

Stigma, Empathy and Trauma Informed Care

Harm Reduction Series #3



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

WELCOME

Please introduce yourself in the chat box with your:

Full name

community

and organization (if applicable)



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

AGENDA

- Introductions
- Technical support
- Continuous education credits
- Speakers present
- Discussion and Q+A



OUR SUPPORT TEAM

Marla Wehrli – AmeriCorps VISTA
(Facilitator)

Hannah Warren – HIV/STD Prevention Program Manager
(Technical support and chat monitor)

Jenn Summers – Substance Misuse Prevention Program Manager
(Technical support and chat monitor)

Jeni Williamson – HIV/STD Prevention Project Coordinator
(Continuous education credits)

What inspired you to join today?



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

CONTINUING EDUCATION

Approved Provider Statements:

Alaska Native Tribal Health Consortium (ANTHC) is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

ANTHC is approved as a provider of nursing continuing professional development by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

Contact Hours:

ANTHC designates this live activity for a maximum of 18 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANTHC designates this activity as meeting the criteria for one nursing contact hour credit for each hour of participation up to a maximum of 18 hour(s).

Conflict of Interest Disclosures:

None of the presenters and planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Requirements for Successful Completion:

To receive CE credit please make sure you have your attendance recorded by staff, contact info acquired and kept on-hand in a secure, confidential place by the staff/moderators and the ANTHC Approved CE Provider Unit. Partial credit of 1.5 contact hours provided for each monthly session of participation.

The credit certificate for each session is automatically provided to the learner upon completion/submitted electronic evaluation form accessed through this link: <https://forms.gle/C3C8QHtGJvq8cVo36>

For more information contact jfielder@anthc.org or (907) 729-1387



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



TECHNICAL SUPPORT

- Series is recorded
- Your line will be muted during the presentation.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

OUR VISION:

Alaska Native people are the
healthiest people in the world.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Wellness and Prevention

Promoting wellness through culturally responsive prevention services



ANTHC Wellness and Prevention Services
anthc.org/wellness/

 ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

SUBSTANCE MISUSE - HIV/STD PREVENTION

- Preventing substance misuse and dependence.
- Reducing prevalence of STI's and HIV in Alaska, promoting sexual health and healthy relationships.



*Providing free prevention resources,
testing kits, educational materials.
iknowmine.org*

HARM REDUCTION TRAININGS

We discuss harm reduction strategies and resources in Alaska. Our guest speakers are Alaska-based experts in the field of harm reduction.

The goal is to support, inspire and learn from one another to increase the well-being of individuals in our communities.

What is harm reduction?

A set of strategies that seek to reduce the harms (legal, social, health) associated with drug use and drug policies.

- grounded in social justice and respecting the rights of people who use drugs
- includes interventions to reflect individual and community needs.
- demands access to non-judgmental care, programs and policies that promote optimal health and social inclusion.

This program was made possible in part due to Amerisource Bergen funding.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

EXPERT SPEAKERS

Dr. Anne Zink, Chief Medical Officer

Venus Woods, Director of HIV Prevention and Education, 4A's



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Stigma, Empathy, and Trauma-Informed Care



Anne Zink, MD, FACEP

Chief Medical Officer, State of Alaska
Department of Health and Social Services
Emergency Medicine Physician

March 24, 2021

My Story into Public Health

- Emergency Medicine Physician
- All walks of life in the ER
- Downstream in opioid epidemic, 2017
- Lessons from patients
- Addiction is a disease, not a moral failing.



Me in 2021! That's another story 😊

Pieces of the Puzzle (1 of 2)



Pieces of the Puzzle (2 of 2)



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Source: World Health Organization

What is Stigma?

