


Addressing the Dual Stigma of
Substance Abuse and
Medication-Assisted Treatment

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COLORADO
Office of Behavioral Health
Department of Human Services



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Conflict of Interest Disclosure Statement

I have no financial interest or other relationships with the industry relative to the topics being discussed.



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Office of Behavioral Health

OBH oversees and purchases substance use and mental health prevention, treatment, and recovery services and provides inpatient care at the state mental health institutes.

- Supports behavioral health programs through federal and state dollars, technical assistance, data and analysis, training, and regulation.
- Licenses and monitors all SUD treatment programs including opioid treatment programs, community mental health services, and crisis system.
- Manages the federal State Targeted Response to the Opioid Crisis grant (\$15.7 million over 2 years).



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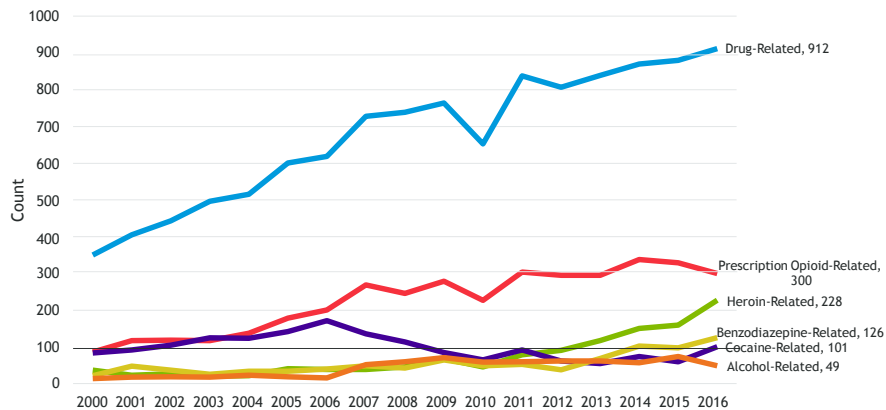


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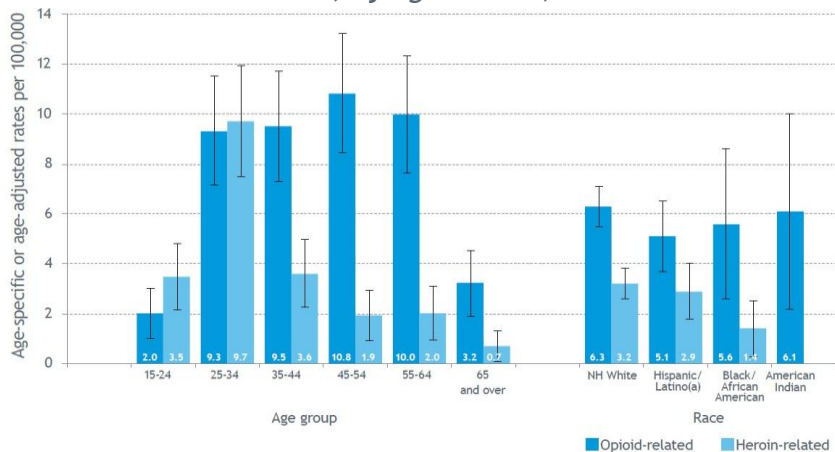


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Age-Adjusted Rates of Alcohol and Drug Overdose Deaths in Colorado, 2000-2016



Age-Adjusted Rates per 100,000 of Opioid-Related and Heroin-Related Overdose Deaths, by Age & Race, 2015



Data Source: Vital Statistics Program, CDPHE.

Error bars represent the 95% confidence interval of the age-specific or age-adjusted rate.

Drug-type categories are not mutually exclusive; cases are counted more than once if they were positive for multiple substances.

Rates for Asian/Pacific Islander, and heroin-related rates for American Indian, are not displayed due to small numbers of events (fewer than three).

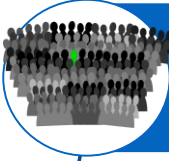


What is Stigma?



Structural stigma comes from institutions and includes laws, policies, and practices.

Examples: housing discrimination, school expulsions, lack of research funding, insurance inequities and the need for parity laws.



Public stigma comes from communities and is based on attitudes.

Examples: segregation, lack of trust, poor treatment of individuals, blaming families, exclusion, mocking and belittling.

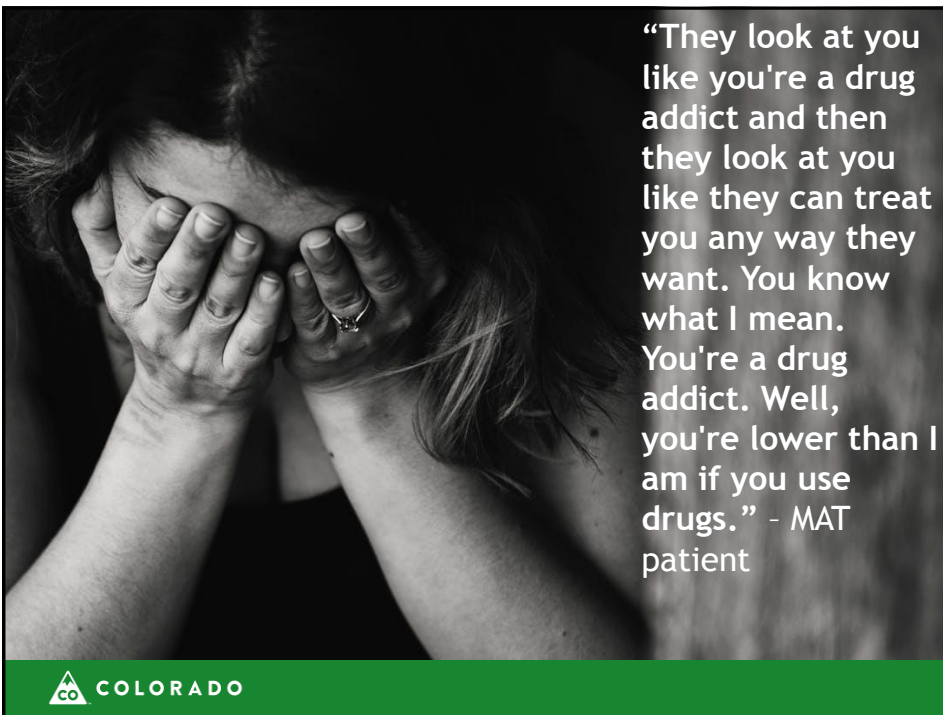


Self-stigma is the internalization of these public and institutional realities that lead an individual to feel shame, embarrassment, low self-esteem, denial, and fear of seeking help.

Examples: hiding symptoms of behavioral health disorders, lying, avoiding personal relationships, low goal attainment, refusing treatment, anger, separation from the relationships and services needed most.



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“They look at you like you're a drug addict and then they look at you like they can treat you any way they want. You know what I mean. You're a drug addict. Well, you're lower than I am if you use drugs.” - MAT patient



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What is the Difference?

Stephen, age 43

- Type II Diabetes diagnosis
- 12 ED visits his first year
- Takes insulin daily
- Talks with his co-workers about his condition
- Educates friends and family on how to address a diabetic emergency
- Primary care provider engages in meaningful communication



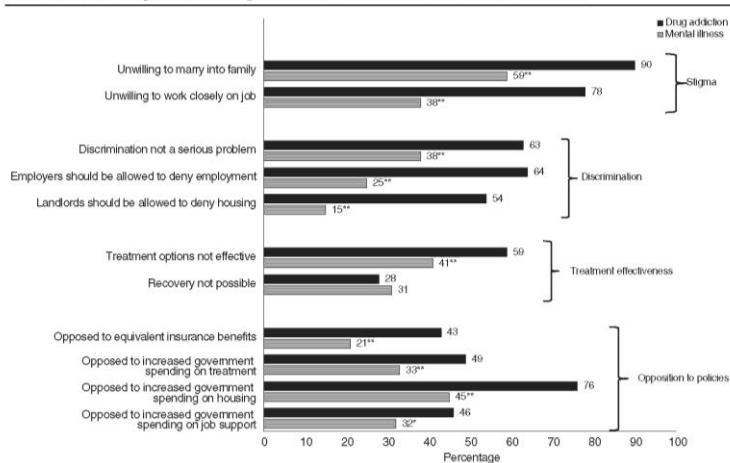
Steve, age 43

- Opioid Use Disorder diagnosis
- 12 ED visits his first year
- Takes methadone daily
- Hides his diagnosis and treatment from co-workers
- Afraid carrying naloxone will "out" him as having OUD
- Primary care provider does not trust him



Public Attitudes Related to Substance Use Compared to Mental Illness

Public attitudes about persons with drug addiction (N=347) and mental illness (N=362), 2013^a



^a Responses on 7-point Likert scales were collapsed to dichotomous measures. Pearson chi square tests assessed whether attitudes differed by the drug addiction or mental illness version of each survey item.
*p<.01, **p<.001



Stigma Keeps People from Getting Treatment

Why Aren't Coloradans Getting the Mental Health Services They Need?

	2013	2015	2017
Uninsured*	77.5%	65.2%	72.4%
Concerned about the cost	75.6%	57.3%	56.1%
Didn't think health insurance would cover it**	55.3%	43.3%	43.1%
Difficulty getting an appointment	30.5%	34.0%	35.2%
Don't feel comfortable talking about personal problems with a health professional	31.0%	40.2%	31.4%
Concerned about someone finding out you have a problem	19.8%	27.6%	22.0%

* Asked of uninsured during the past year ** Asked of those insured during the past year

Source: Colorado Health Institute, Colorado Health Access Survey

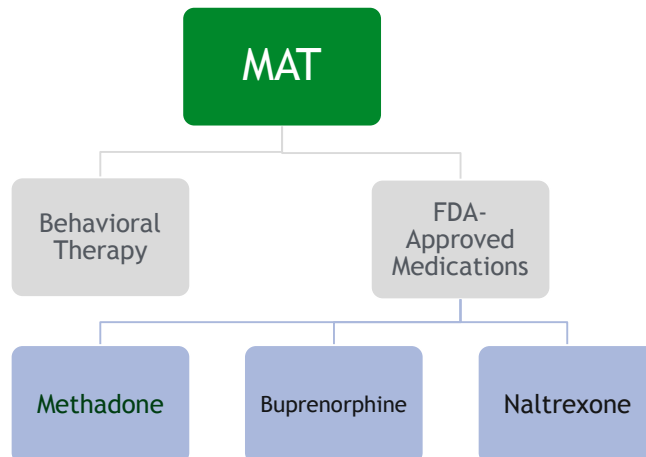


We Know How to Treat OUD

Medication-Assisted Treatment is an evidence-based effective regimen to treat OUD

Two components:
Behavioral and chemical

Three effective
medications

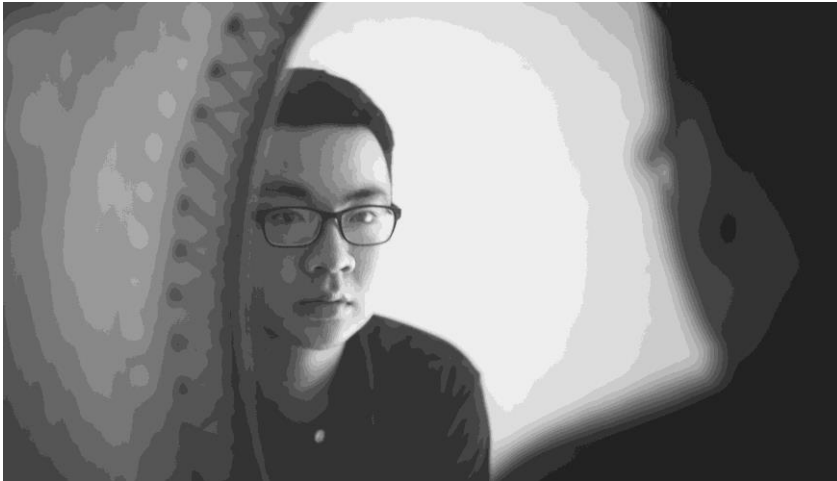


Double Stigma

“And as soon as I would say that I was on methadone, they would switch up and treat me completely, completely different” -MAT patient, talking about stigma in providers



Looking Within: Stigma and Healthcare





Coming in Spring 2018