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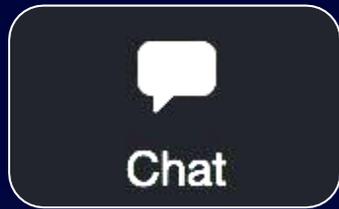
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Overcoming Stigma in Reentry and Mental Health Struggles

July 23, 2024 | Presented by:

Dr. Anjali Nandi, PhD, MAC, LAC, Associate, NCJTC

Greg Brown, Program Manager, NCJTC

Paul Fuentes, Project Coordinator, NCJTC

Kevin Poleyumptewa, Project Coordinator, NCJTC



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C SSUP

Comprehensive Opioid, Stimulant,
and Substance Use Program

Today's Presenter & Panel



Dr. Anjali Nandi,
PhD, MAC, LAC
Associate, NCJTC



Paul Fuentes
Project Coordinator,
NCJTC



Greg Brown
Program Manager,
NCJTC

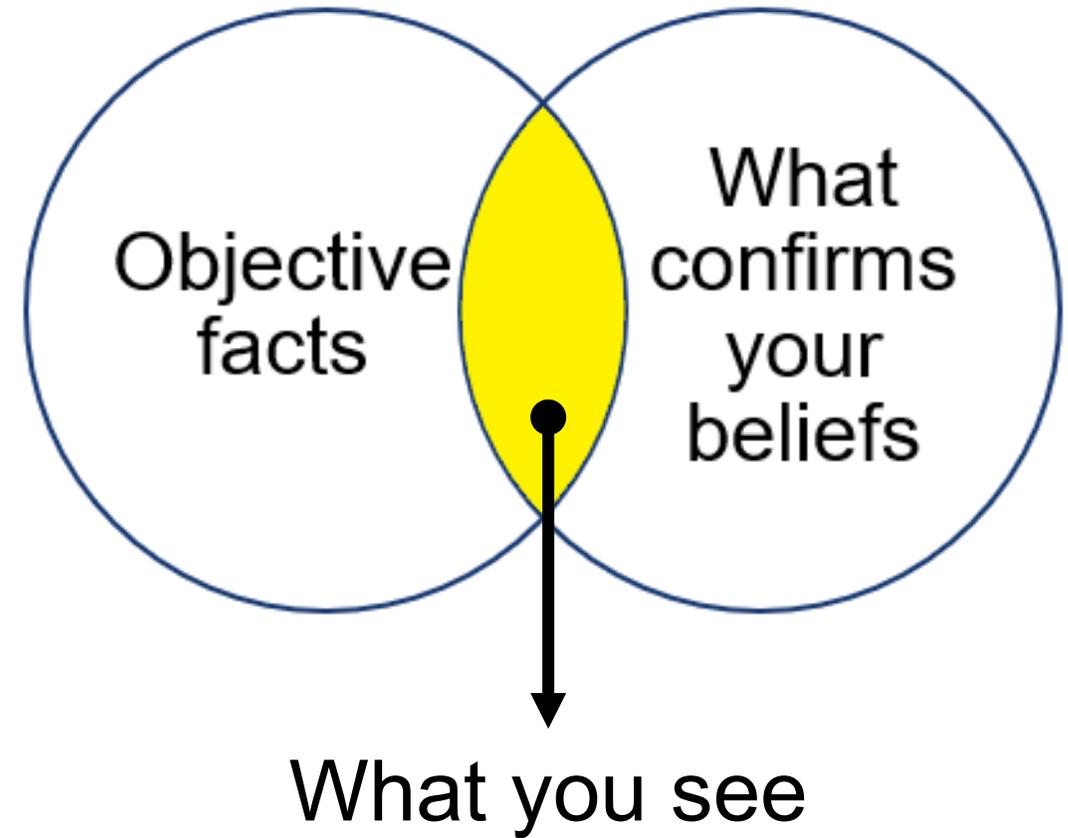


Kevin Poleyumtpewa
Project Coordinator,
NCJTC

Conscious vs. Unconscious Brain



Confirmation Bias

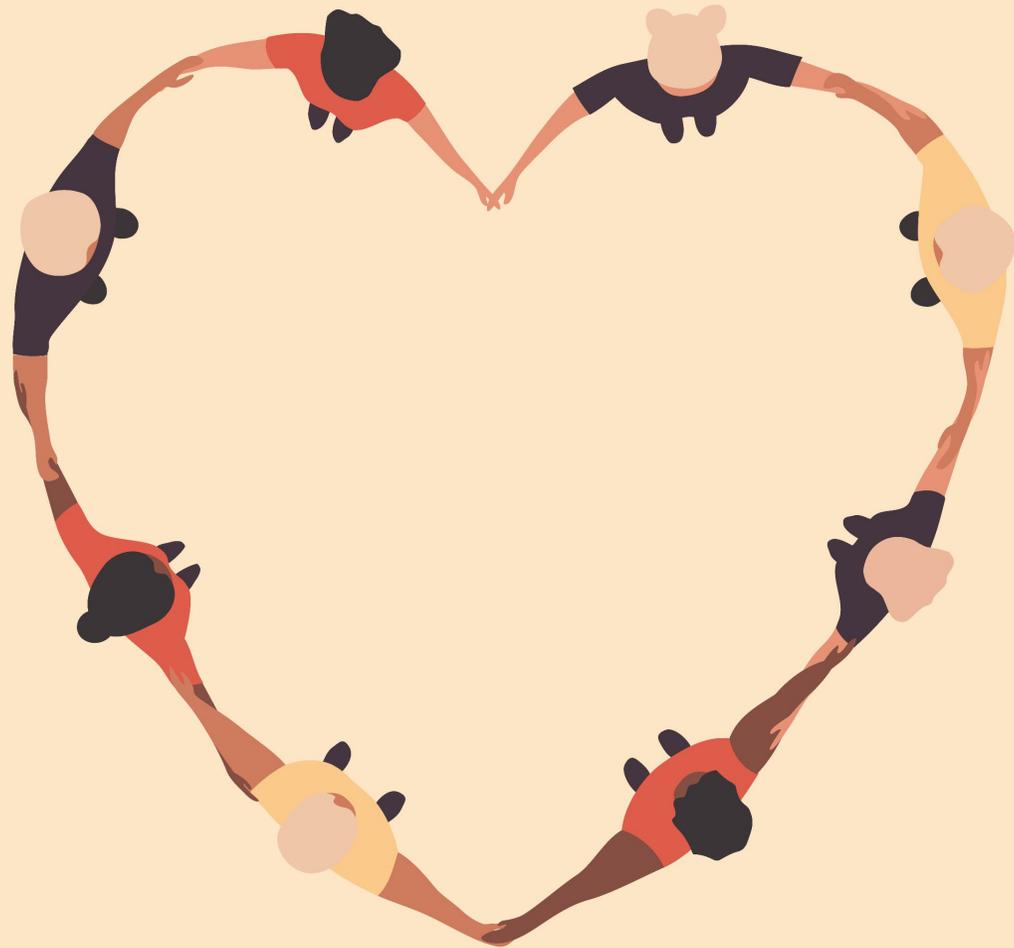


Affinity Bias



Basic Needs

- To be seen
- To belong



Neurological Impact of Othering



Levels of Bias

- Individual and interpersonal
- Team dynamics
- Organizational culture



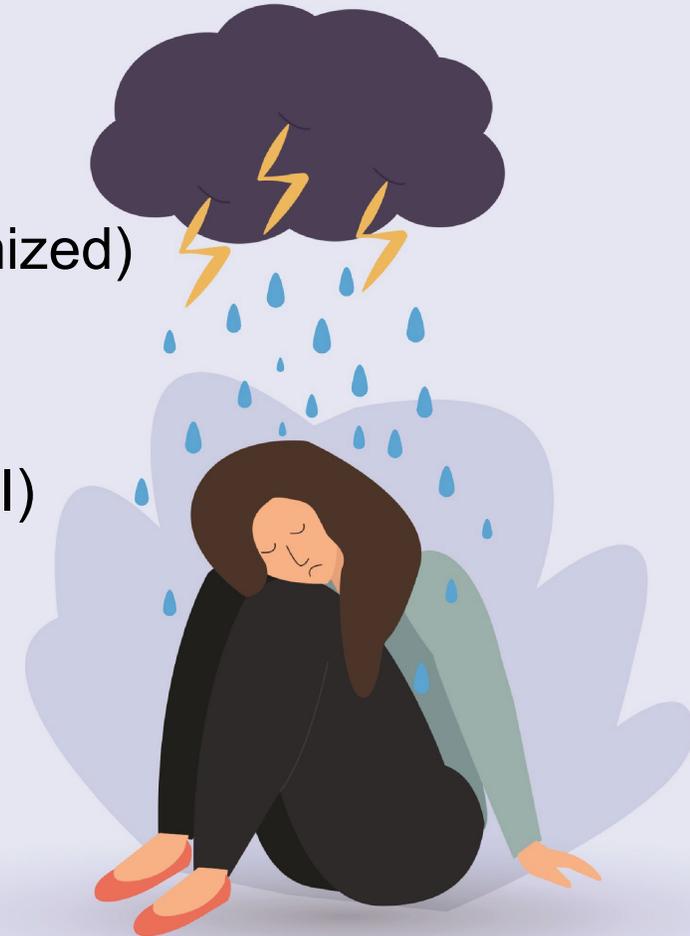
Defining Mental Illness

- Is diagnosable
- Impairs functioning
- Creates distress
- Difficult to regulate without intervention
- Wide range of symptoms
- Can impact cognitive functioning, impulse control, emotional stability, and decision-making skills
- Increases risk for victimization



