Stigma- The Barrier to Help and Hope

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Please share your tools and resources!

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Samantha’s Story

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Stigma- The Barrier to Help and Hope

By: Keirston Parham, CPSS, CWF, CPS
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Agenda

• What is stigma?
• Types of stigma?
• Who does stigma impact?
• What increases / reduces stigma?
• The result of stigma
• Trauma's impact on addiction
Quick Facts

• In 2015, an estimated 21,000 adolescents had used heroin in the past year, and an estimated 5,000 were current heroin users.

• An estimated 6,000 adolescents used heroin in 2014.

Source: Center for Behavioral Health Statistics and Quality. (2016)
Quick Facts

• About **2.1 million** Americans had opioid use disorder in 2016

• According to a recent national survey, nearly **8 %** of the U.S. population met criteria for SUD (substance use disorder)

• In 2017, **opioid** overdose rates began to increase and more than **47,000** Americans died as a result of an opioid overdose.

*Source: [www.cdc.gov/drugoverdose/training/oud/accessible/index.html](http://www.cdc.gov/drugoverdose/training/oud/accessible/index.html), (3) (SAMHSA, 2019)*
What is Stigma?

A set of negative beliefs held by society or a group, regarding a group of people on a specific topic.
Types of Stigma

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.

RESULTS:
• Many people reported they would feel embarrassed about seeking help from professionals, believing that other people would have a negative reaction if they sought such help.

Source: Spring 2017 issue of NAMI Advocate.
Who Does Stigma Impact?

The person with the addiction challenges, by:

• Making it difficult to ask for help
• Increasing the chance of overdose
• Taking away hope
• Increases the chance of relapse
The Door

Hope and Change
- Empathy
- Strength Based
- Listening
- Validation
- Inviting

VS

Stigma
- Medication seeking
- Attention seeking
- Using for a shelter
- Assumption of motive
- Negative expectations
Who Does Stigma Impact?

They are resilient, innovative and courageous

Let's get in their corner now!
Who Does Stigma Impact?

Family

• Blames
• Fights
• Gives up
Who Does Stigma Impact?

Provider

- Less supportive
- Leads to compassion fatigue and burnout
- Blames those whom they serve
- Less empathy
- High turnover
- Lowers work morale
The stigma of addiction is interfering with the treatment of addiction and keeping many people suffering with addiction from getting the help.

Source: https://www.springboardrecovery.com/stigma-of-addiction
Trauma and Addiction

• Nearly 25 percent of children and adolescents have experienced some sort of trauma.

• Experiencing trauma early in life increases a person’s susceptibility for drug addiction.

Source: Foundations Recovery Network, Dual Diagnosis.org
Trauma and Addiction

What causes addiction?

Several risk factors include:

• A family history of addiction
• Having a mental health disorder
• Peer pressure
• Lack of family involvement,
• Genetic predisposition

These are all common risk factors associated with substance use and addiction. One that’s often overlooked, is trauma.

Source: https://www.palmerlakerecovery.com/blog/trauma-substance-abuse
Trauma and Addiction

A report issued by the National Center for Post-Traumatic Stress Disorder and The Department of Veteran Affairs showed a strong correlation between trauma and addiction in adults as well.

• Sources estimate that between 25 to 75% of people who survive abuse and/or a violent trauma develop issues related to substance abuse.

• 10 to 33% of survivors of accidents, illnesses or natural disasters report having a substance use disorder.

• A diagnosis of post-traumatic stress disorder (PTSD) increases the risk of developing a substance use disorder.

• Male and female sexual abuse survivors experience a higher rate of drug and alcohol use disorders compared to those who have not survived such abuse.

Source: [https://www.palmerlakerecovery.com/blog/trauma-substance-abuse](https://www.palmerlakerecovery.com/blog/trauma-substance-abuse)
Duty to Care

Staff have a responsibility to remain engaged with people no matter what choices and decisions they are making.

- Patricia E. Deegan, PhD
Other things to consider...

• A treatment plan tailored to the individual
• Multiple paths to recovery
• 22.3 Million Americans have resolved an alcohol or drug SUD. Don't give up!
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Questions?
Future Opioid LAN Events

• Webinars
  • April 30, 2020—11:00 AM  California Bridge Program with Hannah Snyder, MD
  • May 14, 2020—11:00 AM  TBD

• Office Hours
  • May 7, 2020—11:00 AM  TBD

• Regional Meetings (Virtual)
  • May 28, 2020 (Central Regional Hospitals/Orgs)