“the Other”

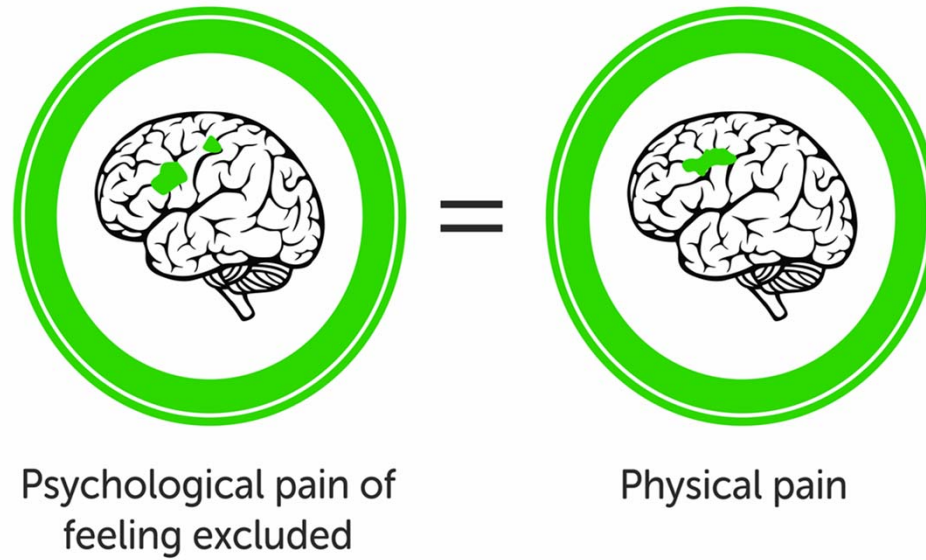
- Different types of stigma:
 - **Public stigma** - negative or discriminatory attitudes.
 - **Self-stigma** - negative attitudes about oneself, including internalized shame.
 - **Institutional stigma** - more systemic, involving policies of government and private organizations.



	Public	Self	Institutional
Stereotypes & Prejudices	People with mental illness are dangerous, incompetent, to blame for their disorder, unpredictable	I am dangerous, incompetent, to blame	Stereotypes are embodied in laws and other institutions
Discrimination	Therefore, employers may not hire them, landlords may not rent to them, the health care system may offer a lower standard of care	These thoughts lead to lowered self-esteem and self-efficacy: "Why try? Someone like me is not worthy of good health."	Intended and unintended loss of opportunity

Source: Adapted from Corrigan, et al.

Why is Stigma Problematic?



Eisenberger, Lieberman & Williams (2003); Cikara & Fiske (2011).

How does it function? What are the functions of it?

Shame Cycle

- The difference between shame and guilt
 - **Shame:** I am a bad person.
 - **Guilt:** I might be doing some bad things but I am not a bad person.

