Recognizing and Challenging Stigma around Substance Use
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30 April 2019
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

1. Grab your phone
2. Go to www.menti.com
3. Enter the code 37 65 73 and vote!
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.
Prenatal Substance Use: Exploring Assumptions of Maternal Unfitness

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Supplementary Issue: Harm to Others from Substance Use and Abuse
“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

**Labeling**
Assigning an attribute to a person, place, thing or event (e.g., HIV = “gay disease”; HIV/AIDS = “death”)

**Stereotyping**
Belief (primarily negative) about a group (e.g., “All men who have sex with men have HIV.”)

**Prejudice**
Agreement with a belief and/or negative emotional reaction (e.g., fear, anger)

**Discrimination**
Behaviors or actions that are in agreement with a belief or negative emotional response defended or encouraged by society (e.g., avoidance, withhold employment and housing opportunities, withhold help, fails to pursue work and housing opportunities)

*University of Minnesota*
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<td><strong>Public Stigma</strong>&lt;br&gt;This happens when the public endorses negative stereotypes and prejudices, resulting in discrimination against people with mental health conditions.</td>
<td><strong>Self Stigma</strong>&lt;br&gt;Self-stigma happens when a person with mental illness or substance-use disorder internalizes public stigma.</td>
<td><strong>Perceived Stigma</strong>&lt;br&gt;Perceived stigma is the belief that others have negative beliefs about people with mental illness.</td>
<td><strong>Label Avoidance</strong>&lt;br&gt;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.</td>
<td><strong>Stigma by Association</strong>&lt;br&gt;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.”</td>
<td><strong>Structural Stigma</strong>&lt;br&gt;Institutional policies or other societal structures that result in decreased opportunities for people with mental illness are considered structural stigma.</td>
<td><strong>Health Practitioner Stigma</strong>&lt;br&gt;This takes place any time a health professional allows stereotypes and prejudices about mental illness to negatively affect a patient’s care.</td>
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S: Suspicious Male
Be on alert for a suspicious male described as black male, 30 years old, 6'0 tall, heavyset 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 if male is located.
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.”

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

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Self-Stigma

Figure 1 The “why try” effect
Self-Stigma

PUBLIC STIGMA

↓ SELF ESTEEM
"I AM NOT GOOD."

↓ SENSE OF EFFICACY
"I AM NOT ABLE."

AVOIDANCE, ANGER AND APATHY

SO WHY TRY?!
“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

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

- Bantu Stephen Biko
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
Think of the last time someone cut you off in traffic...
Think of the last time you cut someone else off in traffic...
HOW WE JUDGE BEHAVIOR OF OTHERS?

WE CONSIDER

USUALLY

THEIR CHARACTER

SITUATION THEY ARE IN
Disclosure Information

CASCW Annual Conference

“Recognizing and Challenging Stigma around Substance Use”

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Lucien Gonzalez MD MS, FAAP

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
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