

OLYMPIC COMMUNITY OF HEALTH | STRENGTHS & IDEAS TO REDUCE STIGMA | 7.5.21

INTRODUCTION

Olympic Community of Health (OCH) engaged [Collaborative Consulting](#) to conduct an environmental scan to better understand the stigma of substance addiction within the Olympic region. The project is focused on informing and identifying opportunities to effectively address stigma within the Olympic Region. As part of the project, we facilitated focus groups, interviews, and a survey with community groups and OCH partners to gather insight into addiction stigma in the community, problems stigma causes, and ideas to address stigma.

We asked participants to share insight about what is already working well to address or reduce addiction stigma in their communities, ideas to reduce stigma, and strengths that could be utilized to address stigma. Responses to these questions were grouped and categorized and are presented in the following sections.

WHAT IS WORKING WELL TO REDUCE STIGMA IN THE OLYMPIC REGION

Strategies and interventions that participants described as working well	
Structural	<u>Decriminalization, de-escalation, and re-entry programs</u> <ul style="list-style-type: none"> Existing diversion programs-drug court and therapeutic courts WA State Good Samaritan Law De-escalation and crisis intervention teams (social workers and police teams) in Sequim, Port Angeles, Port Townsend Addiction and stigma education for law enforcement Re-entry programs with wrap-around services <ul style="list-style-type: none"> Port Gamble S'Klallam re-entry program Suquamish Tribe re-entry-restorative justice and listening circles
	<u>Integration of peer support services into addiction treatment</u> <ul style="list-style-type: none"> Integration of peers as treatment coordinators, peer counselors, and peer navigators
	<u>Existing care, treatment, and recovery services</u> <ul style="list-style-type: none"> Efforts to increase collaboration, referrals, and education between service providers Existing care, treatment, and recovery services. Services mentioned: <ul style="list-style-type: none"> Tribal treatment recovery programs-holistic and wrap around Return to traditional and cultural ways of healing-canoe journeys The future Jamestown S'Klallam Healing Clinic (Clallam and Jefferson) will integrate dental, medical, mental health, and substance use disorder clinics with wrap-around services Kitsap Recovery Center & Detox Treatment unit Parent-Child Assistance Program (PCAP)
	<u>Existing harm reduction programs</u> <ul style="list-style-type: none"> Programs referenced included: <ul style="list-style-type: none"> MAT programs, Suboxone clinics Needle exchange services

	<ul style="list-style-type: none"> ○ Mobile behavioral health clinic including MAT at Peninsula Community Health Services in Kitsap ○ KMH's harm reduction housing program that is being built <p><u>Advocacy</u></p> <ul style="list-style-type: none"> ● Vocal and organized recovery community and advocates <ul style="list-style-type: none"> ○ Salish Recovery Coalition, People's Harm reduction alliance, Kitsap County Substance Abuse Prevention Coalition
Social	<p><u>Community education campaigns</u></p> <ul style="list-style-type: none"> ● Community conversations on addiction and stigma: small group conversations, town halls ● Person first language education and campaigns ● Articles in local news media to raise awareness on addiction ● Specific community education campaigns referenced by name: <ul style="list-style-type: none"> ○ The Peninsula Harm Reduction Network Stigma reduction campaign ○ The 3CCORP and OCH campaign on opioid use disorder as a chronic disease ○ Opioid Treatment Program developers' public meetings on opioid treatment ○ County Commissioners educating the public about homelessness ○ Olympic Personal Growth Center series of education sessions <p><u>Professional education for healthcare and social service providers</u></p> <ul style="list-style-type: none"> ● Education, training, and discussion with healthcare, social service providers, behavioral health providers, police, and fire department on addiction and stigma ● Organizational staff training topics: stigma, bias, cultural competency, racism, trauma-informed care, treatment of chronic pain, evidence-based addiction care & treatment <p><u>Story sharing to increase visibility & contact between the public and people with addiction</u></p> <ul style="list-style-type: none"> ● Storytelling: people in recovery sharing their individual stories to create visibility, humanize the problem, and shape their narrative ● Sharing successful recovery stories to demonstrate the impact of services and serve as an example for peers through a variety of media <ul style="list-style-type: none"> ○ The Salish Recovery Coalition stories of addiction recovery <p><u>Community-based programming</u></p> <ul style="list-style-type: none"> ● Listening circles of community providers, re-entry participants, and criminal justice ● Community support of Port Gamble S'Klallam Tribe in welcoming people in recovery back into the community and families ● Community-based activities bring individuals together: those in recovery, families, and community for positive collective impact ● Oxford House-clean and sober living- education, advocacy, and community service work to change views on addiction and recovery
Individual	<p><u>Recovery communities</u></p> <ul style="list-style-type: none"> ● Recovery celebration dinners, recovery events like walks and runs, drug court graduation ceremonies ● Existing recovery communities, such as Washington Recovery Alliance, Recovery Cafés, and Tribal recovery groups

Existing peer support programs

- Peer support & recovery coaches
- Peer navigators and counselors
- Peers serving as successful examples for others and referring others

IDEAS TO REDUCE STIGMA IN THE OLYMPIC REGION

Strategies and interventions that participants shared as ideas to reduce stigma

Structural

Decrease policing and criminalization of addiction

- Utilize harm reduction framework in family services and criminal courts
- Increase alternatives to incarceration for drug offenses
- Increase de-escalation services and co-responder programs
- Increase incarceration diversion programs
- Legalization of all drugs, decriminalization of possession

Increase peer support services

- Establishing a network of peer providers
- Hiring people with lived experience as treatment coordinators, peer workers, and community health workers
- Increasing recovery communities that include harm reduction and housing

Integration of addiction treatment and other health and social services

- More holistic addiction care and treatment services
- Multidisciplinary teams assisting in treatment and recovery
- Healthcare and treatment systems that address root drivers and reimburses this work
 - Workforce programs to employ people in recovery
 - Low barrier housing, permanent supportive housing
 - Education and early childhood education
 - Food security
 - Trauma and adverse childhood experiences
- Community-wide coordinated and integrated treatment of addiction and mental illness
- Increased collaboration across services

Expand harm reduction services

- Increase harm reduction services
- Increase MAT and pharmaceutical options
- Mobile harm reduction services
- Increase education and awareness of harm reduction services and impact
- Harm reduction homes as housing solutions

Expand access to care and treatment

- Increase access to and availability of treatment programs, including:
 - Increase low barrier services
 - Increase detox services
 - Provide free care and treatment
 - Multiple paths to recovery
- Increase referrals to existing SUD care and treatment

	<ul style="list-style-type: none"> • Widely distribute information on services already available • Increase availability of and funding for traditional medicine, ceremonies, and culturally appropriate healing methods that include community, family, and members in recovery <p><u>Increase representation of lived experience in decision making</u></p> <ul style="list-style-type: none"> • Increasing representation of people with lived experience in decision making structures and roles related to addiction care, treatment, services, and policies <p><u>Best practice finding and sharing</u></p> <ul style="list-style-type: none"> • Implement learning sessions to share best practices between counties on harm reduction, recovery, and peer support services • Share resources among providers related to stigma reduction • Connect and network with innovators across Washington • Increase data collection on stigma to better focus solutions <p><u>Advocacy</u></p> <ul style="list-style-type: none"> • Connect with statewide advocacy groups • Align partners in efforts around shared metrics and goals with local government • Advocate for specific changes related to addiction stigma and treatment <ul style="list-style-type: none"> ○ Alignment of HIPPA and 42 CFR Part 2 ○ More funding for recovery services ○ Decriminalize possession ○ Increased support for addiction care and treatment in rural areas • Advocate for more support and focus in rural areas from statewide advocacy groups <p><u>Increase substance use prevention</u></p> <ul style="list-style-type: none"> • Culturally diverse community activities • More resources and activities for youth
Social	<p><u>Public education campaigns topics include</u></p> <ul style="list-style-type: none"> • Causes of addiction and that it is a disease • Raises visibility around all types of people who experience addiction • What is addiction stigma • Pathways of recovery and how recovery works • Harm reduction education and marketing • K-12 education on trauma, addiction, behavioral health, anti-stigma, and compassion • Trauma-informed community and ACEs and links to addiction <p><u>Education & training for health and social service providers</u></p> <ul style="list-style-type: none"> • Education on addiction for healthcare providers • Training for providers, caseworkers, law enforcement, and helpers in the community <ul style="list-style-type: none"> ○ Harm reduction ○ Bias ○ History and context of the community ○ Trauma-informed care ○ Addiction and addiction stigma ○ Chronic pain

	<ul style="list-style-type: none"> • Health, social, and front-line providers visiting recovery centers to learn firsthand <p><u>Story sharing to increase visibility & contact between the public and people with addiction</u></p> <ul style="list-style-type: none"> • People in recovery sharing personal success stories and experiences <ul style="list-style-type: none"> ◦ Humanize addiction ◦ Trusted and respected community members sharing stories ◦ "Successful" people sharing stories of addiction ◦ Highlight successful recovery and treatment • Public campaigns (billboard/public events) to show recovery in action • Public success celebrations-celebration dinners or awards • Open house nights at treatment and recovery sites to increase knowledge of and exposure to services <p><u>Community conversations to help shift social norms</u></p> <ul style="list-style-type: none"> • Community listening circles and sessions for open dialogue about substance use disorder and stigma <ul style="list-style-type: none"> ◦ Open and judgment-free conversations ◦ Use trained messengers and facilitators ◦ Identify common ground ◦ Could occur at town halls, public forums, open-house, faith-based communities, senior centers, and clubs <p><u>Engage media in spreading anti-stigma messages</u></p> <ul style="list-style-type: none"> • Engage media to publish articles and positive stories on addiction, stigma, and recovery and to reach a wider audience • Positive advertising for recovery programs, events, and activities in the community • Multi-organization public relations bureau focused on addiction stigma <p><u>Language change campaigns</u></p> <ul style="list-style-type: none"> • A shift toward person forward language
Individual	<p><u>Increase and spread peer support and recovery communities</u></p> <ul style="list-style-type: none"> • More support from peers • More recovery communities • More talking circles <p><u>Community recovery events</u></p> <ul style="list-style-type: none"> • Celebrations for individuals returning to the community • Public success celebrations-celebration dinners or awards

COMMUNITY STRENGTHS TO LEVERAGE TO ADDRESS STIGMA

- People in recovery and individuals with lived experience with addiction
- Recovery and sobriety communities
- The culture and traditions of the Tribes

- A collaborative group of providers in the North Olympic Peninsula
- Existing multi-sector and regional collaboratives bringing diverse perspectives together; organized and coordinated efforts to address challenges
- Financial resources and wealth in the community
- Tarra Simmons, a local legislator that was formerly incarcerated and fighting for the rights of people with addiction, mental health, and incarceration
- Community members; helping and caring community, open-minded
- School-based substance use prevention programs
- Clallam Resilience Project; focused on fostering trauma-sensitive care
- Faith-based organizations and community