



Local Health Departments Role

Challenging Drug-Related Stigma in their Communities

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2

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Vision

The NYDOH, Office of Drug User Health, envisions a socially just system where all New Yorkers who use drugs can access **stigma-free** and culturally competent health care and harm reduction services.



Roadmap

- Describe drug-related stigma
- Illustrate how the ten essentials services of public health can include addressing and challenging drug-related stigma
- Apply the ten essentials to assessing and challenging stigma



Introduction to Drug-Related Stigma

People Who Use Drugs, (PWUD) in NYS have poor health outcomes.

Defining Stigma

- The experience of being “**deeply discredited**” or marked due to one’s “**undesired differentness.**”
- To be stigmatized is to be **held in contempt, shunned or rendered socially invisible** because of a socially disapproved status.



Corrigan, P. W., Watson, A. C., & Miller, F. E. Blame, shame and contamination: The impact of mental illness and drug dependence stigma on family members. *Journal of Family Psychology*; Volume 20(2) (2006), 239-246.



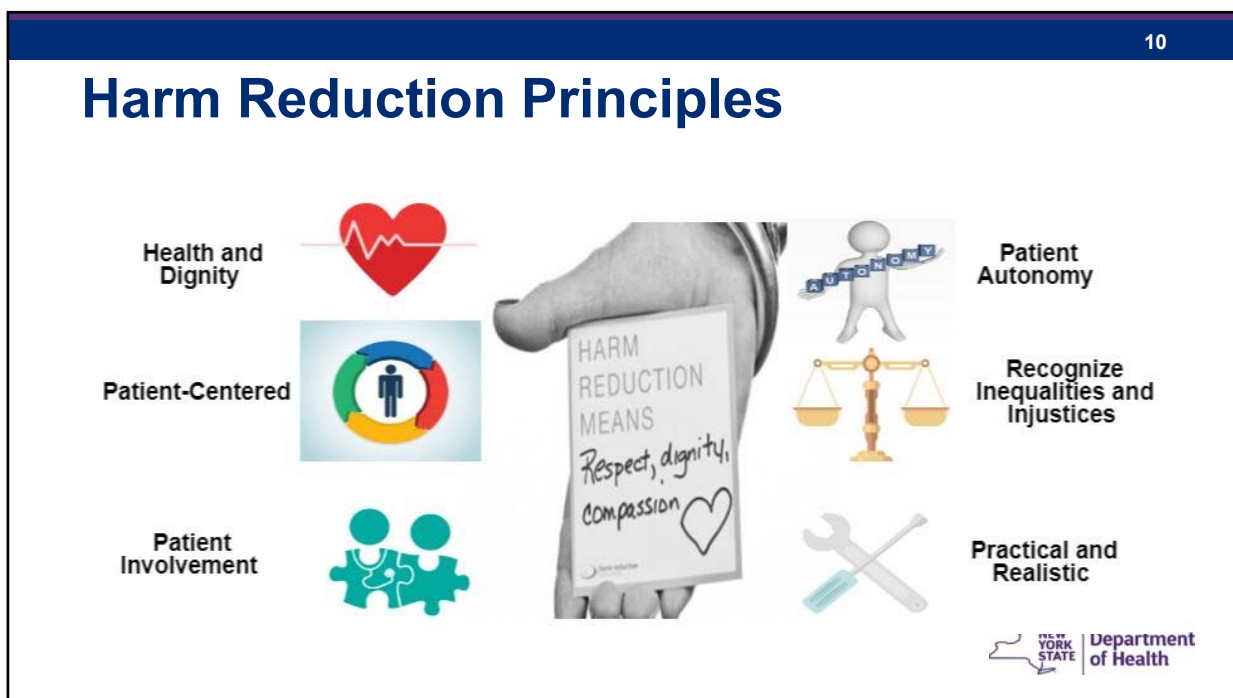
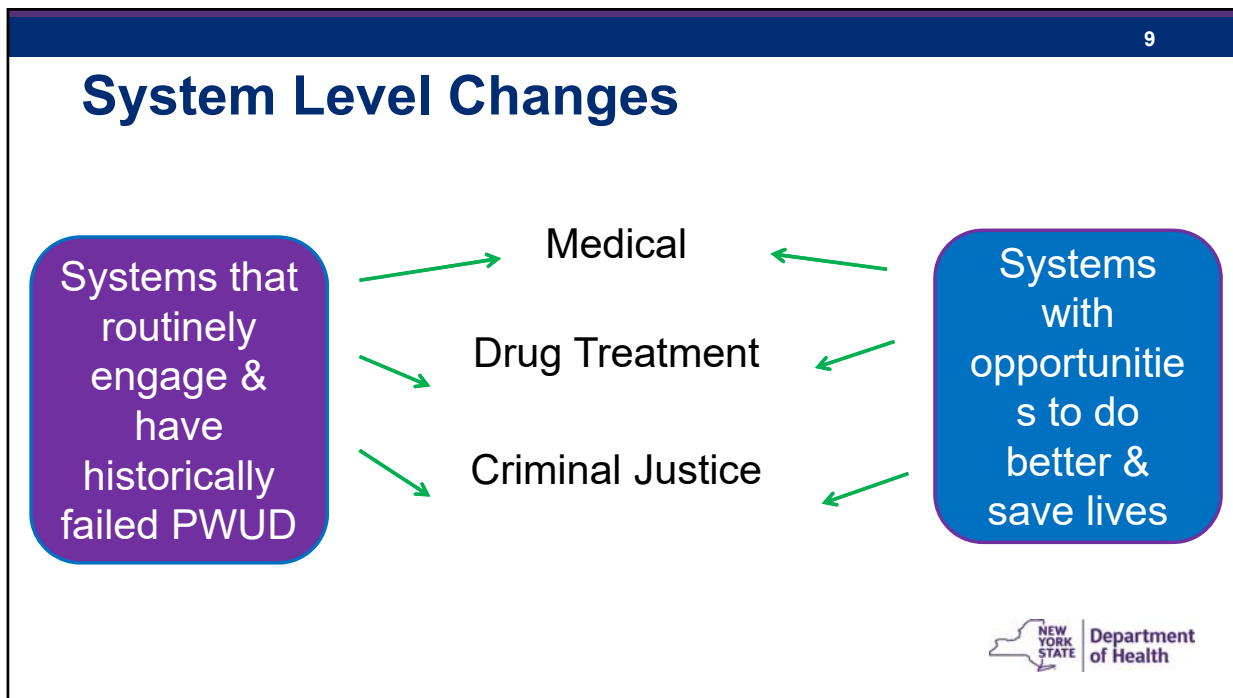
Stigma and Substance Use

Research indicates that **stigma contributes to a host of adverse outcomes for people with substance use disorders**, including:

- Poor mental and physical health
- Non-completion of substance use treatment
- Delayed recovery and reintegration processes
- Increased involvement in risky behavior (i.e. syringe sharing)

Livingston, James D., et al. The effectiveness of interventions for reducing stigma related to substance use disorders: a systematic review. *Addiction Journal*; Volume 107.1 (2012) 39-50.





Challenge Stigmatizing Language

What Person-Centered Language Can Do:

- Improve quality of life
- Improve self-worth
- Increase chances of meaningful engagement in medical care
- Reduce isolation from service providers
- Increase access to lifesaving care



Making the Change to Person-Centered Language

Instead of this...	Say this...
Addiction	Substance Use Disorder/Opioid Use Disorder
Drug Addict, Abuser	A person who uses drugs
“Clean” or “Dirty” toxicology	Test was “Negative” or “Positive”; test was “unexpected” or “expected”
Got clean	A person who formerly used drugs
Junkie, Crackhead, Tweaker, etc.	A person who uses... (specify drug/s)



*2017. *Talking about drug use: A glossary for elected officials.* Drug Policy Alliance, New York, NY.

NYSDOH AIDS Institute Recommendations for Improving Language and Establishing Stigma-Free, Supportive, Service Delivery Environments

- Use person-first language
- Use identity affirming language on public facing documents, websites, etc.
- Establish a welcoming environment
- Be on the alert for judgmental language

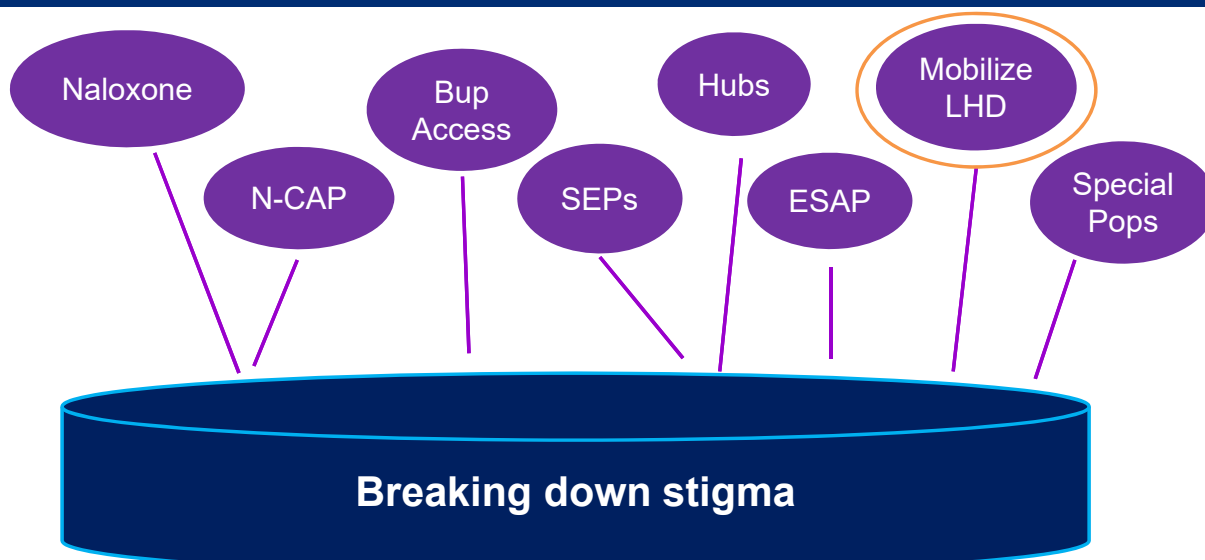


NYSDOH AIDS Institute Recommendations for Improving Language and Establishing Stigma-Free, Supportive, Service Delivery Environments

- Hire staff from the community being served
- Build staff skills to dialogue with clients/patients about language
- Use quality improvement to dismantle stigma
- Promote open discussion regarding stigma



LHD Essential Services and Stigma



Mobilizing Local Health Departments

Accelerate support and enhance current and proposed evidence-based practices across the state in order to reduce fatal Opioid Overdoses



LHD Opioid Crisis Activities

- Data and Surveillance
- Increase Access to Buprenorphine and Naloxone
- Establish/Improve Linkages to Care
- Increase frequency & success of referrals to harm reduction services



10 Essential Services of Local Health Departments: Assess & Challenge Drug-related Stigma



ES 1. Monitor Health

Monitor health status to identify and solve community health problems

- *What's going on in our county/community?*
- *Are we obtaining and making the best use of local data?*
- *Do we know how stigma is effecting the health of our community?*

Social Determinants of Health



ES 2. Diagnose and Investigate

Diagnose and investigate health problems and health hazards

- *Do we know the extent of substance use problems in our community?*
- *What is the source of this information?*
- *How effective is our response?*
- *Can we identify the factors that stigmatize PWUD in our community?*



ES 3. Inform, Educate, Empower

Inform, educate, and empower people about health issues

- *How well do we keep all segments of our communities informed about substance use issues and drug-related stigma?*
- *How do we empower People Who Use Drugs, (PWUD) reduce their health risks and challenge stigma?*



Benefits of PWUD Involvement

Society Level

- People who use drugs mobilize into a potent political force and voice concerns for health and human rights advocacy.

<https://www.opensocietyfoundations.org/sites/default/files/Int%2520Nothing%2520About%2520Us%2520%2528May%25202008%2529.pdf>



Benefits of PWUD Involvement

Organizational Level

- Bring the perspective of people who use drugs to the table
- Ensure that people who use drugs have buy-in and help to ensure policies, programs and services are relevant and accessible
- Staff change attitudes, beliefs and values about people who use drugs

Individual Level

- Self-esteem, self-efficacy, more health conscious

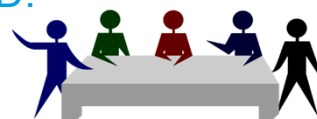
<https://www.opensocietyfoundations.org/sites/default/files/Int%2520Nothing%2520About%2520Us%2520%2528May%25202008%2529.pdf>



Empower People Who Use Drugs

Adequate support, training, and financial compensation should be provided to PWUD.

