Recovery Center of Excellence

A Community Conversation on Opioid Use Disorder

Workshop Overview

This HRSA RCORP RCOE program is supported by the Health Resources & Services Administration (HRSA) of the US Department of Health & Human Services (HHS) as part of an award of $3.33M in the current year with 0% financed with non-governmental sources.

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Course Overview and Rationale

Research shows that stigmatizing beliefs around substance use disorder (SUD) can be reduced by bringing people into contact with a person who has the stigmatized medical condition and educating them about effective treatments and the potential for recovery.[1]

This is not an academic workshop about stigma. It is a conversation for participants to explore stigma, how we support people with substance use disorder (SUD) and their families, and how we work together in our communities to reduce stigma. We use portraits and videos of people with lived experience to facilitate discussion, making it very interactive.

Special Note: *This workshop began with a focus on OUD. Over the past few years, the conversations have expanded to include other substances. This guide uses OUD/SUD throughout.*

Intended Audience

- Overall cross section of people living in rural communities
- Family and friends of individuals with OUD/SUD
- Individuals with lived experience with substances
- Service providers, health care providers, first responders

Objectives and Learning Outcomes

Through this community conversation, participants will examine the definition and impact of OUD/SUD stigma within their rural community and will identify ways to reduce stigma, biases, and negative perceptions around recovery. Participants will increase their understanding of factors that may put a person on the path to OUD/SUD, explore individual and community support and positive beliefs around recovery, and review resources and tools available in combating stigma.

[1] National Academies of Sciences, Engineering, and Medicine. (2016). *Ending discrimination against people with mental and substance use disorders: The evidence for stigma change*. National Academies Press.

Participants Will

- Recognize the roots and various types of stigmas, and their impact on individuals, families, and providers in rural communities
- Explore negative and positive beliefs around OUD/SUD and recovery
- Identify ways to overcome barriers and challenges to addressing stigma and to operationalize a recovery-oriented approach to reducing stigma
- Increase awareness about factors that contribute to OUD/SUD and discuss ways to support people on the path to recovery
- Review support resources and build on relationships of participants within the workshop to learn from each other, and work together, to reduce stigma

Training Methods, Art, and Group Discussion

To accomplish this, the workshop will include methods that will enable the participants to explore their beliefs regarding stigma and develop the knowledge, skills, attitudes, and strategies that are important to addressing stigma in their communities.

This interactive workshop will also include practical suggestions and realistic problem-solving. It will incorporate interviews, portraits, and personal shared experiences to humanize people with OUD/SUD and others affected by the disease. The activities will enable participants to analyze their beliefs, identify areas for change, and develop specific actions for modifying current behaviors and creating a recovery-supportive community.

The workshop design provides both a means of learning and mechanisms for application.

Time Frame: 2.5–3 hours