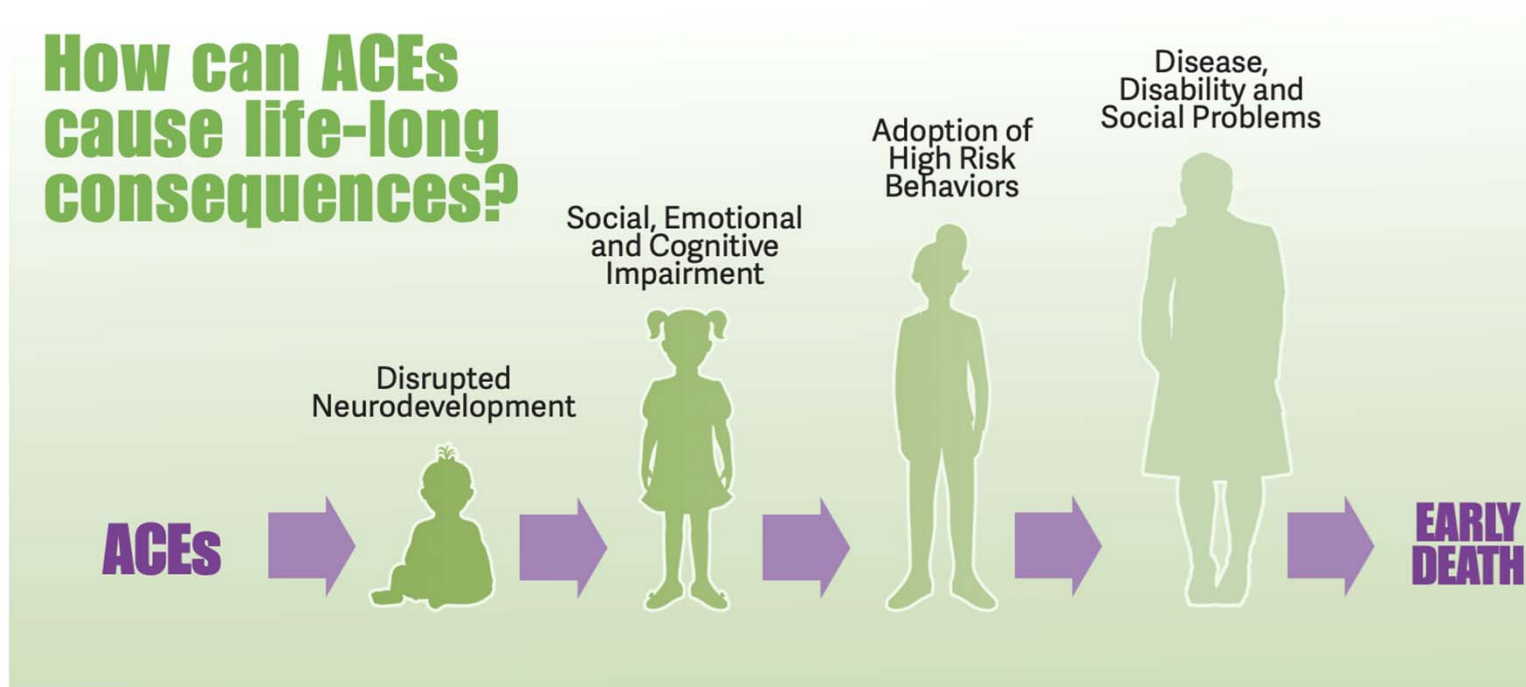


Help Reduce Stigma

- **Language Matters** – The way we talk about addiction and substance misuse can directly impact stigma.
- **Person-first language** encourages respect.
- Examine your own values and your use of language.
- Advocate to change language in policies

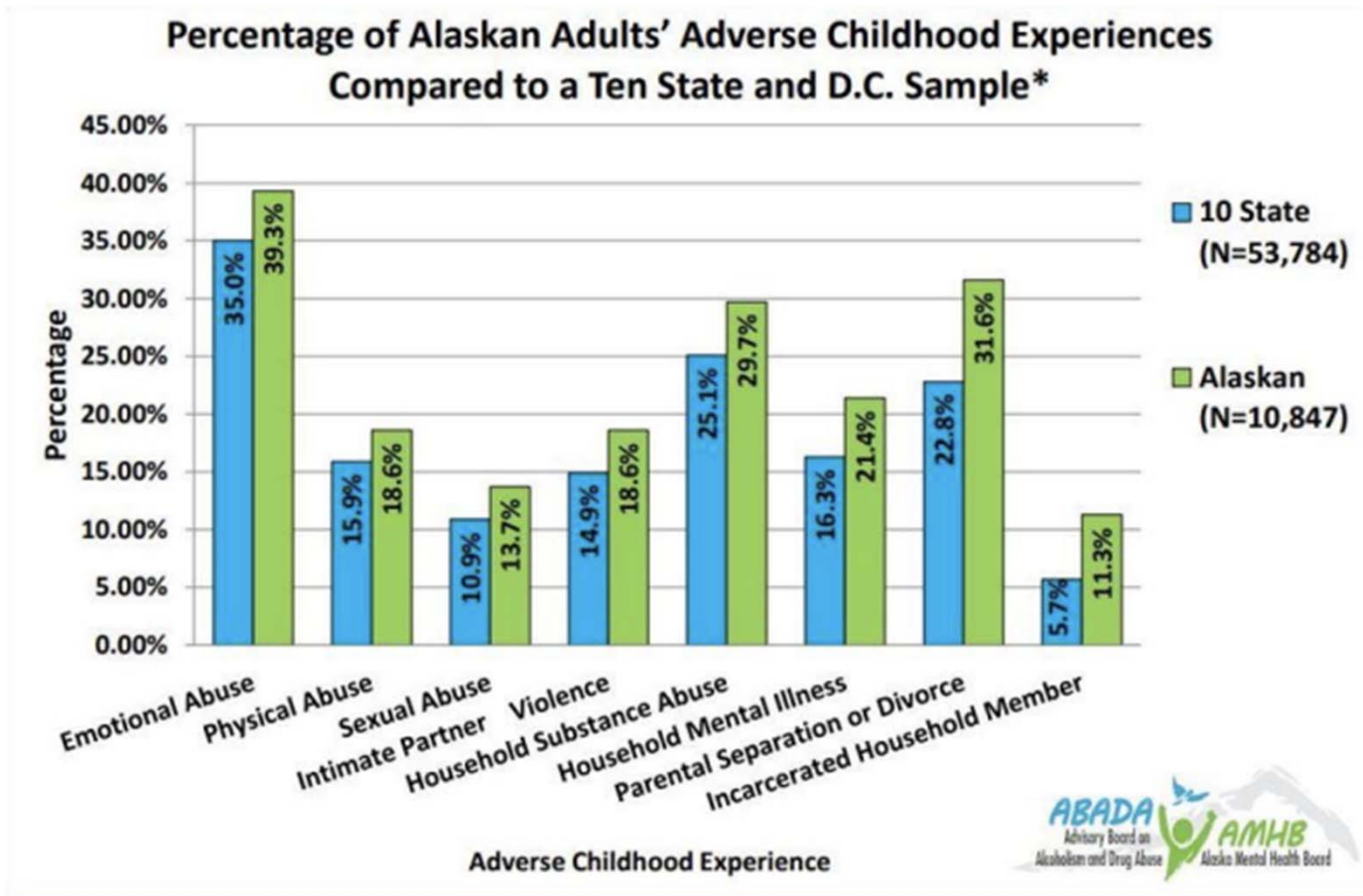
Instead of:	Use this:
Junkie	A person who uses drugs
Addict	A person with problematic drug use
Drug addict	
Druggie	
Drug user	
Drug abuser	
<hr/>	
A [substance] addict	A person with a [substance] use disorder <i>(e.g. a person with opioid-use disorder)</i>
<hr/>	
Abuse	Misuse
<hr/>	
Clean	Tested negative
Dirty	Tested positive
<hr/>	
Former addict	A person in recovery
Reformed addict	

Individual Trauma: Adverse Childhood Experiences



Source: Alaska Children's Trust based on <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.html>

Adverse Childhood Experiences – Alaska Snapshot



Source: 2018 BRFSS data

Community Trauma

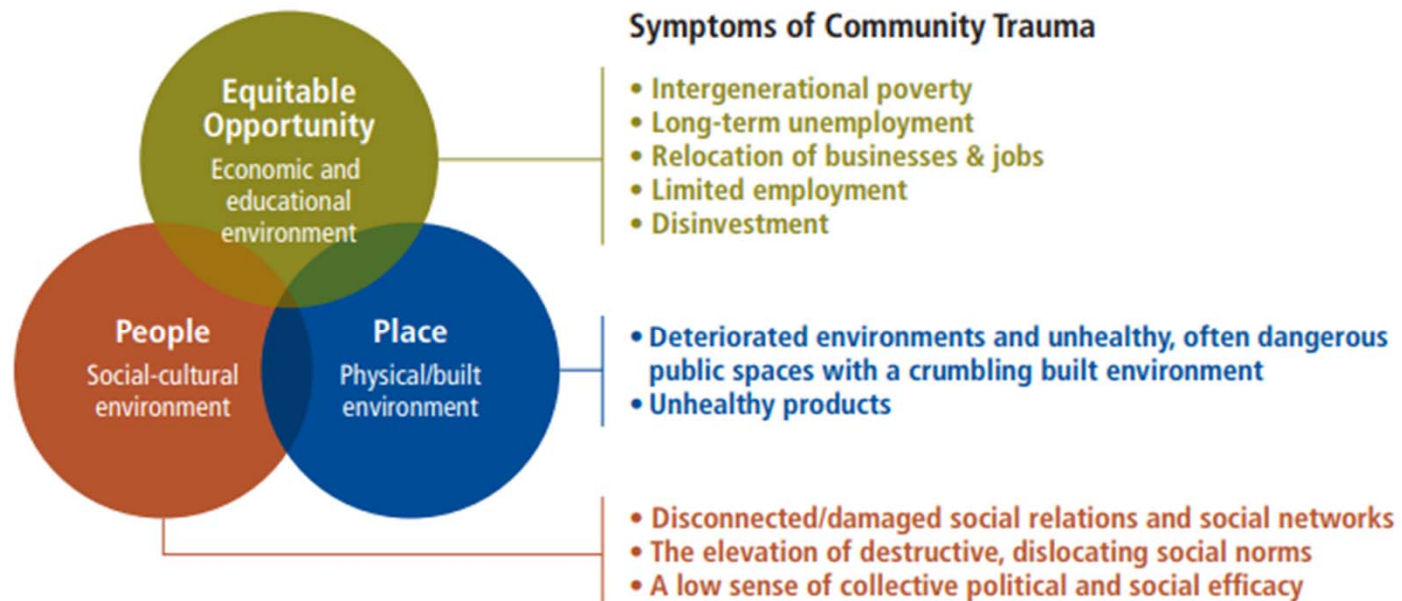


Figure 1 The Community Environment

What are alternatives and how do we get there?

- **Connection**
- Teaching how to hear one's story, and how to share one's story – how to get to **empathy**.
- Moving from “what's wrong with you?” to “What has happened to you and how can I help?”



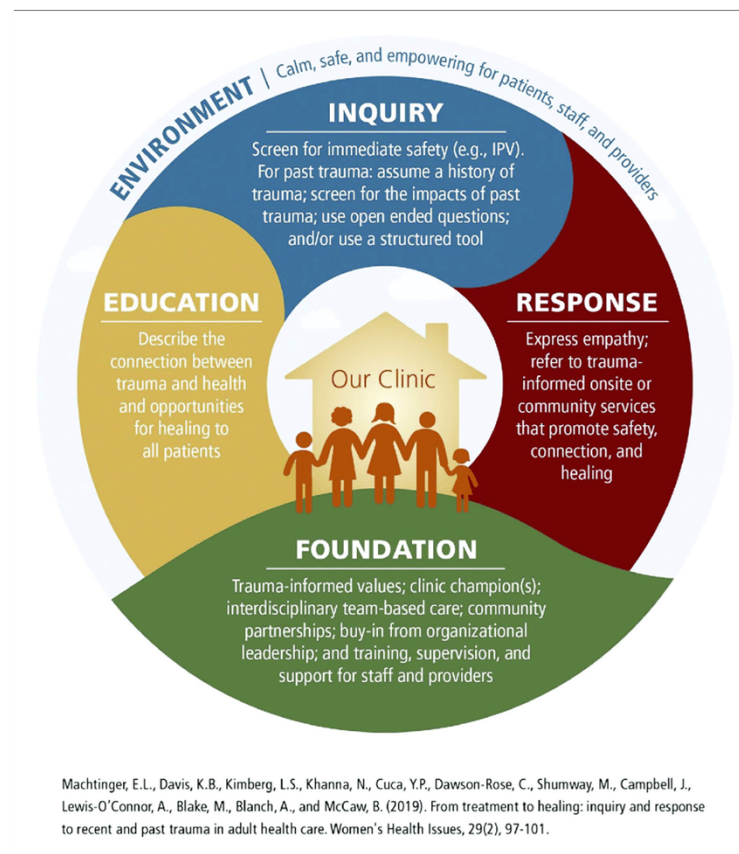
Resiliency and Protective Factors

- The presence of protective factors, particularly safe, stable, and nurturing relationships, can often mitigate the consequences of ACEs.
- Individuals, families, and communities can all influence the development of many protective factors throughout a child's life that can impact his or her development.



The Importance of Trauma-Informed Care

- Trauma-informed care at an individual level
- Trauma-informed care at an organizational level
- Trauma-informed care at a systems level



Thank You



STIGMA

A lack of respect for a person or a group of people because they have done something or have traits of which society disapproves. People with Substance Use Disorder (SUD) are referred to as junkies, crack heads, and worse.

They did it to themselves, they made poor decisions, they weren't strong enough to kick their dependency. These are a few ways in which society in a whole has been taught to see addiction.

Addiction has been portrayed more as a personal and moral failure than as a disease and health care issue. Addiction is a disease that affects a person's brain and behavior.

Addiction can be only on weekends. Addiction can be needing a little something just to get through the day. Addiction might have a great job and own their own house. Addiction may never drink and drive.

We need to start removing the stigma of addiction and looking at it as a healthcare issue.

HOW STIGMA HURTS

Stigma can negatively impact a number of areas including:

Willingness to attend treatment and access to healthcare.

Harm Reduction.