- Paid Staff
- Peers (stipend)
- Decision-making or policy making bodies
- Patient or Community Advisory Boards
- Quality Management Team/Committee



[http://www.aidsalliance.org/assets/000/000/376/310-1-Nothing-about-us-without-us-Report-\(English\)_original.pdf?1405520211](http://www.aidsalliance.org/assets/000/000/376/310-1-Nothing-about-us-without-us-Report-(English)_original.pdf?1405520211)



ES 4. Mobilize Community Partnerships

Mobilize community partnerships to identify and solve health problems

- *What partnerships and alliances exist in our communities that connect with PWUD?*
- *How do we build shared understandings of harm reduction and support to challenge stigma?*
- *How do we support systems/infrastructure/representation to maintain partnerships and address stigma?*



Bringing together Partners



ES 5. Develop Policies and Plans

Develop policies and plans that support individual and community health efforts

- *How can we ensure that those with substance use disorders have access to the services they need?*
- *What current policies perpetuate drug-related stigma?*

ES 6. Enforce Laws

Enforce laws and regulations that protect health and ensure safety

- *What current laws and regulations perpetuate or challenge drug-related stigma?*
- *How can we support public safety and public health collaborations to improve outcomes for PWUD and our communities?*



ES 7. Link To/Provide Care

Link people to needed personal health services, and ensure the provision of health care when otherwise unavailable

- *How should we determine the personal health service needs of PWUD?*
- *How can we support a network of providers that use and are trained in interventions based on the best available empirical evidence and science, are culturally appropriate, and reflect harm reduction principles?*



Reaching disconnected PWUD



Referrals from
EDs for OD
survivors



Referrals from
EMS for OD
survivors



Referrals from
Law
Enforcement



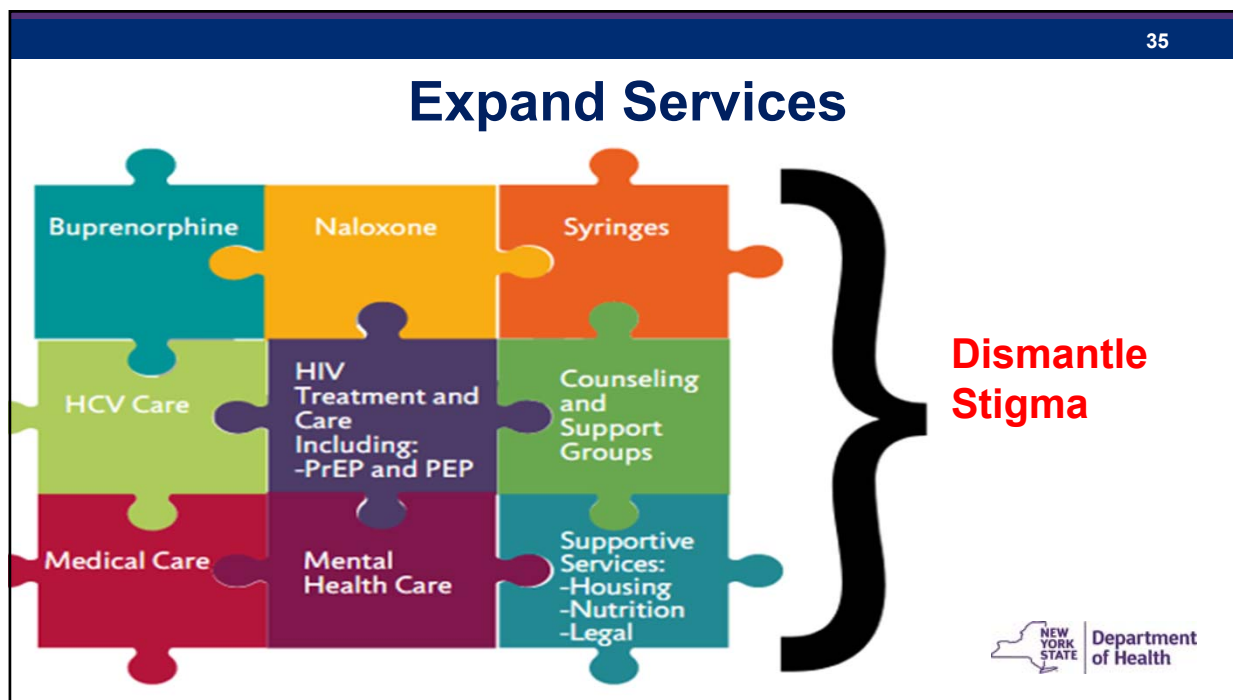
Referrals from
Correctional
Discharge Planning
& Re-entry
Organizations



Build linkages to care

Get to know/refer to your local
DOH SEP/Hub & OASAS COTI





36

ES 8. Assure Competent Workforce

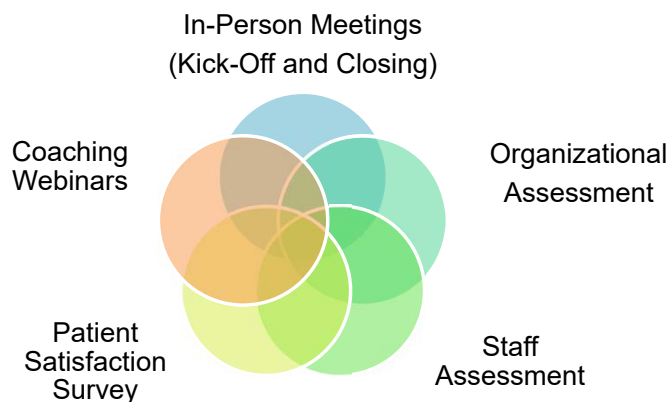
Assure a competent public and personal health care workforce

- *Is our workforce culturally competent to work with PWUD?*
- *Does our workforce include PWUD?*

NEW YORK STATE | Department of Health

NYSDOH Drug User Health Capacity Building Initiative

Build capacity in healthcare organizations to provide stigma free care to PWUD



ES 9. Evaluate

Evaluate the effectiveness, accessibility, and quality of personal and population-based health services

- *Are we meeting the needs of PWUDs?*
- *How do we evaluate if our activities are perpetuating drug-related stigma?*
- *Are PWUD involved in the evaluation?*



ES 10. Research

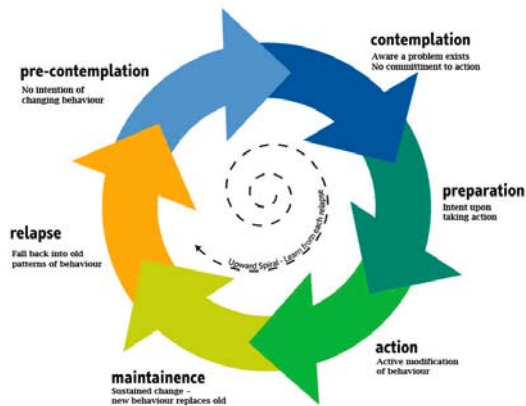
Research for new insights and innovative solutions to health problems

- *How well do we understand the community and individual causes and effects of substance use and drug-related stigma?*
- *How do we conduct this research?*



Challenge Stigma

Stages of Change



Transtheoretical Model of Change
Prochaska & DiClemente



Essential Services: Assess & Challenge Drug- related Stigma Activity



Activity

1. Table is assigned a LHD Essential Service with questions
2. Discuss with table
3. Share 1-2 considerations for your Essential Service
4. Share 1-2 strategies to address drug-related stigma



AIDS Institute Resources

- Stigma Training Resources
 - <https://www.hivtrainingny.org/Home/CourseListings>
- Leadership Training Institute
 - Open to individuals living with HIV, Hep C, or practicing Harm Reduction in NYS
 - <http://lti.caiglobal.org/index.php/widgetkit/program-benefits>



AIDS Institute Resources

- Peer Certification Program
 - <https://www.hivtrainingny.org/Home/PeerCertification>
- Substance Use Clinical Guidelines
 - <https://www.hivguidelines.org/substance-use>
- [Essential Measures: A Local Public Health Toolkit for Addressing the Opioid Epidemic](#) (Massachusetts Health Officers Association) Toolkit with explanations, case examples, and resources for responding to the opioid epidemic through local public health organized by the ten essential services.



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