

Recognizing and Challenging Stigma around Substance Use

Lucien Gonzalez MD MS, FAAP

 @toogonzo

CASCW Annual Conference

30 April 2019



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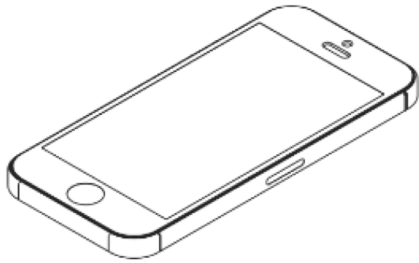
Parental X negatively affects fathers' and mothers' caregiving, material support, and nurturance, and is associated with poor health and developmental outcomes for children of all ages, including prenatally.

X mothers are more likely than non-X mothers to have poor parenting skills and to have negative interactions with their children. Mothers who are X are less likely to use appropriate practices (such as using car seats, smoke alarms and covering electrical outlets) to prevent injury and harm among their children, and more likely to use corporal punishment. Maternal X is a significant risk factor for child abuse and neglect.



What is X?

Go to www.menti.com and use the code **37 65 73**



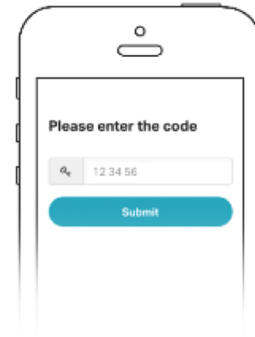
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Prenatal Substance Use: Exploring Assumptions of Maternal Unfitness



Libertas Academica
FREEDOM TO RESEARCH

Mishka Terplan^{1,2}, Alene Kennedy-Hendricks³ and Margaret S. Chisolm⁴

¹Behavioral Health System Baltimore, Baltimore, Maryland, USA. ²Department of Epidemiology and Public Health, University of Maryland School of Medicine, Baltimore, Maryland, USA. ³Department of Health Policy and Management, Johns Hopkins University Bloomberg School of Public Health, Baltimore, Maryland, USA. ⁴Department of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, Maryland, USA.

Supplementary Issue: Harm to Others from Substance Use and Abuse



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“There isn’t enough blame to go around,
there’s only enough for you.”

What is Stigma?

