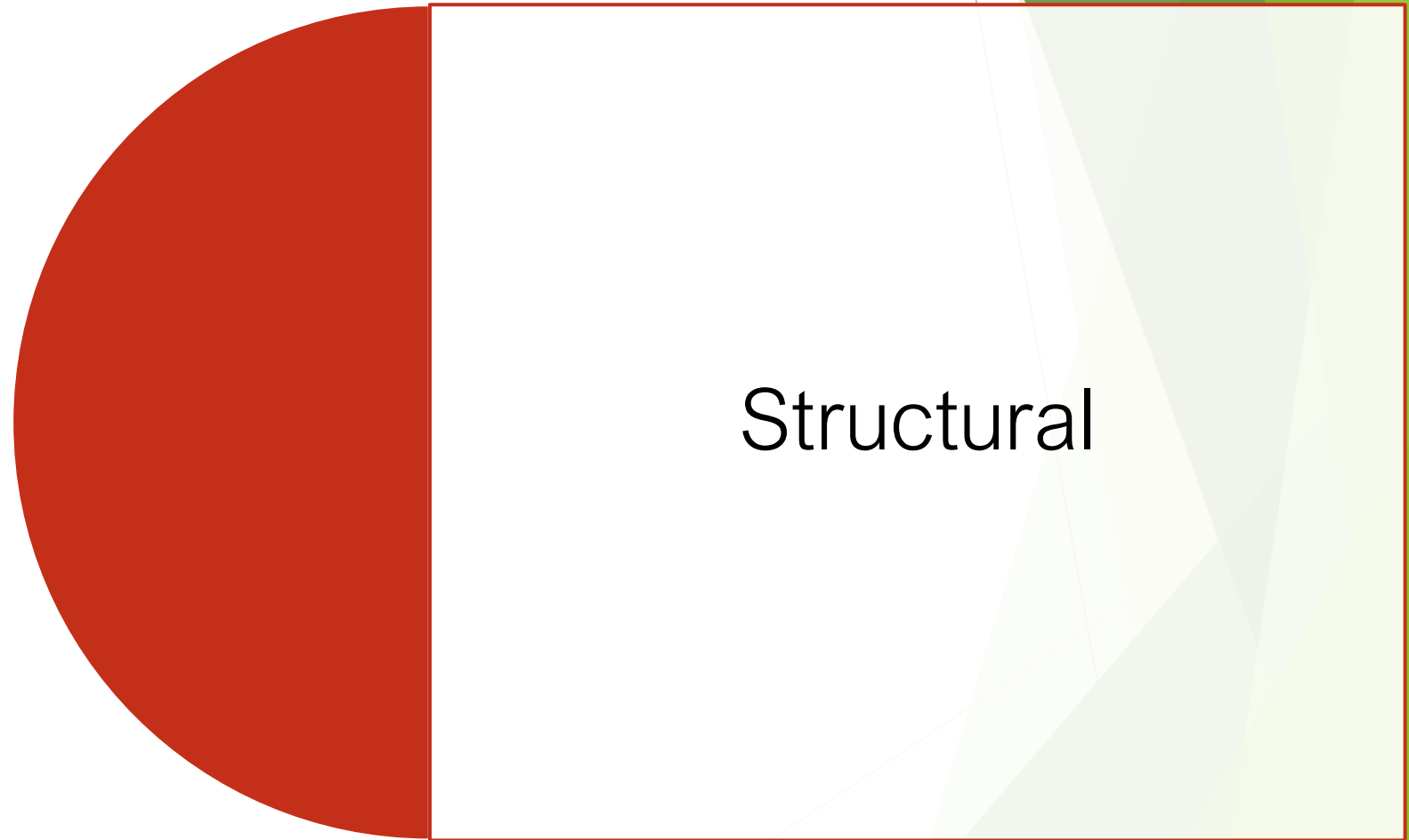
Education
Protest
Increased contact
Addressing cultural barriers





DISMANTLING STIGMA AT MULTIPLE LEVELS

Advocacy
Policy



"Doctor Shopping and Drug Seeking"

*Punishing vulnerable
patients is counter-
productive*

"Prescription Fentanyl is Driving Overdoses"

*Distinguishing between
Illicit and
Pharmaceutical
Fentanyl*

"Junkie"

*Stigmatizing
Language about
Substance Use*

"Narcan Parties"

*Misinformation
about Naloxone*

"They Need to Face the Consequences"

*The dangers of hitting
rock bottom*

"First Responders Overdose After Touching Fentanyl"

*Myths Surrounding
Fentanyl*

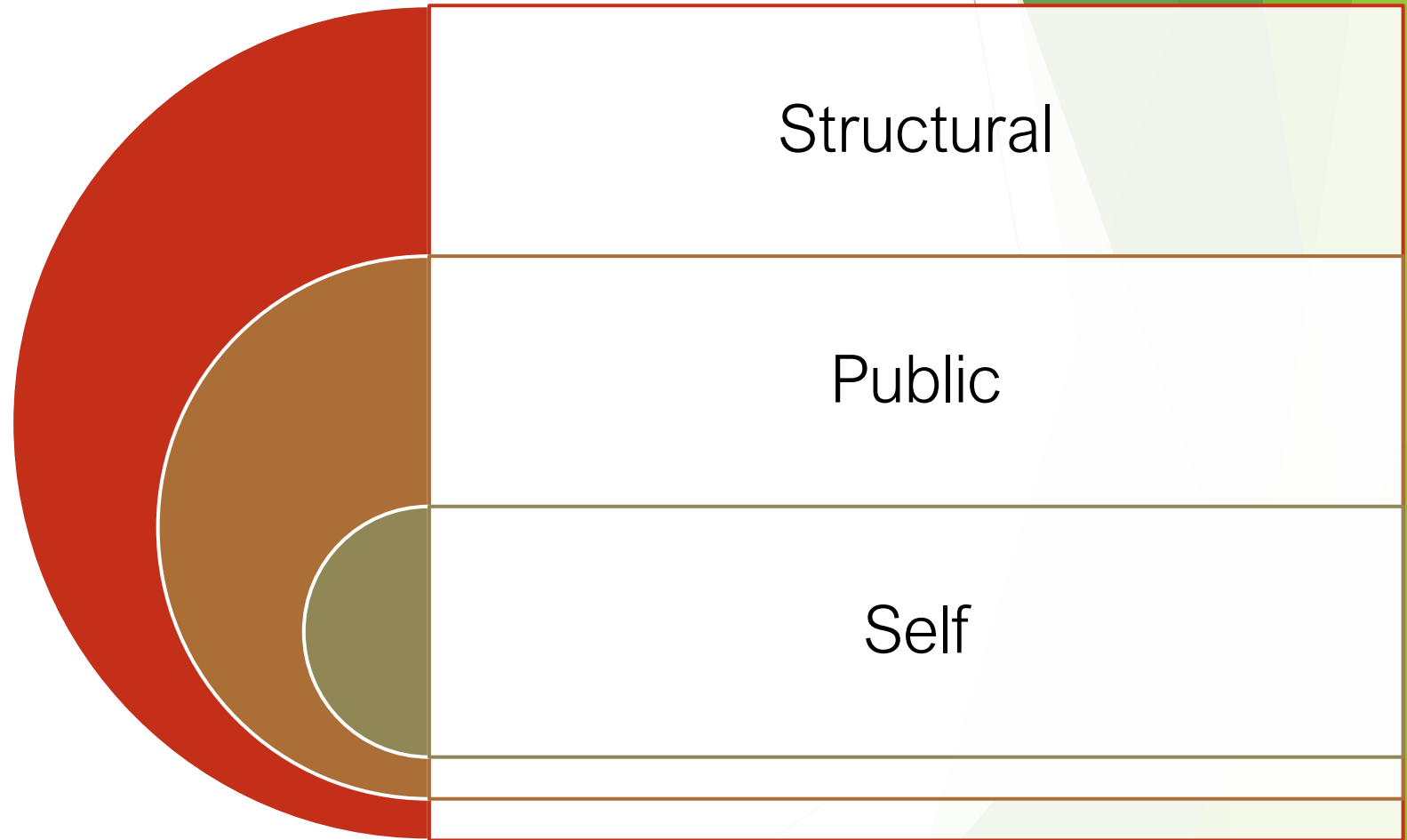
"Felons & Convicts"

*Stigmatizing Language
for Justice-Involved
People*

"Jails Saved His Life"

*The Problem with
Framing Jails as a
Treatment Solution*

WHAT'S ONE STEP YOU CAN TAKE TODAY TO BEGIN DISMANLTING STIGMA?



ACKNOWLEDGEMENTS

OUR PATIENTS, THEIR FAMILIES &
CONCERNED SIGNIFICANT OTHERS