Self-esteem and Mental Health.

IMPACT ON TREATMENT

People who experience stigma around their drug use are less likely to seek treatment, and this results in economic, social and medical costs.

Perceived stigma in hospitals or doctors' offices can discourage people from accessing needed healthcare services.

The hoops people have to jump through that are trying to get into treatment. These are people that are already dealing with a substance use disorder, and on top of that trying to access treatment.
(Talk about this further)

IMPACT ON HARM REDUCTION

Harm Reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs “where they’re at,” and addressing conditions of use along with the use itself. Unfortunately, stigma can affect the public’s perception of evidence-based harm reduction strategies.

Syringe Service Programs- distribute sterile syringes, safer drug use supplies, and education to people who use/inject drugs. These harm reduction programs are proven to reduce HIV and HCV infection rates by about 50%.

Medication for Opioid Use Disorder (MOUD) – For people who want to reduce or stop using opioids, evidence-based approaches are available to do this safely. Medications for opioid use disorder are one such approach, and they are most effective for long-term success when someone chooses to start treatment (versus being coerced or mandated).

IMPACT ON HARM REDUCTION

Supervised consumption services – are designated sites where people can use pre-obtained drugs under the safety and support of trained personnel.

SOCIAL AND MENTAL IMPACT

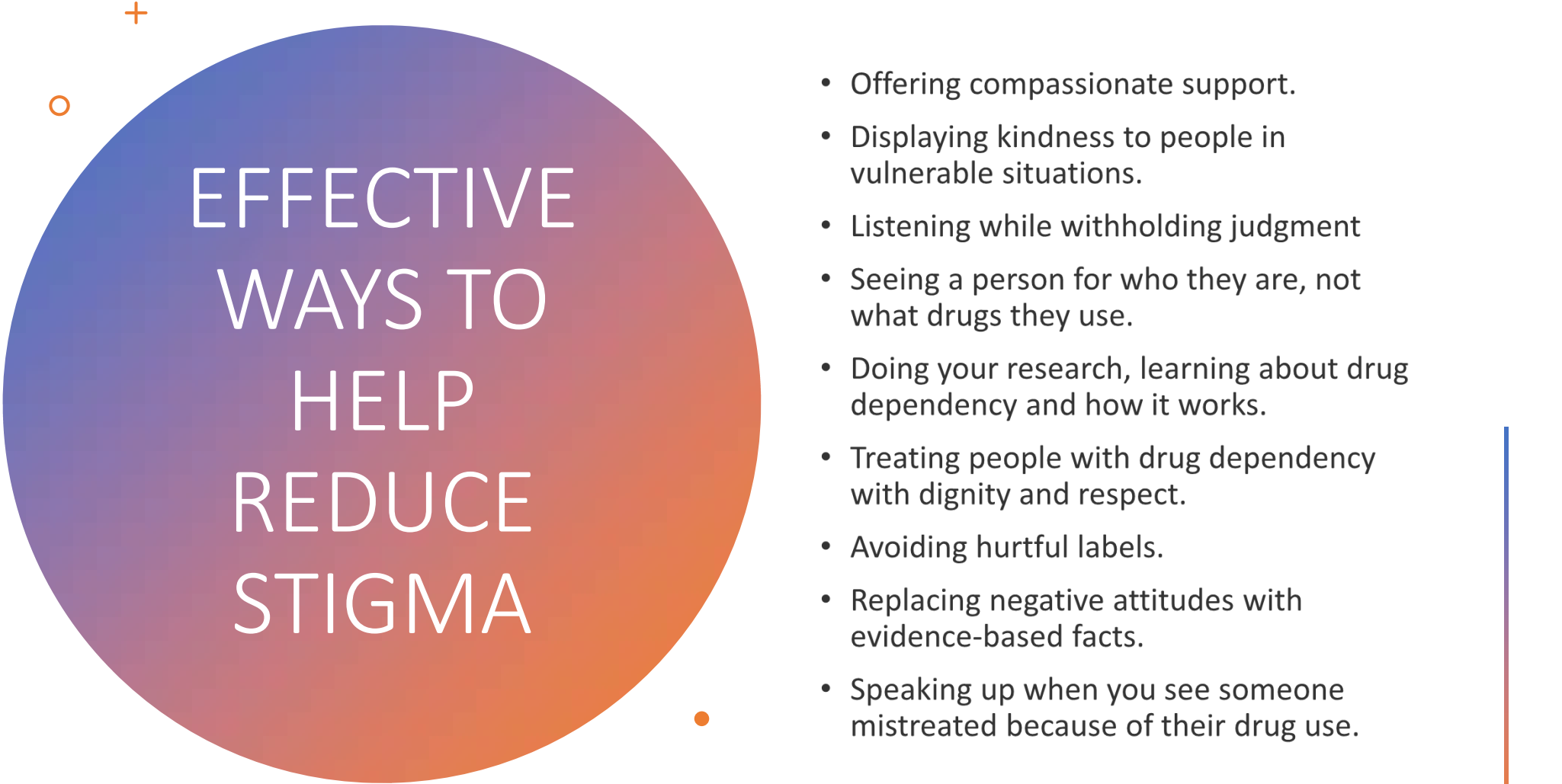
Stigma can cause major harm to people in their social lives. The chronic stress of discrimination may affect the mental and social health of individuals who use drugs.