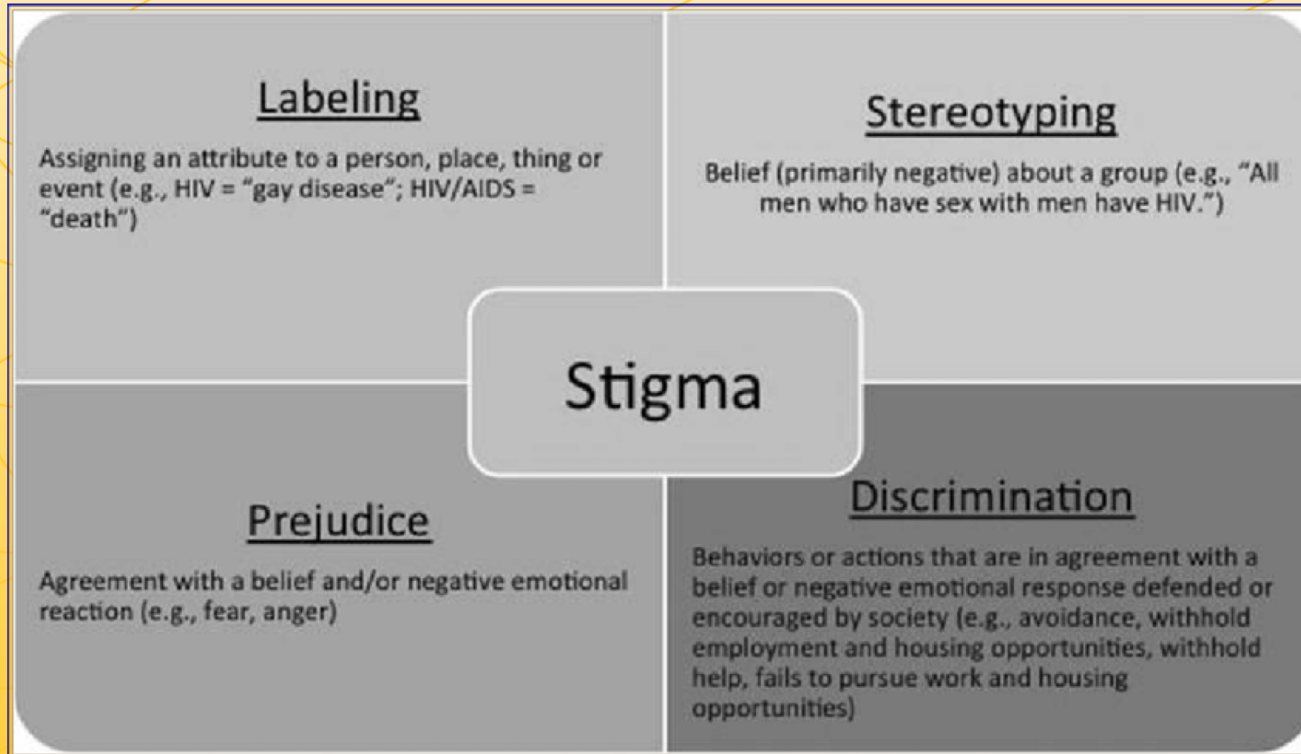


“There is only one reason why men become addicted to drugs - they are weak men. Only strong men are cured, and they cure themselves.”

- Martin H. Fischer



Difference, Danger, Discrimination



The Seven Types of Stigma

| TYPE 1 | TYPE 2 | TYPE 3 | TYPE 4 | TYPE 5 | TYPE 6 | TYPE 7 |
|--|---|---|---|--|---|--|
| Public Stigma This happens when the public endorses negative stereotypes and prejudices, resulting in discrimination against people with mental health conditions. | Self Stigma Self-stigma happens when a person with mental illness or substance-use disorder internalizes public stigma. | Perceived Stigma Perceived stigma is the belief that others have negative beliefs about people with mental illness. | Label Avoidance This is when a person chooses not to seek mental health treatment to avoid being assigned a stigmatizing label. Label avoidance is one of the most harmful forms of stigma. | Stigma by Association Stigma by association occurs when the effects of stigma are extended to someone linked to a person with mental health difficulties. This type of stigma is also known as "courtesy stigma" and "associative stigma." | Structural Stigma Institutional policies or other societal structures that result in decreased opportunities for people with mental illness are considered structural stigma. | Health Practitioner Stigma This takes place any time a health professional allows stereotypes and prejudices about mental illness to negatively affect a patient's care. |



📧 ☁️ 31°

🔇 LTE 77% 🔋 11:26 AM



89361



10:44 AM, Apr 28

S: Suspicious Male

Be on alert for a suspicious male described as black male, 30 years old ,6'0 tall, heavysset build, short hair, wearing an orange or red jacket and carrying white New Balance shoes. Male was last seen in the area of Keller Hall possibly high on narcotics and carrying a knife or screwdriver. University of Minnesota Police are attempting to locate male. Contact 911 or [612-624-7828](tel:612-624-7828) if male is located.



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Stigma is...

“Marijuana is taken by musicians,
and I’m not talking about good
musicians, but the jazz type.”

- Henry Anslinger

Federal Bureau of Narcotics, 1948

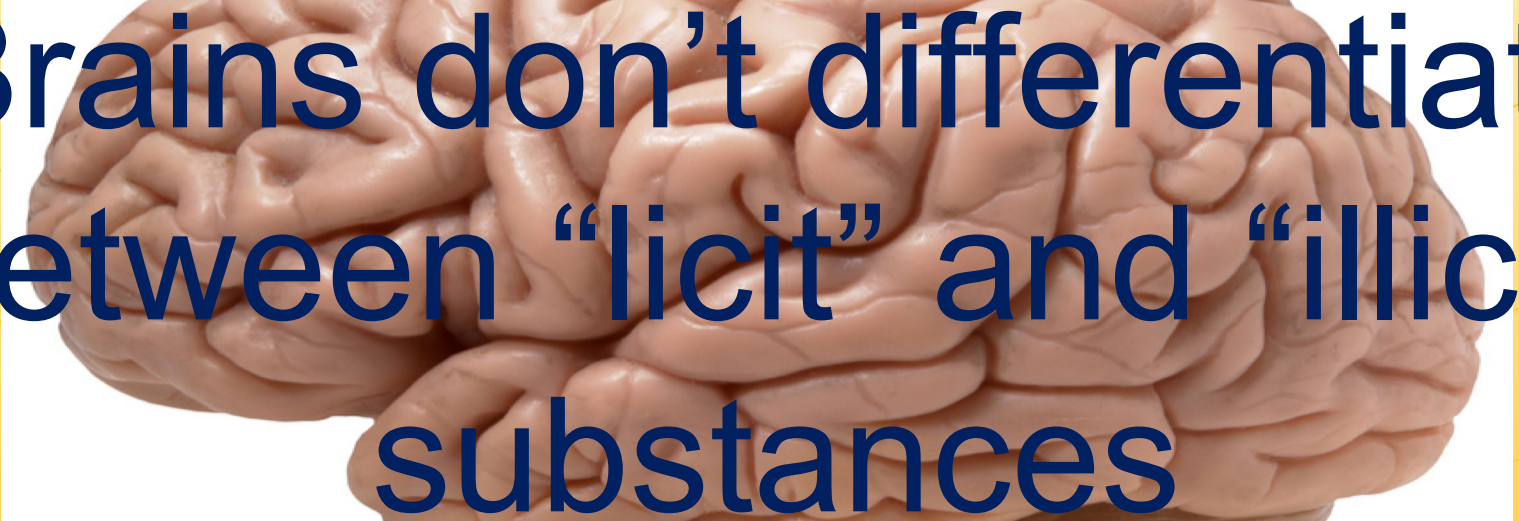


Stigma is...

“I think hard drugs are disgusting.
But I must say, I think marijuana is
pretty lightweight.”

- Linda McCartney





**Brains don't differentiate
between "licit" and "illicit"
substances**



Stigma is...

“Our national drug is alcohol. We tend to regard the use of any other drug with special horror.”

- William S. Burroughs



“A patient with diabetes has ‘an elevated glucose’ level. A patient with cardiovascular disease has ‘a positive exercise tolerance test’ result. A clinician within the health care setting addresses the results.

An ‘addict’ is not ‘clean’—he has been ‘abusing’ drugs and has a ‘dirty’ urine sample. Someone outside the system that cares for all other health conditions addresses the results. In the worst case, the drug use is addressed by incarceration.”

Kelly JF, Wakeman SE, and Saitz R (2015) *Stop Talking ‘Dirty’: Clinicians, Language, and Quality of Care for the Leading Cause of Preventable Death in the United States*. Am J Med 128 (1): 8–9





Self-Stigma



RESEARCH ARTICLE

Attentional Bias Associated with Habitual Self-Stigma in People with Mental Illness

Kevin K. S. Chan^{1,2*}, Winnie W. S. Mak³

1 Department of Psychological Studies, The Hong Kong Institute of Education, Tai Po, Hong Kong, **2** Centre for Psychosocial Health, The Hong Kong Institute of Education, Tai Po, Hong Kong, **3** Department of Psychology, The Chinese University of Hong Kong, Shatin, Hong Kong

* kkschan@ied.edu.hk



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Self-Stigma

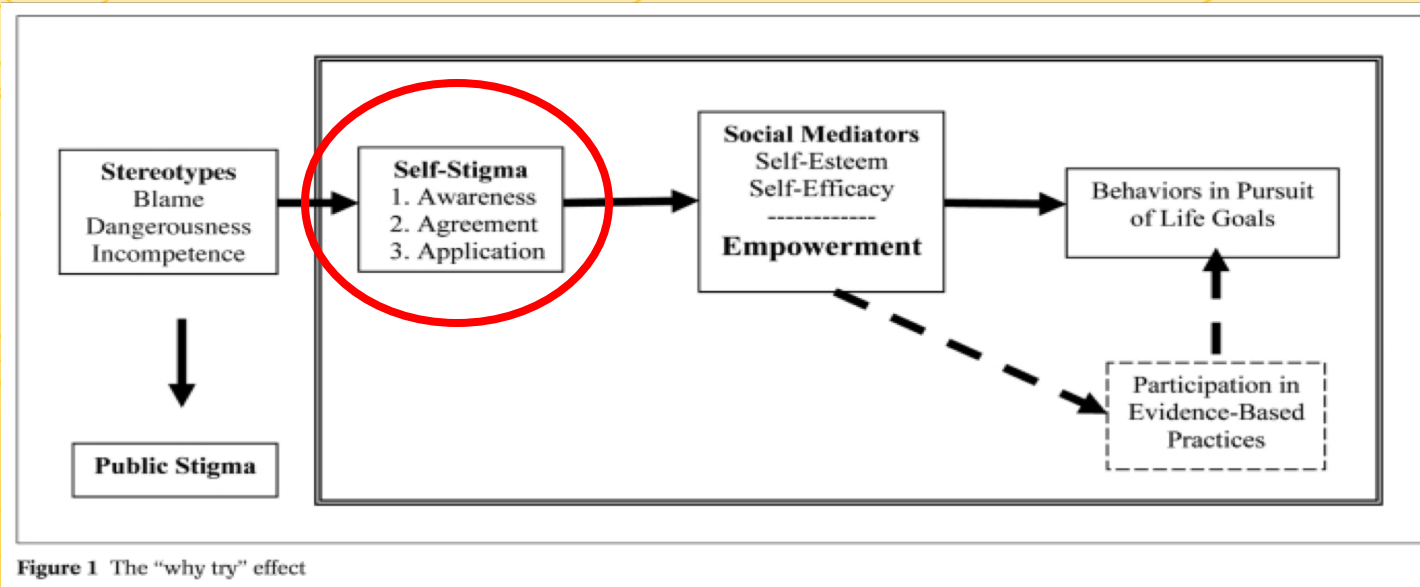


Figure 1 The "why try" effect



Self-Stigma





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Contents lists available at [ScienceDirect](#)

Children and Youth Services Review

journal homepage: www.elsevier.com/locate/childyouth



“People just don't look at you the same way”: Public stigma, private suffering and unmet social support needs among mothers who use drugs in the aftermath of child removal

Kathleen S. Kenny^{a,*}, Clare Barrington^b

^a Department of Maternal and Child Health, The Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 401 Rosenau Hall, CB #7445, Chapel Hill, NC 27599-7445, USA

^b Department of Health Behavior, The Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 170 Rosenau Hall, CB #7400, Chapel Hill, NC 27599-7400, USA



Stigma...

“The most potent weapon of the oppressor is the mind of the oppressed.”

- Bantu Stephen Biko



POLITICS

What the 'Crack Baby' Panic Reveals About The Opioid Epidemic

Journalism in two different eras of drug waves illustrates how strongly race factors into empathy and policy.

VANN R. NEWKIRK II JUL 16, 2017



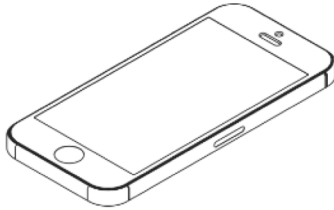
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Traffic



Think of the last time someone cut you off in traffic...

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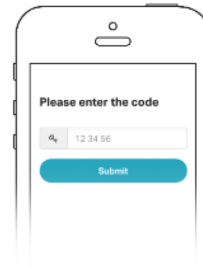
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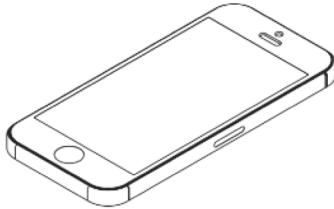


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Think of the last time **you** cut someone else off in traffic...

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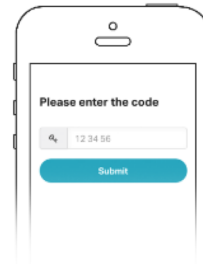
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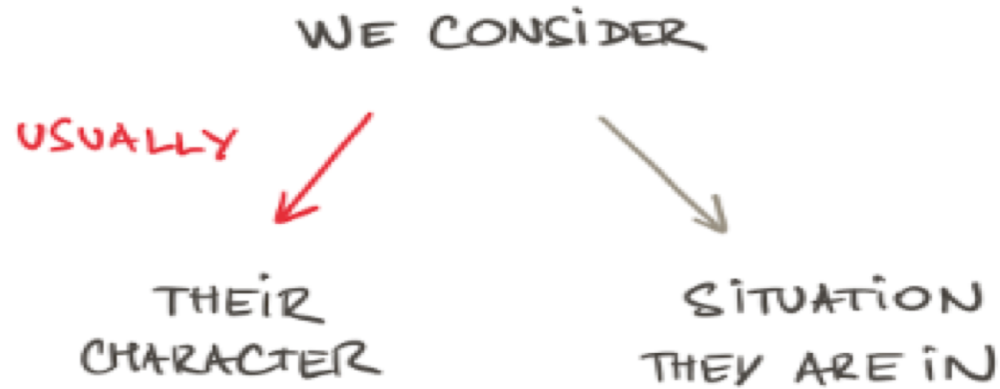
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HOW WE JUDGE BEHAVIOR OF OTHERS ?



Disclosure Information

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**I have no financial relationships or other conflicts of
interest to disclose**

**I will not be discussing investigational or off-label use
of medications or other treatments**



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Takeaways

- Recognize stigma as oppression
- Acknowledge and name it
- Use person-centered language
- Avoid guilt and shame tactics
- Emphasize strengths and promote resilience
- Honor the parental role

