

# Addressing Stigma & **Embracing Empathy** in Addiction Response



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## **Disclosure:** Elizabeth Morrison and Trisha Cooke

With respect to the following presentation, I have no actual or potential conflict of interest in relation to this program/presentation and no relevant (direct or indirect) financial relationships to disclose.

## Learning Objectives:

- Participants will increase their knowledge on the research regarding stigma and empathy
- Participants will be able to perform 2 empathic communication techniques
- Participants will be able to identify the connection between stigma and health equity

# Humboldt Healthcast

Be a part of the good...



A Program of the **Humboldt IPA**





THE NATIONAL  
City mourning  
tion  
ros

NEWS

Business

Coron

deau



How are you feeling in this moment?

Menti.com



1% of us have  
OUD

Nicotine  
addiction has the  
highest  
prevalence at  
13%



Nicotine Incurs  
almost  
5 TIMES the  
healthcare costs of  
any other  
addiction.





4% of us have a  
cannabis use  
disorder

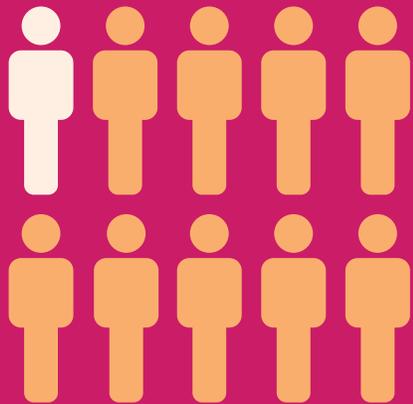
Other drugs are  
substantially less,  
between  
1-2%.



Alcohol use  
disorder kills more  
people every year  
than OUD & affects  
13% of us.



Less than 1 in 10 people



who need addiction treatment, get it. .  
This is much lower for people of color.



**Empathy** is healing.

Judgment, bias & stigma **harm**.

# — Judgment & Stigma impact...



Access to Care



Quality of  
care

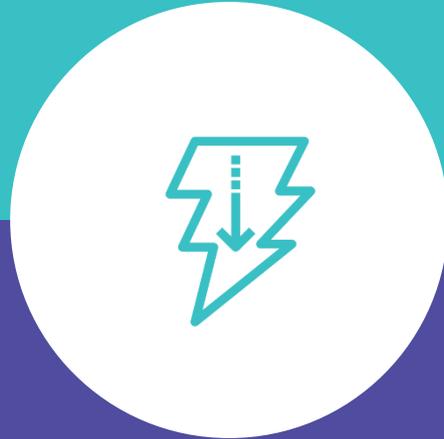


Health Outcomes

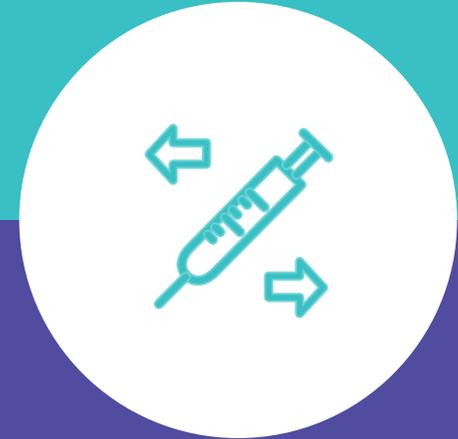
# Outcomes



Unwelcome



Low self  
disclosures



Differential  
Treatment

**Stigma towards those with  
addictive disorders is  
increasing.**



'You are going to die if you keep using'

F E A R

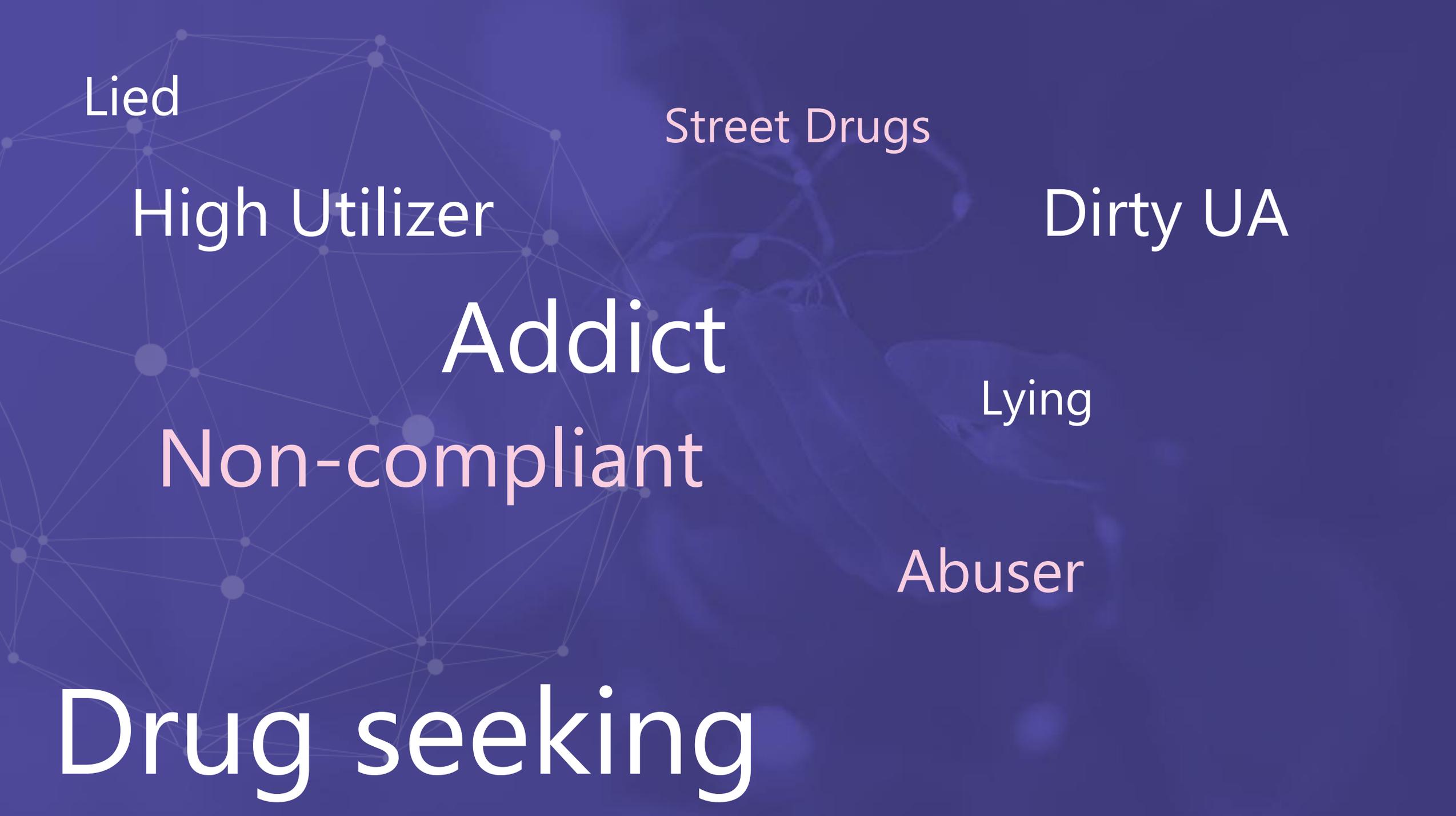
Jail, prison,  
probation, CPS

P U N I S H M E N T

'You need to think about your kids now'

S H A M E

Most of us have been conditioned in our culture to address SUDs in these **ineffective** ways



Lied

Street Drugs

High Utilizer

Dirty UA

Addict

Lying

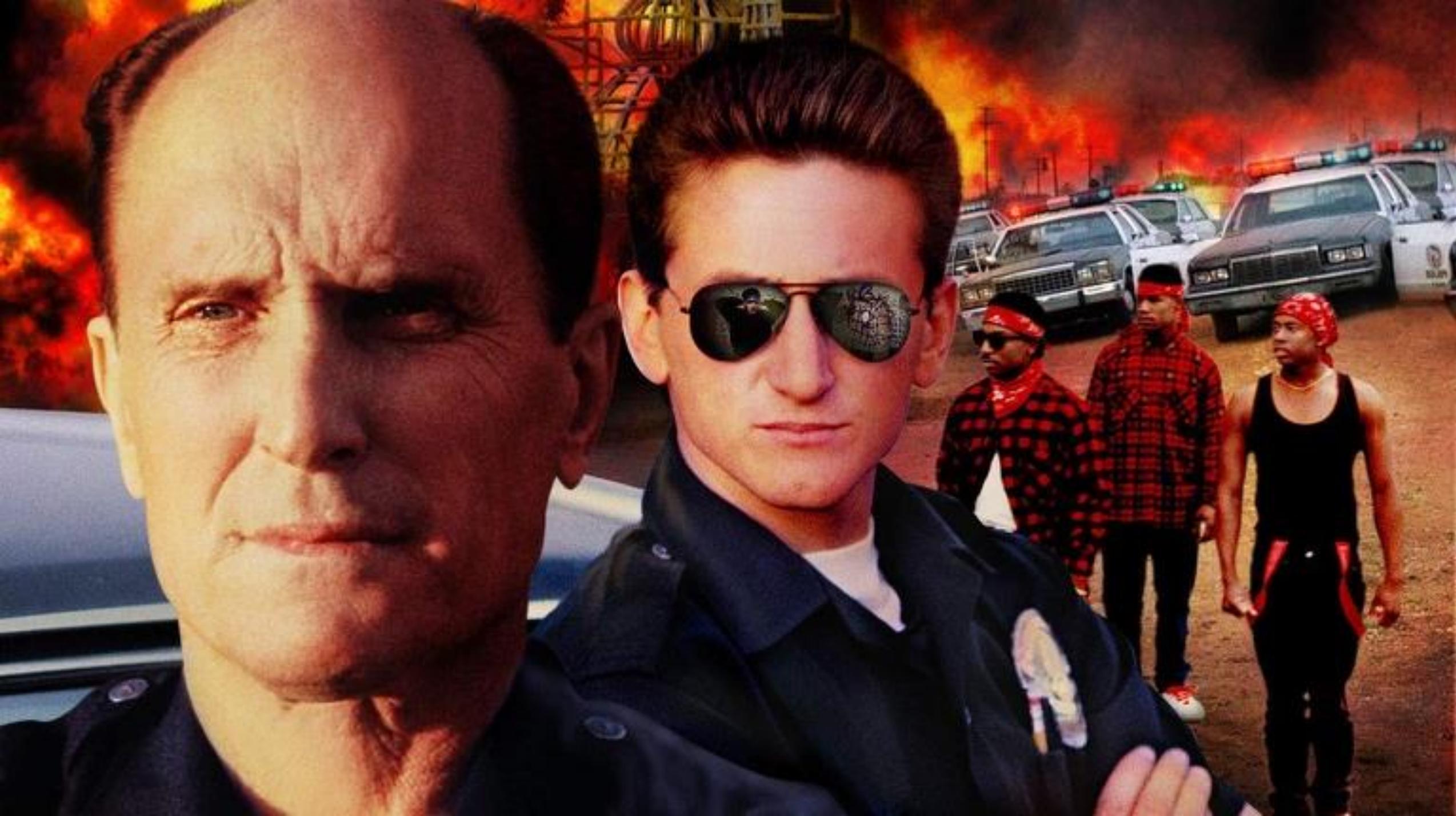
Non-compliant

Abuser

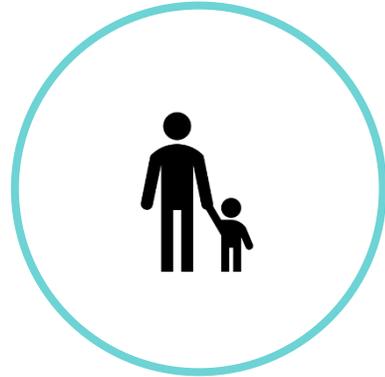
Drug seeking







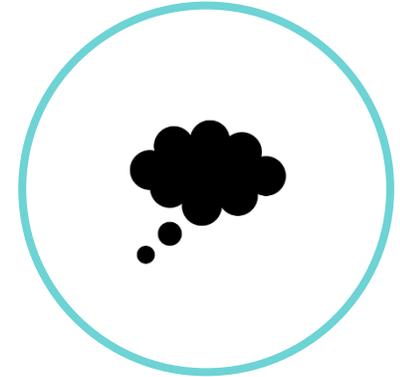
# Reflective Sharing



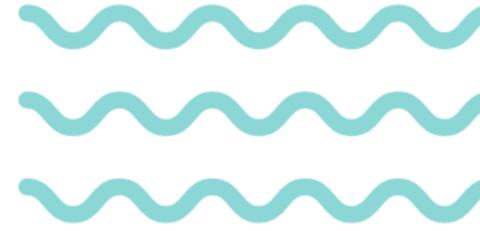
Early  
Experiences



Ideas about  
Substances



Beliefs about  
Addiction





Empathy as  
Treatment



Increased  
Disclosures



Increased  
Adherence:



Physiological Healing



**Normalizing**

**Open ended  
Questions**

**Empathic Reflection &  
Affirming**

**Acknowledge  
Feelings**

# Empathic Reflection





Exact words:

**You're at the end of your rope.**



Summarize:

**You've had a really stressful year.**



Stems:

**It sounds like.....I hear that.....**

# — Affirming Strengths

noticing and  
amplifying a person's  
**strengths**

I'm so impressed by....**I can hear how....**  
**I'm amazed that...**I am inspired by....





Set  
Intention

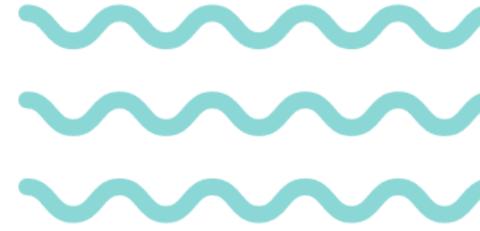


Picture this  
person as a  
child

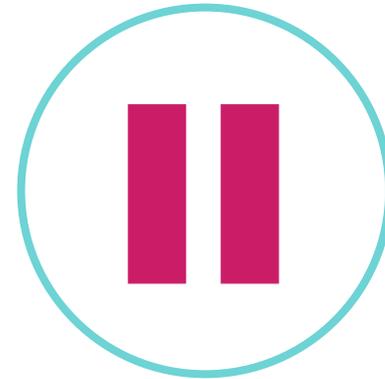


Let go of the  
agenda

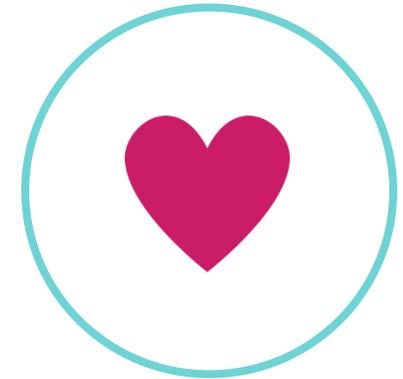
# Practicing Empathic Communication



What is  
between you &  
happiness right  
now?



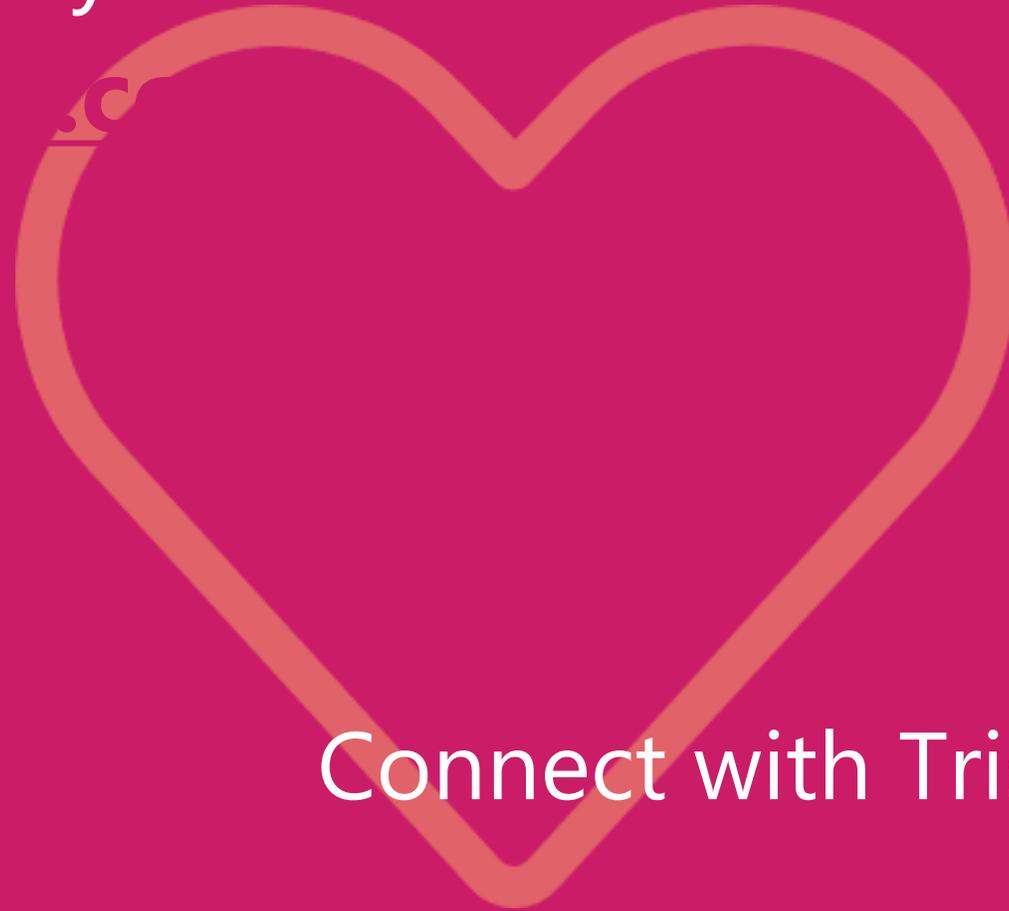
Pause



Reflect & Affirm



For More Empathy-Based Resources:



Connect with Trisha & Elizabeth: