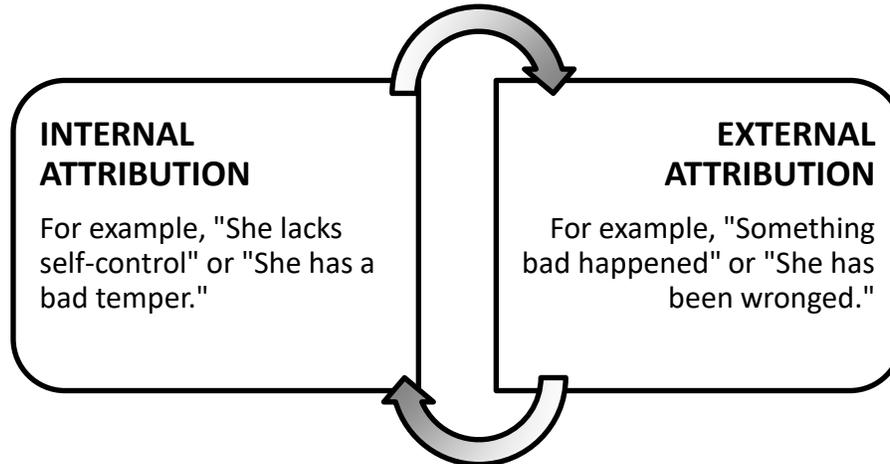


Stigma Training Video #5 (Part 2 of 2): HOW CAN I MAKE A DIFFERENCE?

ATTRIBUTION THEORY

Attribution theory is concerned with how and why ordinary people explain events the way they do. The theory suggests that we attach meaning to other people's, and our own, behaviors to arrive at an explanation. ¹

INTERNAL AND EXTERNAL ATTRIBUTION ¹



EDUCATION ²	EXPERIENCES ³
Education is about learning factual information about stigmatized conditions and correcting misinformation.	People without a stigmatized condition have little meaningful contact with those who have the conditions.
PRACTICES AND POLICES	
Practice and policies may impede access to services and compliance with treatment.	

REFLECTION QUESTIONS

- What are some of the stigmatizing assumptions you are making that need to be challenged?
- What are some learning opportunities you are willing to seek out?
- What are some intentional experiences you can seek to reduce stigma?
- What practices and policies in your organization might be contributing to stigma? How could these practices or policies be changed?

¹ Hing, N., Russell, A. M. T., & Gainsbury, S. M. (2016). Unpacking the public stigma of problem gambling: The process of stigma creation and predictors of social distancing. *Journal of Behavioral Addictions*, 5(3), 448–456. <https://doi.org/10.1556/2006.5.2016.057>

² 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.

³ *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. <https://doi.org/10.17226/23442>