

2018 *Symposium*

"Shhh... Let's Not Talk About That Now" - Stigma: A Barrier to Progress

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June 21, 2018 | 3:15 PM – 4:15 PM



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

- Defining Stigma
- How Stigma Shows Up
- Why Stigma Matters
- Ways to Reduce Stigma



Defining Stigma

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

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

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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Defining 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).



“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.

Defining Stigma

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.



“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.

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

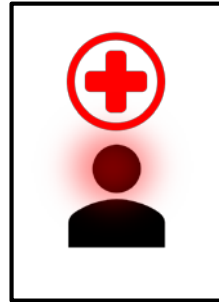
Merrill, J. E., & Monti, P. M. (2015). Influencers of the stigma complex toward substance use and substance use disorders. USA: Center for Alcohol and Addiction Studies, Brown University.

Defining Stigma

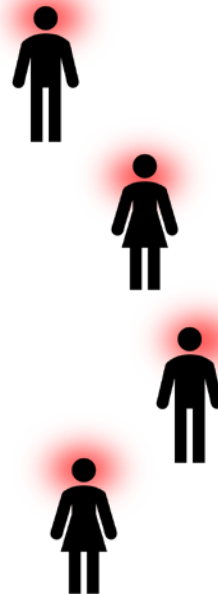
Public Stigma



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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Defining Stigma

Public Stigma

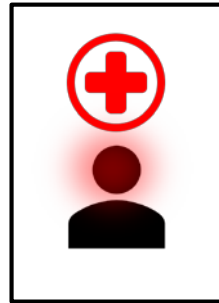


Structural Stigma

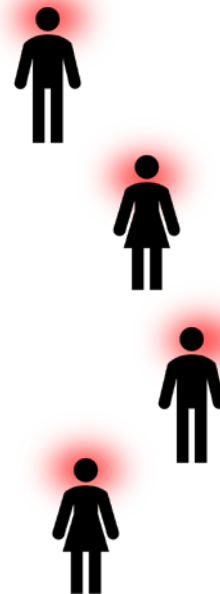


Laws, Policies, Rules

Self Stigma



Courtesy Stigma



Structural Stigma

- Increase barriers
- Reduce access to treatment and on-going care
- Reduce employment opportunities
- Poor health outcomes

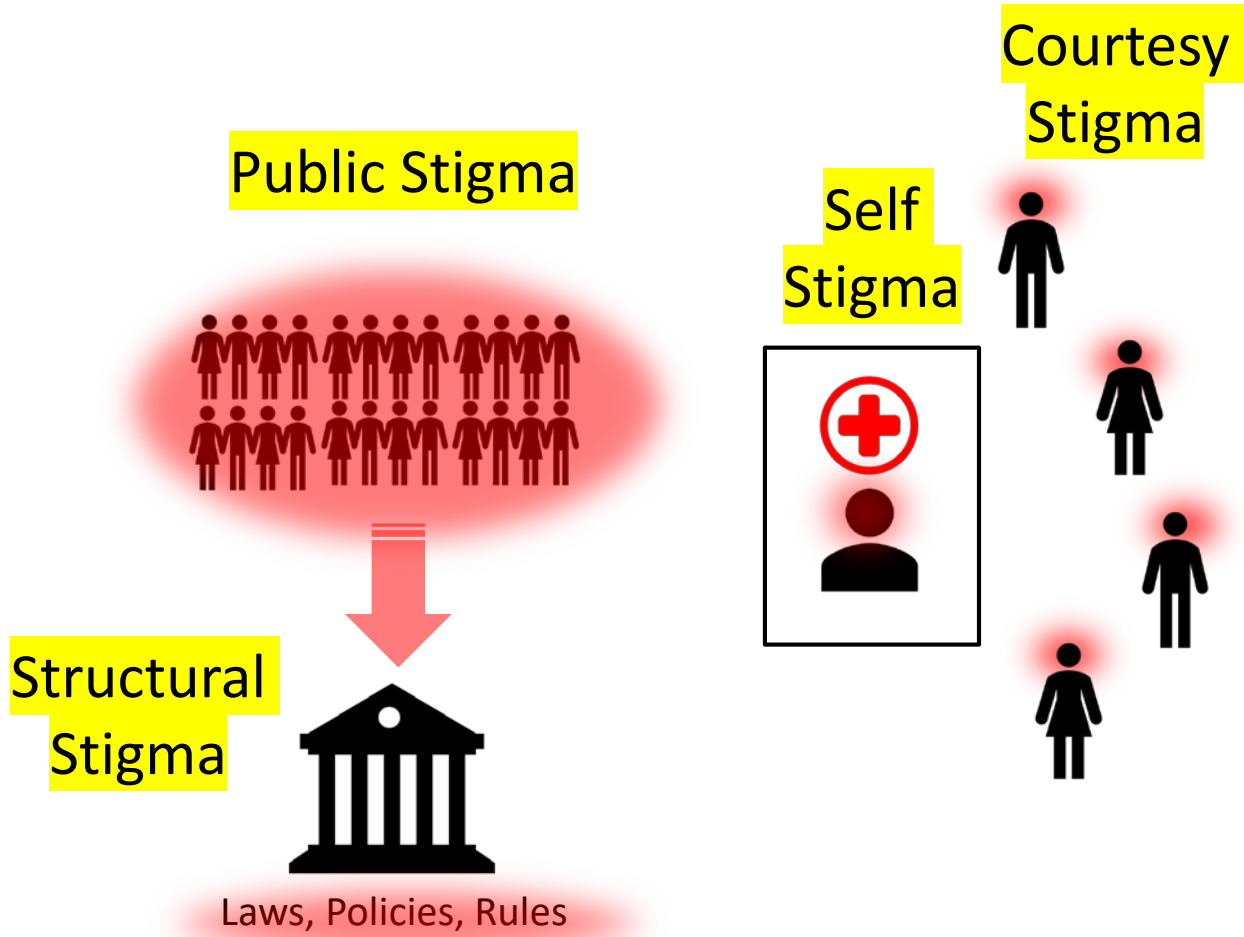


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Defining Stigma



Activity

With a partner at your table, discuss how you have seen these different kinds of stigma (Public, Self, Courtesy, and Structural) show up.



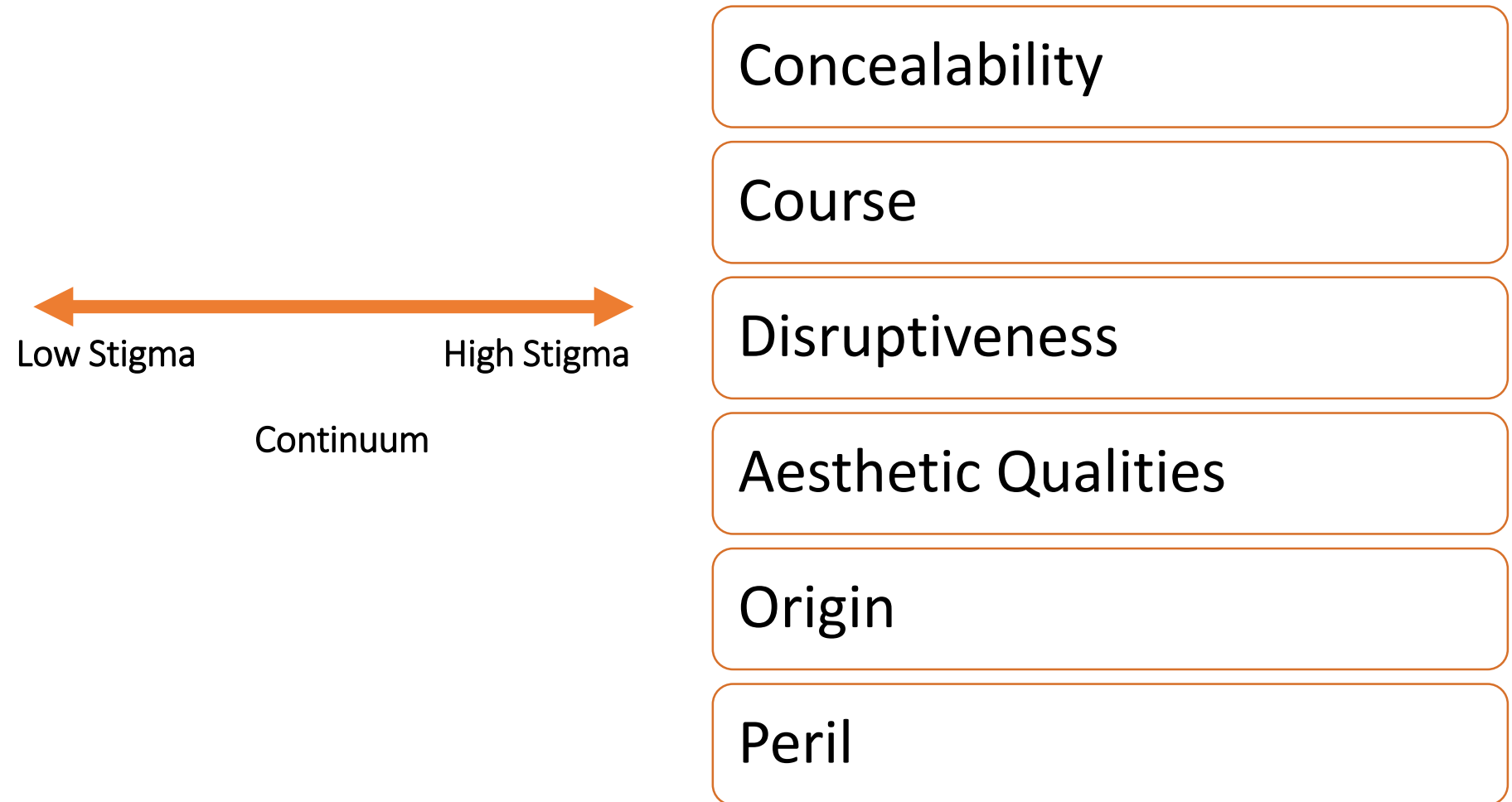
I began to wonder....

What are the differences
between non-stigmatized
versus stigmatized
conditions?

Theories

- Labeling Theory
- Attribution Theory

Six Contributing Factors



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

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.



Activity – Personal Action Plan

As we talk through each of the ways we can reduce stigma, time will be provided to reflect and write down some of your thinking on Personal Action Plan provided in your workbook.



Language and Labels

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>



Language and Labels

Common Labels

>>

Person First Language

Addict

Has a substance use disorder

Schizophrenic

Has schizophrenia

Learning Disabled

Has a learning disability

Autistic

Has autism

Southpaw, lefty,

Is left handed

<https://www.samhsa.gov/capt/sites/default/files/resources/sud-stigma-tool.pdf>



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Reflection - Language and Labels

How could the language you use personally or professionally change to be more inclusive and less stigmatizing?



Education - Learn About the Issue

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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Learn About the Issue

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.



Reflection – Education

What are some stigmatizing assumptions you are making that need to be challenged?

What are some learning opportunities you are willing to seek out?



Personal Experiences

Experiences can change our beliefs.

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Reflection – Experiences

What experiences either personally or professionally have changed your world views and expanded your thinking?

What are some intentional experiences you can seek out to reduce stigma?



Review Practices and Policies

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.



Reflection – Practices and Policies

What practices and policies in your organization might be contributing to stigma?

How could these practices or policies be changed?





What if we could eliminate stigma?

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