People who use drugs can feel alone and may lose touch with their community and family and experience profound loneliness and isolation. When a person does not have social ties or a person to talk to, they are less likely to reach out for healthcare or treatment.

They are more likely to be depressed and may hide their drug use from health care providers to avoid stigma and drug shaming.

FIGHTING BACK AGAINST STIGMA

- People who use drugs receive stigma from healthcare workers, loved ones, and the general public. In order to encourage people to reach out for help and get on the path to recovery, it is important to reduce the stigma surrounding their situation.



EFFECTIVE
WAYS TO
HELP
REDUCE
STIGMA

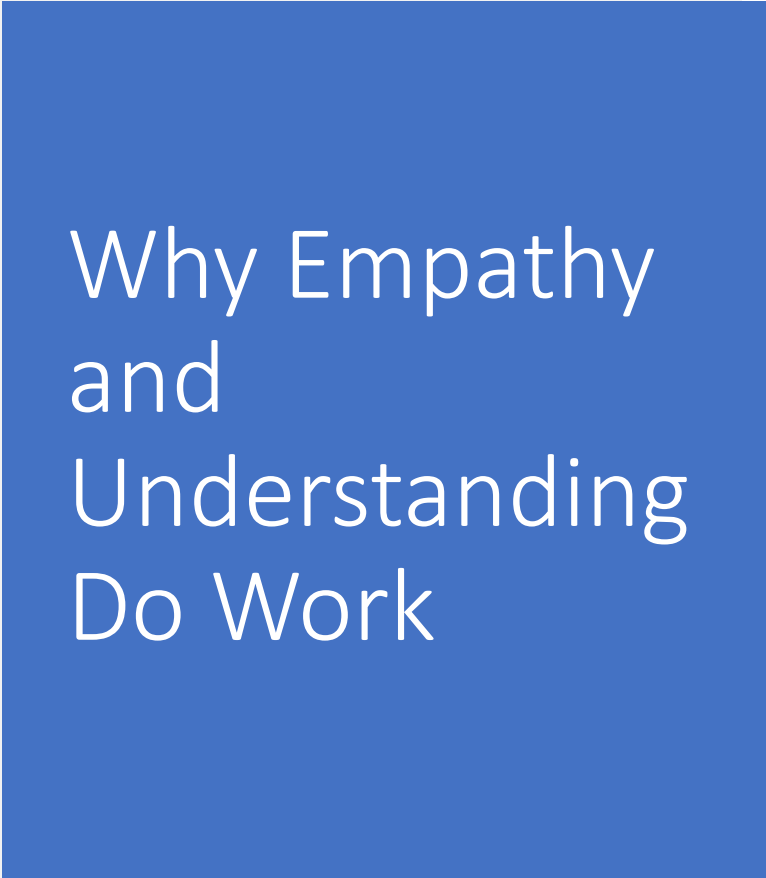
- Offering compassionate support.
- Displaying kindness to people in vulnerable situations.
- Listening while withholding judgment
- Seeing a person for who they are, not what drugs they use.
- Doing your research, learning about drug dependency and how it works.
- Treating people with drug dependency with dignity and respect.
- Avoiding hurtful labels.
- Replacing negative attitudes with evidence-based facts.
- Speaking up when you see someone mistreated because of their drug use.

EMPATHY

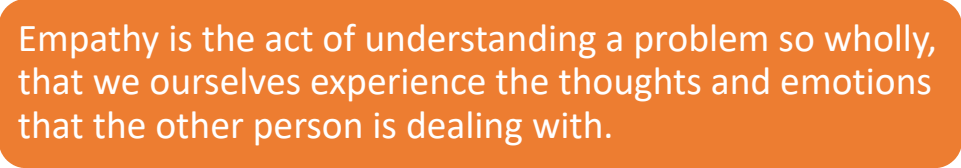
Empathy is the ability of an individual to comprehend and share the feelings of another. In other words, it is the capability of being able to picture yourself in someone else's shoes and understand why they are feeling the way they are.

Developing empathy is imperative for creating and maintaining healthy relationships. Without empathy, caring for others' feelings is insignificant. It is a struggle to have any opportunities to develop new, healthy relationships when respect for others' feelings is nonexistent.

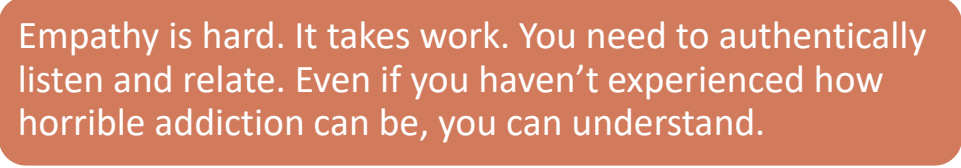
Addiction has a way of taking control of an individual's thoughts and feelings. Things that used to be of high importance are put on the back burner and replaced with the needs that addiction brings.



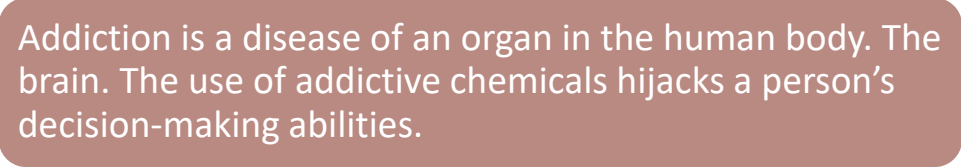
Why Empathy and Understanding Do Work



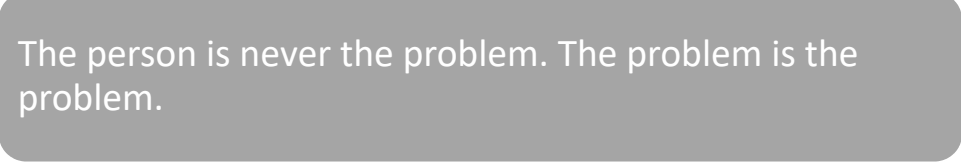
Empathy is the act of understanding a problem so wholly, that we ourselves experience the thoughts and emotions that the other person is dealing with.



Empathy is hard. It takes work. You need to authentically listen and relate. Even if you haven't experienced how horrible addiction can be, you can understand.



Addiction is a disease of an organ in the human body. The brain. The use of addictive chemicals hijacks a person's decision-making abilities.



The person is never the problem. The problem is the problem.





EMPATHY

Empathy is the ability to understand and share the feelings of another.

Empathy is not taking on someone else's suffering as your own.

Empathy is not owning someone else's problems as your own.

Empathy is not neglecting your life while you help someone else.

Today I show empathy to many people, yet I also have a deep understanding that sharing, and understanding don't always mean fixing it. Walking with someone doesn't mean we carry them.

So, as you help, show empathy. Understand and share, but don't shoulder the responsibility and fix.

Thank you

If you have any questions, please feel free to reach out directly to me.

Venus Woods

Director of HIV Prevention and Education

Four A's

vwoods@alaskan aids.org, 907-744-7366

A TIME FOR DISCUSSION...

Please put your questions for the speakers
in the chat box!



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

THANK YOU FOR JOINING US TODAY!

Email mjwehrli@anthc.org for questions and feedback

See our upcoming trainings at:

iknowmine.org/harm-reduction-trainings

To view and order supplies, visit:

iknowmine.org/shop



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM