Addressing Stigma Through the Health Stigma and Discrimination Framework: Experiences of Ashtabula, Fairfield, Sandusky, and Seneca Counties



COP-RCORP

Communities of Practice for Rural Communities Opioid Response Program



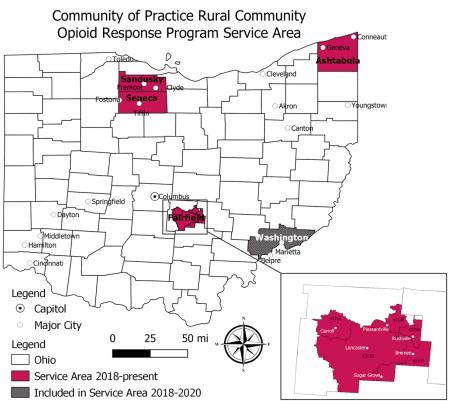
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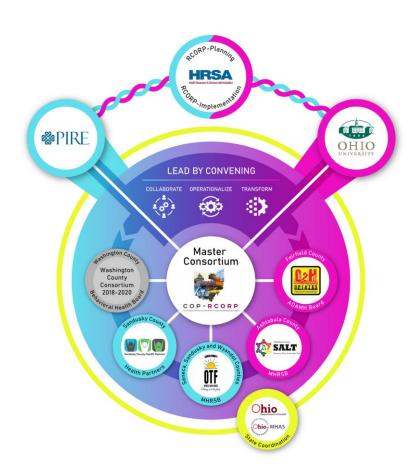
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We hope that you will stay awhile and visit other pages on the website as well.

About COP-RCORP



Schweinhart, A. (November 2020). Sourced from: census.gov and simplemaps.com Made possible by grants GA1RH335320102 and GA1RH335290102 from the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health and Human Services. Contents are solely the responsibility of the authors and do not necessarily represent the official views of HRSA or the U.S. Department of Health and Human Services.



Schweinhart, A., Raffle, H., & Dacanay, J. (2020). COP-RCORP Organizational Chart.

Pacific Institute for Research and Evaluation: Calverton, MD and Ohio University's Volnovich School of Leadership and Public Affairs: Athens, OH.

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(HRSA), an operating division of the U.S. Department of Health and Human Services. This figure is solely the responsibility of the authors and does not necessarily
represent the official views of HRSA or the U.S. Department of Health and Human Services.

Presentation Roadmap

Objective #1: Explore relationships between stigma and opioid use disorder and engagement in treatment and recovery services.

Objective #2: Learn about the Health Stigma and Discrimination Framework.

Objective #3: Learn about levels of stigma related to OUD in four Ohio communities.

Objective #4: Learn how community-level planning and implementation work related to stigma reduction intersects with harm reduction approaches to opioid use disorder.

HRSA RCORP-I Grant 15 Core Activities

Prevention Core Activity #2: Operationalized through the creation and engagement of the COP-RCORP Stigma Prevention Workgroup



Provide and assess the impact of culturally and linguistically appropriate education to improve understanding of evidence-based treatments and prevention strategies for SUD/OUD



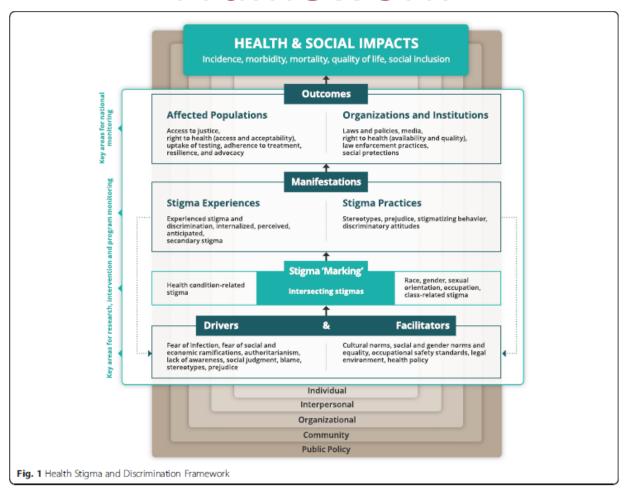
Eliminate Stigma
Associated with the disease (SUD/OUD)

COP-RCORP Stigma Workgroup: Building a Diverse Team



- Included representation from all COP-RCORP partnering entities
- Committed to weekly meetings
- Divided by strengths into two subworkgroups: Survey Development and Community Engagement

Learning About Stigma: The Health Stigma Discrimination Framework



(Stangl et al., 2019) • doi: 10.1186/s12916-019-1271-3

Goals of Survey Development

1

Collect data that would be useful at the local level as well as the master consortium level

2

Field two surveys: (1) OUD/SUD Stigma (2) MI/Suicide Stigma 3

Focus on existing, validated scales and instrumentation when possible

Community Engagement



LOCAL BEHAVIORAL HEALTH RESOURCES

WWW.MHRSBSSW.ORG 419-448-0640

24/7 CRISIS HOTLINE

1-800-826-1306





Phone: 419-334-6377

www.scpublichealth.com

Crisis Hotline Text 4HOPE to 741-741



Contact the Mental Health & Recovery Services Board of Seneca, Sandusky and Wyandot County.

419-448-0640





For Service Information:

www.fairfieldadamh.org

24-hour Crisis Hotline: 740.687.8255 (TALK) Text: 4hope to 741741



YOU ARE NOT ALONE WE ARE HERE TO HELP

AshtabulaMHRS.org



24/7 Mental Health and Substance Use Hopeline: (800) 577-7849

Survey Instrument

Key Constructs:

- Perceived Stigma of Substance Abuse Scale (Luoma, et al., 2007)
- Recognizing stigma in the community
- Types of stigma/Stigma Experiences
- Where stigma is experienced
- Stigma practices/discrimination
- Stigma solutions
- Support for key OUD rescue and treatment supports
 - Naloxone, MAT, and Fentanyl test strips

Postcard and Pre-notification Letters

Leaders in our community are working with the Pacific Institute for Research and Evaluation ("PIRE") and Gallup on an important survey about ##TOPIC##. This information will be used to inform efforts to help reduce or eliminate stigma related to ##TOPIC## in our community.

In the next few days, you will receive this survey in the mail. Please take a few minutes to complete the survey and help our community.

There are two ways to complete the survey:

1) Visit the secure website below and enter your unique Access Code:

##SURVEY_URL##
Access Code: ##ACCESS_CODE##

2) Mail your completed paper survey to Gallup in the postage-paid envelope.

If you have any questions, you can contact Matthew Courser, Senior Research Scientist at PIRE toll-free by calling 833-732-3141 or by email at mcourser@pire.org.

Matthew Courser
Senior Research Scientist
Pacific Institute for Research and Evaluation (PIRE)



GALLUP



##NAME## ##ADDRESS## ##CITY, STATE, ZIP##

Dear Resident:

Ashtabula County Substance Abuse Leadership Team is working with the Pacific Institute for Research and Evaluation ("PIRE") and Gallup to conduct an important research survey in Ashtabula County. We would like to invite a person, age 18 or ever, in your household to take part in this research survey, which is supported by Ashtabula County Substance Abuse Leadership Team and funded by the Health Resources and Services Administration. To randomly select one person, we would like to the invite the adult 18+ who will have the next (upcoming) birthday to participate.

The survey collects information on attitudes about ##TOPIC## in our community. We're looking for feedback from the community to help inform efforts to help reduce or eliminate stigma related to ##TOPIC## in our community.

We will NOT ask for any personally identifying information so that your survey answers remain anonymous. Only you will know how you answered the questions. All results will be shown only for large groups of respondents. To further protect the confidentiality of your answers, please complete the survey in a location that gives you privacy and seal the survey in the enclosed return envelope promptly. Participation in the survey is voluntary, and you may skip any questions you feel uncomfortable answering.

The survey should take about 20 minutes, and we have enclosed a \$5 bill as a token of our appreciation for your consideration and as a thank you. By completing and mailing back the survey, you are consenting to participate in the research.

If you would like to complete the survey online instead, please go to:

Website: ##SURVEY_LINK##
Access Code: ##ACCESS_CODE##

Thank you in advance for your time.

Sincerely,

Kaitie Park

Community Engagement Director, Ashtabula Mental Health and Recovery Services Board

GALLUP'

Mental Health Attitudes Survey

This survey will be used to collect data about attitudes around mental health care in our community. Completing this survey will help identify ways to improve the health and wellbeing of residents of our community. Please read each question carefully and answer each one honestly - there are no right or wrong answers. It is your opinion that counts. Your survey responses will be completely confidential. Please answer all questions to the best of your ability, though you may skip any question you do not feel comfortable answering. Please carefully follow the steps below when completing this survey:

EYAMPLE

Use only a blue or black ink pen that does not blot the paper		RIG	HT WAY	WRO	ONG WA
Make solid marks inside the response	_	→ 🔻		× ×	
Do not make other marks on the survey					
We would like to know your opinions about mental illness and people with ment illnesses in general. Please mark the box that indicates how much you agree- disagree with each statement. Please do not skip any item.		Somewhat disagree	Neutral or Unsure	Somewhat agree	at Strong
a. I believe a person with mental illness is a danger to others.					
b. I believe a person with mental illness is unpredictable.					
c. I believe a person with mental illness is hard to talk with.					
 d. I believe a person with mental illness has only themselves to blame for their condition. 					
 I believe a person with mental illness would improve if given the treatment and support. 					
f. I believe a person with mental illness feels the way we all do at times.					
g. I believe a person with mental illness could pull themselves together if they wanted.					
h. I believe a person with mental illness can eventually recover.					
 I believe a person with mental illness can be as successful at work as others without mental illness. 					
j. Treatment can help people with mental illness lead normal lives.					
 People are generally caring and sympathetic towards people with mental illness. 					
thought to be a disadvantage. Have you seen or heard of a person in our comm stigma because of their mental illness? Yes No → Skip to Question 7	umty who	mas a me	inai iiifie	ss expe	nencing
Has the stigma you have seen people in our community experience because of the difficult for them to	eir menta	l illness n	nade it	Yes	No ki
a. Recognize symptoms					
b. Seek help or treatment					
c. Find help or a place to get treatment					
d. Figure out how to pay for treatment					
e. Figure out how to use insurance for treatment					
f. Begin treatment					
g. Get support with treatment progress					
h. Complete treatment					
i. Get services or support after treatment (including recovery support)					
j. Get services in a crisis situation (like having feelings about suicide)					
k. Use medicine to help mental illness					
p [®] is a trademark of Gallup, Inc. All other trademarks are the property of their respective owners. Copyright © 1993-1998, 20	21 Gallup, Inc.	. All rights rese	rved.		Continu

GALLUP.

Substance Use Attitudes Survey

This survey will be used to collect data on attitudes about substance use and health care in our community. Completing this survey will help identify ways to improve the health and wellbeing of residents of our community. Please read each question carefully and answer each one honestly - there are no right or wrong answers. It is your opinion that counts. Your survey responses will be completely confidential. Please answer all questions to the best of your ability, though you may skip any question you do not feel comfortable answering. Please carefully follow the steps below when completing this survey:

EXAMPLE

	Use only a blue or black ink pen that does not blot the paper Make solid marks inside the response		HT WAY	WRONG WA	
Do not make other marks on the survey				Å	
Please read each statement carefully and mark the box that indicates how much you agree or disagree with the statement. Please do not skip any item.	Strongly disagree	Somewhat disagree	Neutral or Unsure	Somewhat agree	Stron;
 a. Most people would willingly accept someone who has been treated for substance use as a close friend. 					
 Most people believe that someone who has been treated for substance use is just as trustworthy as the average citizen. 					
 Most people would accept someone who has been treated for substance use as a teacher of young children in a public school. 					
d. Most people would hire someone who has been treated for substance use to take care of their children.					
e. Most people think less of a person who has been in treatment for substance us	se. 🔲				
f. Most employers will hire someone who has been treated for substance use if they are qualified for the job.					
g. Most employers will pass over the application of someone who has been treated for substance use in favor of another applicant.					
 Most people would be willing to date someone who has been treated for substance use. 					
No - Skin to Question 7					
No → Skip to Question 7 Has the stigma you have seen people in our community experience because of the	eir substa	ince use i	made it	Yes	
No → Skip to Question 7 Has the stigma you have seen people in our community experience because of the difficult for them to	eir substa	ince use i	made it	Yes ▼	
Has the stigma you have seen people in our community experience because of the	eir substa	ince use i	made it	Yes ▼	
Has the stigma you have seen people in our community experience because of the difficult for them to	eir substa	ince use i	made it	Yes ▼	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms	eir substa	ance use i	made it	Yes ▼	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment	eir substa	ince use i	made it	Yes ▼ □ [□ [
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment	eir substa	nnce use r	made it	Yes Ves	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment	eir substa	nnce use i	made it	Yes	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment e. Figure out how to use insurance for treatment	eir substa	nnce use r	made it	¥es	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment e. Figure out how to use insurance for treatment f. Begin treatment	eir substa	nnce use i	made it	Ves ▼	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment e. Figure out how to use insurance for treatment f. Begin treatment g. Get support with treatment progress	eir substa	nnce use i	made it	Yes	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment e. Figure out how to use insurance for treatment f. Begin treatment g. Get support with treatment progress h. Complete treatment		ance use	made it	¥	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment e. Figure out how to use insurance for treatment f. Begin treatment g. Get support with treatment progress h. Complete treatment i. Get services or support after treatment (including recovery support)	ncy			Ves	
Has the stigma you have seen people in our community experience because of the difficult for them to a. Recognize symptoms b. Seek help or treatment c. Find help or a place to get treatment d. Figure out how to pay for treatment e. Figure out how to use insurance for treatment f. Begin treatment g. Get support with treatment progress h. Complete treatment i. Get services or support after treatment (including recovery support) j. Get naloxone or Narcan (the opioid overdose reversal drug) in case of emergence	ncy se emerge			Ves	Do

Advance postcard and reminder postcards

Prenotification letter

Address-based samples

Mail and web surveys on SUD and Mental Health

Two surveys fielded in each community

1,009 total MH (RR=20.4%) 1,046 total SUD (RR=21.1%)

\$5 as noncontingent incentive

Telling our Stigma Story

Stigma Related to SUD and OUD in our 4 County Service Area: Ashtabula, Fairfield, Sandusky, and Seneca Counties

Perceived Stigma of Substance Abuse Scale (PSAS)

The PSAS measures community perceptions about the prevalence of stigmatizing attitudes and actions toward individuals with substance use problems.

- Scores range 8-40, higher scores indicating greater perceived stigma.
- Our sample of community residents perceive that stigmatizing attitudes and actions exist in our 4-county consortium area.

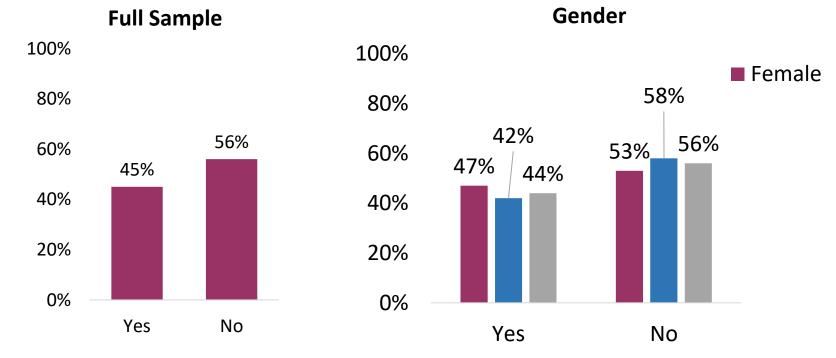
73% of our total sample had a scale score between **24-40**

21% of our total sample had a scale score of **24-31**

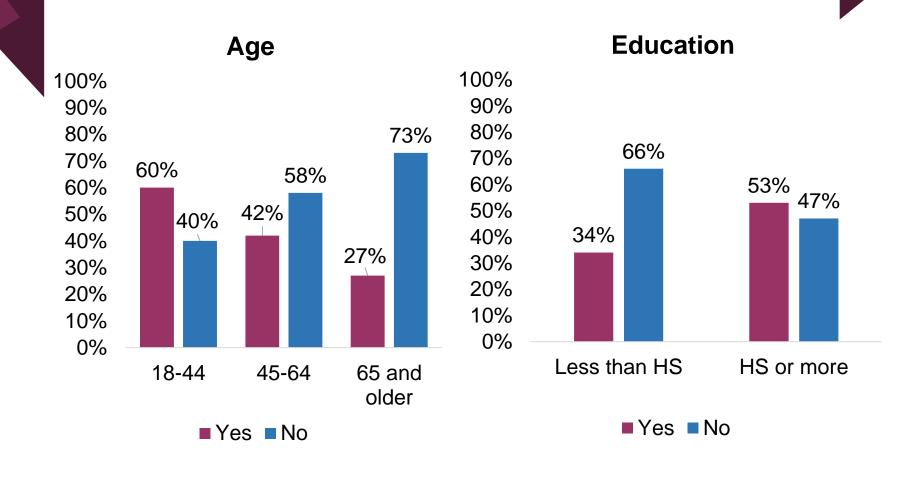
The mean score was 26.67 and the median was 27

Seeing or Hearing of a Person Experiencing Stigma

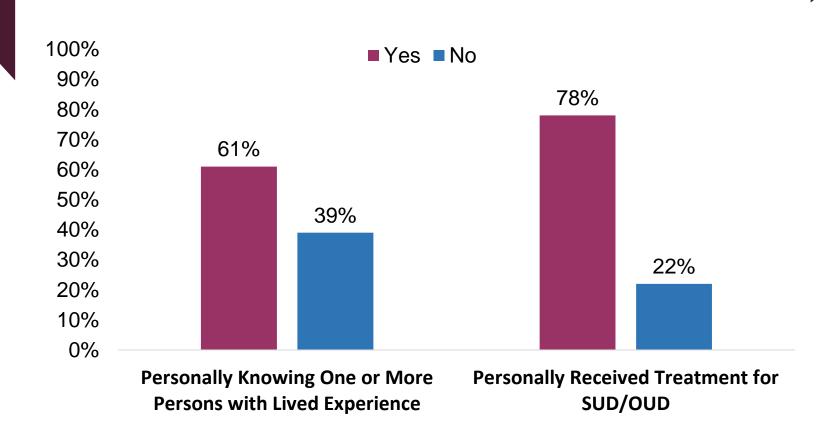
Stigma is when someone views a person or group in a negative way because they have a feature or personal trait that is thought to be a disadvantage. Have you seen or heard of a person in our community who uses substances experiencing stigma because of their substance use?



Seeing or Hearing of a Person Experiencing Stigma



Seeing or Hearing of a Person Experiencing Stigma



Manifestations of Stigma/Stigma Experiences

Question: Has the stigma you have seen people in our community experience because of their substance use made it difficult for them to...

- Recognize symptoms
- Seek help or treatment
- Find help or a place for treatment
- Figure out how to use insurance for treatment
- Begin treatment
- Get support with treatment process
- Complete treatment
- Get services/supports after treatment
- Get naloxone (Narcan)
- Receive naloxone (Narcan) in an overdose emergency situation
- Use medication (like Methadone, Suboxone, or Vivitrol) as part of opioid treatment

Manifestations of Stigma / Stigma Experiences

		Total Sample (Weighted)				
All Respondents	Yes	No	Don't Know			
		%	%			
Begin treatment	69%	13%	18%			
Seek help or treatment	68%	13%	19%			
Get support with treatment progress	58%	15%	27%			
Figure out how to pay for treatment	57%	14%	29%			
Complete treatment	57%	16%	27%			
Get services or support after treatment (including recovery support)	54%	17%	29%			
Recognize symptoms	53%	18%	30%			
Find help or a place to get treatment	52%	24%	24%			
Figure out how to use insurance for treatment	51%	15%	34%			
Use medication (like Methadone, Suboxone, or Vivitrol) as part of opioid treatment	26%	25%	50%			
Get naloxone or Narcan (the opioid overdose reversal drug) in case of emergency	25%	32%	42%			
Receive naloxone or Narcan (the opioid overdose reversal drug) in an overdose	240/	240/	450/			
emergency situation	21%	34%	45%			

Manifestations of Stigma/Stigma Experiences

Community members who have personally received treatment perceive actions related to harm reduction are more impacted by stigma than the total population or than those personally knowing one or more people with lived experience with SUD/OUD:

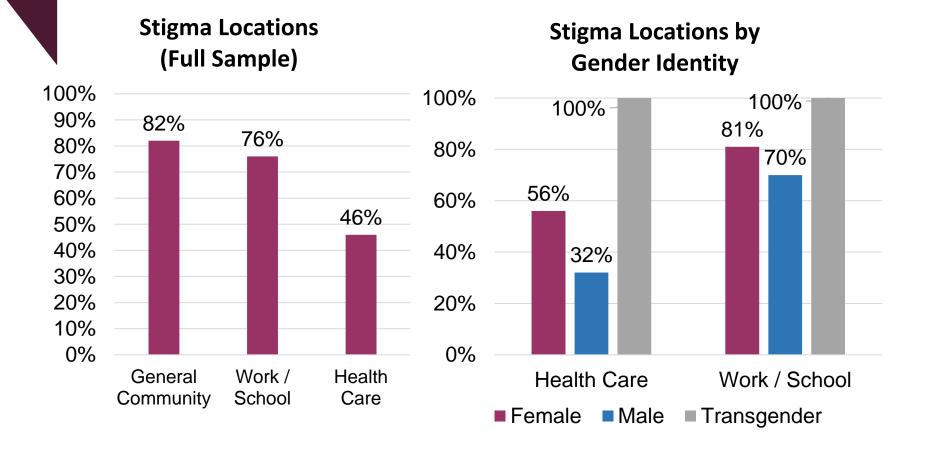
- Get naloxone or Narcan (the opioid overdose reversal drug) in case of emergency
- Receive naloxone or Narcan (the opioid overdose reversal drug) in an overdose emergency situation
- Use medication (like Methadone, Suboxone, or Vivitrol) as part of opioid treatment

How Manifestations of Stigma Impact Organizational and Institutional Outcomes

Question: Next, we would like to know where people in our community experience stigma due to their substance use. Please indicate whether or not you have seen people in our community experience stigma because of their substance use in each of the following settings:

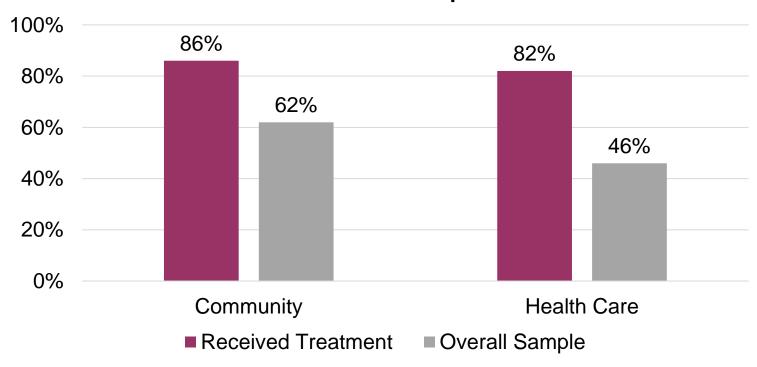
- General community setting
- Health care setting
- Work or school setting

How Manifestations of Stigma Impact Organizational and Institutional Outcomes



How Manifestations of Stigma Impact Organizational and Institutional Outcomes

Individuals who have Received Treatment Compared to the Overall Sample



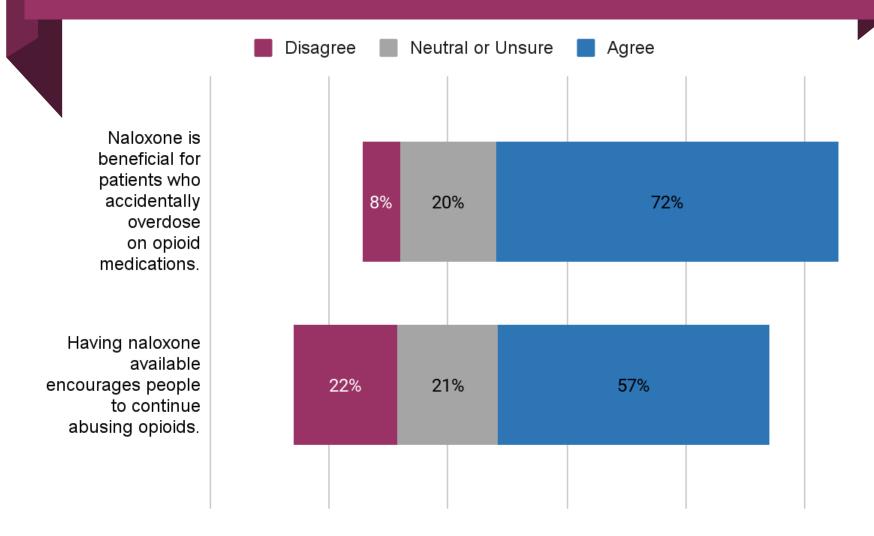
Stigma Practices: Discrimination

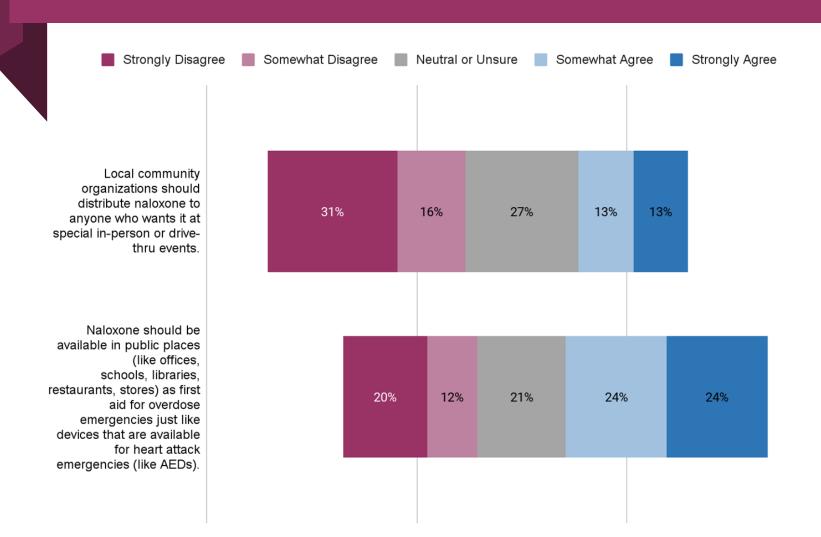
Question: "Have you personally seen or heard about people in our community who use substances like alcohol or drugs experiencing any of the following situations due to their substance use" ... (and we have a list of discriminatory actions).

