

## Technical Assistance Collaborative Community Learning Series Webinar Highlights An Anti-Stigma Approach to the Addiction Crisis | March 6, 2024

### What is stigma?

Stigma can be defined as...

- A mark of **shame** or **discredit**
- A mark of **disgrace** that sets a person apart from others
- A **discrimination** or **prejudice** toward individuals

There are several types of stigma surrounding substance use disorders (SUDs):



**Self stigma** is the shame and embarrassment that results from individuals internalizing negative stereotypes about OUDs.



**Public stigma** includes the negative/discriminatory attitudes and beliefs people hold about SUDs.



**Systemic stigma** refers to policies and practices that intentionally or unintentionally limit opportunities for and unfairly penalize people with SUDs.

### What are the effects of stigma?

Stigmatizing perspectives **limit access to care and quality of care**, hindering treatment for opioid use disorder (OUD).

Experiencing stigma perpetuates feelings of deep **shame, guilt and embarrassment** among people living with OUD.

**Creates isolation** which can lead to the development of other mental illnesses like depression and anxiety.

May lead to **refusal of treatment** for SUDs, possibly resulting in overdose.

### What can be done about stigma?



Change language surrounding SUDs and encourage **person-first, non-stigmatizing language**.



Provide stigma reduction **training and education**.



Foster a **recovery community** that helps the public see the humanity in recovery, promotes dignity, and encourages nonjudgmental listening.

### Resources:

- [Michigan Safer Opioid Prescribing Toolkit: Reducing Stigma in the Opioid Epidemic](#)
- [NIDAMED Words Matter - Terms to Use and Avoid When Talking About Addiction](#)
- [MDHHS End the Stigma Campaign](#)