

STIGMA & RECOVERY

WHAT IS STIGMA?

STIGMA:

A strong feeling of disapproval that most people in a society have about something, especially when this is unfair. *(Cambridge Dictionary)*

An attribute, behavior, or reputation that is socially discrediting, and substance-related problems appear to be particularly susceptible to stigma. *(International Journal on Drug Policy)*

MORE than just Stereotyping

Ideas and attitudes that generalize and label groups

MORE than just Prejudice

Endorsing and promoting harmful beliefs within stereotypes

MORE than just Discrimination

Practices and behaviors that promote inequality toward labeled groups

STIGMA ON 3 LEVELS



LEARN MORE

1. STRUCTURAL: laws, regulations, politics

ex: State health agency boards who make decisions, with no representation of individuals with lived experience

2. PUBLIC: attitudes, beliefs, and behaviors of individuals and groups

ex: Neighborhood perspectives regarding the presence of drug activity

3. SELF-STIGMA: internalized negative stereotypes
ex: Believing that you're not worth treatment

@EIDoradoCOPE

STIGMA IMPACTS RECOVERY

STIGMA:

A strong feeling of disapproval that most people in a society have about something, especially when this is unfair. *(Cambridge Dictionary)*

An attribute, behavior, or reputation that is socially discrediting, and substance-related problems appear to be particularly susceptible to stigma. *(International Journal on Drug Policy)*

1. REDUCES willingness to seek professional support:

- Fear of being looked down upon, stereotyped, etc.

2. CAUSES reluctance + aversion to attend treatment

3. LIMITS access to healthcare, housing, aftercare, community support, + employment

IMPACTS ON STIGMATIZED POPULATIONS

STIGMA:

A strong feeling of disapproval that most people in a society have about something, especially when this is unfair. (*Cambridge Dictionary*)

An attribute, behavior, or reputation that is socially discrediting, and substance-related problems appear to be particularly susceptible to stigma. (*International Journal on Drug Policy*)

1. Increase in adverse outcomes
2. Diminished self-esteem
3. Affects personal relationships at a time they are needed the most
4. Increases involvement in risky behaviors



LEARN MORE

CITATIONS:

"Preventing and Disrupting Stigma Associated with Substance Use Disorders." Wrangham, Nigel, Northwest PTTC. [PPT]. (2022).

"Stigma." Cambridge Dictionary, Cambridge University Press, <https://dictionary.cambridge.org/us/dictionary/english/stigma>

@EIDoradoCOPE