- Getting fired from a job (70%)
- Being shunned from a friend group due to their use of alcohol or drugs (65%)
- Being avoided by community members (59%)

This section of the survey assessed respondent opinions regarding naloxone

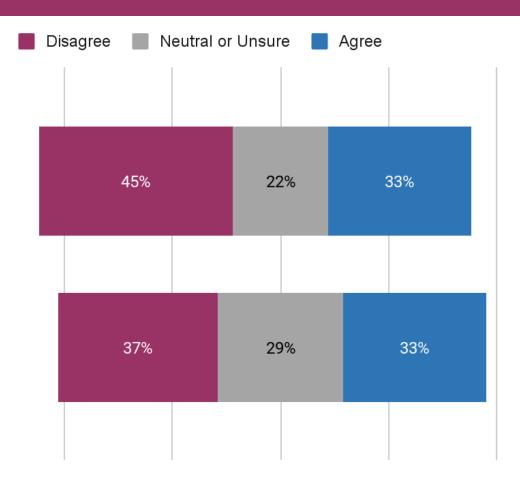
Questions: Participants were asked the degree of agreement that they had for a series of 12 statements regarding Naloxone.





Naloxone is a lifesaving drug and people should have access to it as many times as they need it.

Naloxone is a basic form of first aid and it should be available to anyone in the community who would like to have it.

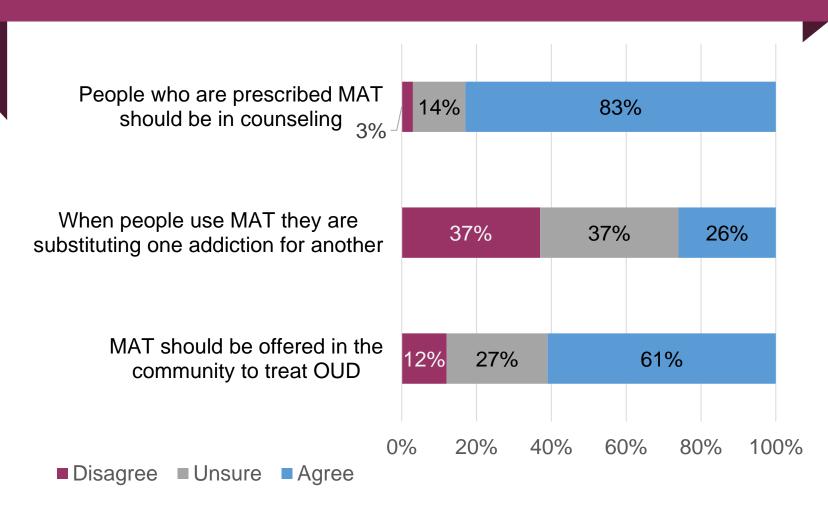


Perceptions of Medication Assisted Treatment (MAT)

This section assessed respondent opinions regarding MAT.

Question: Participants were asked the degree of agreement that they had for a series of 3 statements regarding MAT.

Perceptions of Medication Assisted Treatment (MAT)



Perceptions of Fentanyl Test Strips

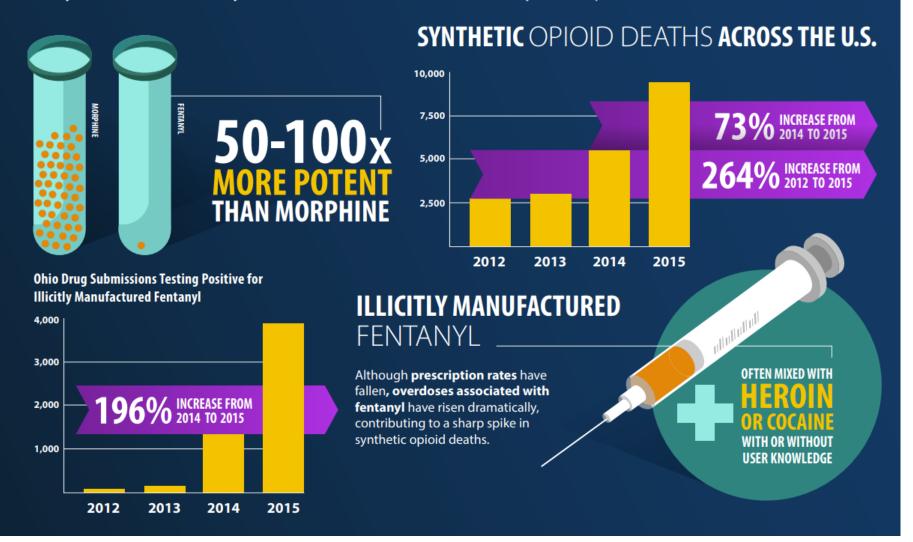
This section assessed respondent opinions regarding Fentanyl Test Strips.

Question: Participants were asked the degree of agreement that they had for a series of two statements regarding Fentanyl Test Strips.

FENTANYL: Overdoses On The Rise



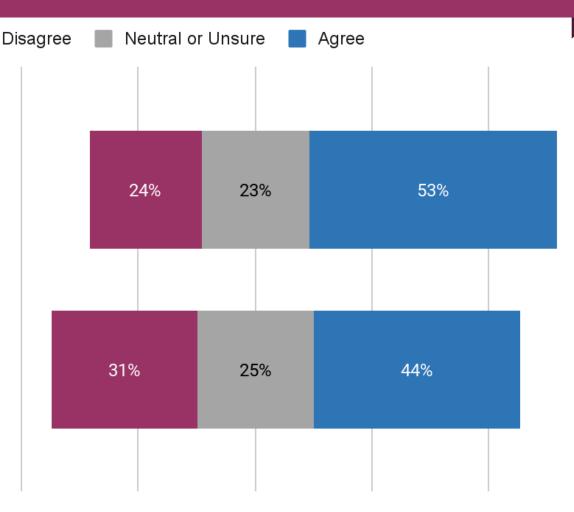
Fentanyl is a synthetic opioid approved for treating severe pain, such as advanced cancer pain. **Illicitly manufactured fentanyl** is the main driver of recent increases in synthetic opioid deaths.



Perceptions of Fentanyl Test Strips

Fentanyl test strips should be available to anyone in the community who would like to have them.

Local community organizations should distribute Fentanyl test strips to anyone who wants them at special in-person or drive-thru events.



Potential Stigma Solutions

Question: We are interested in knowing what you think can be done in our community to help reduce or eliminate stigma related to substance use. Please read the following ideas and indicate how effective you think they would be.

Our list included three basic categories:

- Increasing Awareness
- Specific interventions
- Education and Training

What do you think would have been suggested in your community?

Make information about stigma	Make information about drug and	Increase awareness that treatment for
available.	alcohol use available.	substance use is effective.
Use pre-movie ads at movie theaters	Use ads on streaming services	Train social workers training to
to increase awareness about	(Spotify, YouTube, Pandora) to	improve their attitudes toward people
substance use and stigma.	increase awareness about	(including pregnant women) who use
	substance use and stigma.	alcohol and drugs.
Train law enforcement officers to	Use "flyers" at libraries, pharmacies,	Increase awareness that using
improve their attitudes toward people	or other local businesses to	medicine (methadone, Suboxone, or
(including pregnant women) who use	increase awareness about	Vivitrol) to treat opiate addiction is
alcohol and drugs.	substance use and stigma.	effective.
Increase awareness that recovery	Use "inserts" in church bulletins to	Teach middle and high school
from substance use is possible.	increase awareness about	students about stigma in school.
	substance use and stigma.	
Make it easier for people to find a	Place information at restaurants (on	Train people working in the court
place to get treatment for substance	drink coasters, placemats, carryout	system to improve their attitudes
use.	boxes) to increase awareness	toward people (including pregnant
	about substance use and stigma.	women) who use alcohol and drugs.
Highlight real stories of people in	Train school staff to improve their	Train substance use counselors to
your community that show that	attitudes toward people (including	improve their attitudes toward people
treatment is effective, and recovery is	pregnant women) who use alcohol	(including pregnant women) who use
possible.	and drugs.	alcohol and drugs.
Use stories in local newspapers,	Train health care providers to	Make ways to reduce the harmful
radio, and TV to increase awareness	improve their attitudes toward	consequences of substance use
about substance use and stigma.	people (including pregnant women)	available in our community.
	who use alcohol and drugs.	

Potential Stigma Solutions

	All Respondents	Total Sample (Weighted)				
	% Top Three Strategies (calculated as somewhat effective + very effective) Selected to Effectively Reduce Stigma					
•	Make it easier for people to find a place to get treatment for substance use	95%				
•	Increase awareness that recovery from substance use is possible	94%				
•	Increase awareness that treatment for substance use is effective	92%				
Concrete Ways to Increase Awareness to Reduce Stigma						
•	Highlight real stories of people in our community that show substance use treatment is effective and recovery is possible	95%				
•	Use stories in local newspapers, radio, and TV to increase awareness about substance use and stigma	91%				
•	Use ads on streaming services (Spotify, YouTube, Pandora) to increase awareness about substance use and stigma	82%				
eff	spondents indicating that education/training was arective way to address stigma (calculated as somewhective)					

Acknowledgement

This survey and presentation were made possible by grants GA133532 and GA133529 from the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HRSA or the U.S. Department of Health and Human Services.

Thank You!

- Nicole Williams, Mental Health and Recovery Service Board for Seneca, Ottawa, Sandusky, and Wyandot Counties; <u>coordinator@mhrsbssw.org</u>
- Jim Posey, Sandusky County Public Health Department, JPosey@scpublichealth.com
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Questions and Discussion