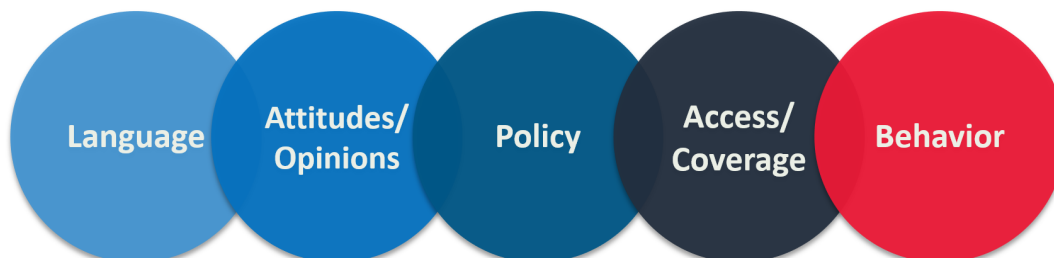


Removing the Shame and Stigma of SUD

Quick Reference Sheet

Stigma is propagated (or spread) in many different ways within society. Through the language that is used, through the attitudes or opinions that we carry, through policy that is made at the federal, state or local level, through access or coverage and finally demonstrated via behaviors.



TYPES OF STIGMA

Enacted or Experienced Stigma: The direct encounter of social discrimination or rejection.

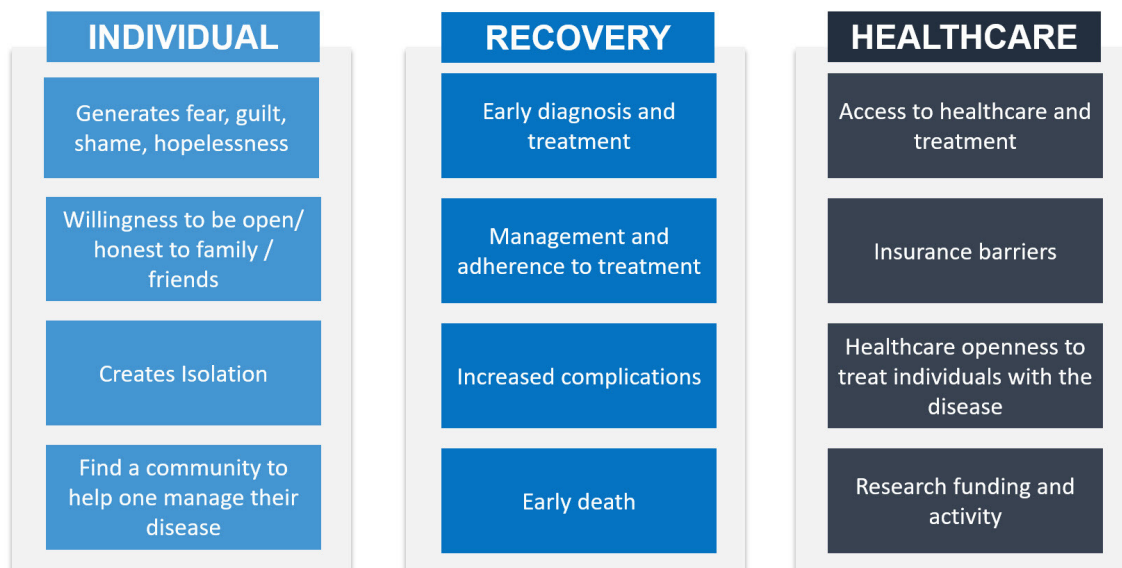
Public Stigma: The endorsement by the public of prejudice against a specific stigmatized group, which manifests in discrimination toward individuals in that group.

Perceived Stigma: The belief that members of a stigmatized group have about the prevalence of stigmatizing attitudes and actions in society.

Self-Stigma: This includes the negative thoughts and feelings that emerge from identification with a stigmatized group. These feelings can include shame, negative self-evaluative thoughts, and fear.

EFFECTS OF STIGMA ACROSS DISEASES

Stigma and discrimination have similar effects across diseases and illnesses.



Removing the Shame and Stigma of SUD

Quick Reference Sheet

Oftentimes, when we think about stigma, we think about how it affects the individual with substance use disorder. However, stigma can also affect the family and caregiver of the individual with substance use disorder as well as addiction professionals.

Stigma is often propagated in the healthcare system by general practitioners, emergency department staff, and emergency medical service staff. Other sources of stigma include pharmacies and the criminal justice system, including law enforcement.



Individual with SUD



Family/ Caregivers



Addiction Professionals



Healthcare System



Pharmacies



Criminal Justice System

HOW INDIVIDUALS WITH SUD EXPERIENCE STIGMA

Individuals with substance use disorder can experience stigma in many areas of their lives. For example, they could feel stigmatized for SUD in their religion, by policies, in the education system, in the housing market, in the workforce, in the healthcare system, in the justice system, and in their social circles. This experienced stigma could lead to guilt and/or regret, and individuals might even see themselves as failures in terms of normative standards. Unfortunately, those with SUD suffer a lifetime of stigma, even when they are in recovery.



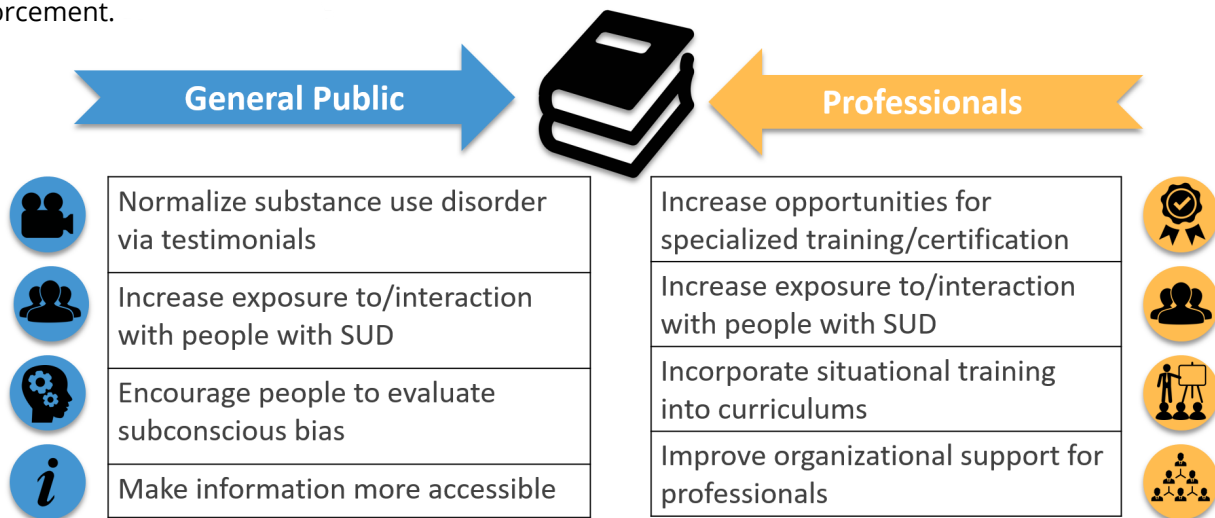
Removing the Shame and Stigma of SUD

Quick Reference Sheet

Solutions

EDUCATION

Education is an effective way to combat the stigma of substance use disorder. Addressing education in terms of the general public and professionals including healthcare professionals, pharmacists, and law enforcement.



STEPS THAT EVERYONE CAN TAKE TO REMOVE STIGMA

There are so many ways you can help remove the stigma of substance use disorder. For example, you can examine and work through any stigma that you still attach to addiction. You can read reliable literature in the field. In everyday conversation, you can educate those around you. Communicating in chat rooms is another easy way to make a difference. You can vote for candidates who support treatment and recovery and other related funding. Additionally, you can support events like Recovery Month and join and/or support organizations that work to reduce stigma. You can educate local media and encourage use of the AP stylebook. And finally, you can support local issues and policies.