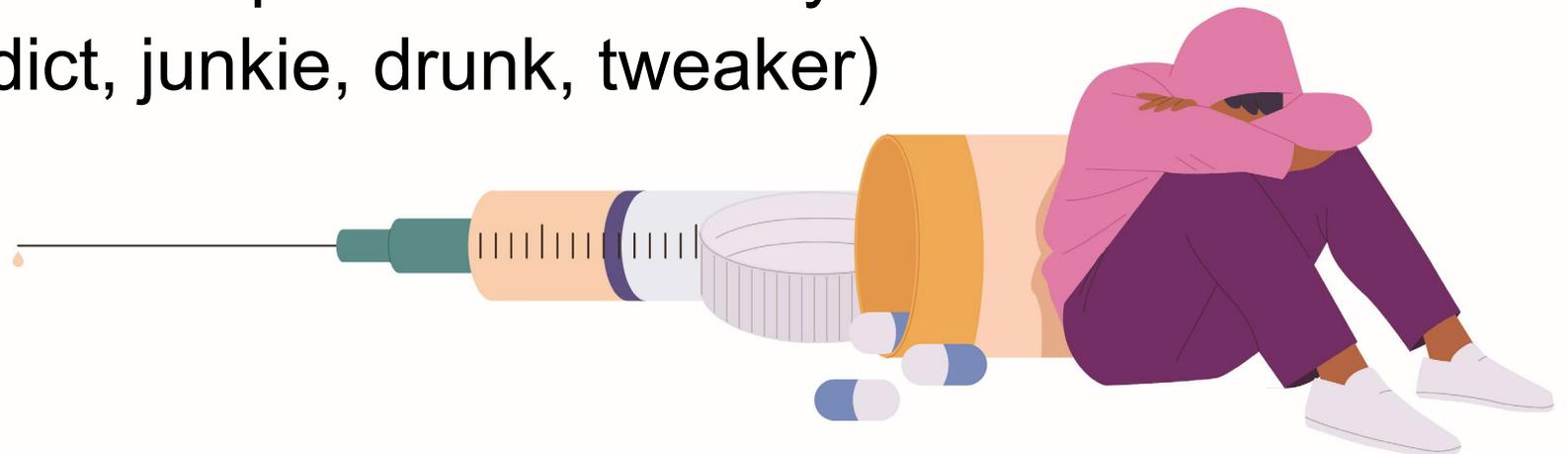
Facts About Mental Illness (MI)

- Has nothing to do with intelligence or morality or weakness
- Can happen to anyone; not always visible
- Not inherently dangerous (in fact, higher likelihood to be victimized)
- Is a psychological condition – a mental, emotional, or behavioral disorder; but may not be permanent
- Exists on a spectrum from mild to severe (Any MI to Severe MI)
- Is not self-inflicted
- Is different from psychopathy or sociopathy



Why is there Stigma Around Addiction?

- Lack of understanding
- Concept of choice
- Moral weakness/Character flaw
- Media portrayal
- Association with crime or problematic lifestyle
- Terms/names (addict, junkie, drunk, tweaker)
- Others?



What is the Impact Of Stigma?

- Fear of accessing care
- Untreated and suffering
- Reduced quality of care
- Isolation
- Shame
- Prejudice/discrimination



**But isn't
Addiction a Choice?**



Theories

- Genetics/Learning
- Social isolation
- Trauma/Stress
- Neurological



How do We Reduce Stigma?

Individually

- Be compassionate
- Reserve judgment
- Offer support
- Avoid labels
- Speak up
- Share your story

Collectively

- Education
- Normalizing
- Availability of services



Treatment

- One size does not fit all
- Supports long-term behavior change
- Develops coping skills
- Focuses on the whole person
- Supports a recovery lifestyle



Medication Assisted Therapies

- Provide pharmacological effects that are similar to those effects of abused drugs.
- Difference is the brevity and intensity of the stimulus.



Common Concerns

- What is the difference between providing a medication and using the substance? Isn't this just substituting one drug for another?
 - Intensity and effect
 - Dosage is not enough to get high
 - Reduces cravings and withdrawal
 - Allows brain circuitry to rebalance
- Wouldn't people who are given medications just sell them to fund their drug habit?
- Diversion is uncommon
- When it does occur, it is primarily used for managing withdrawal



Community Support



Say Yes



Change the Narrative



Equity-Informed Lens

- Recognize the impact of biases
- Acknowledge the impact of systemic racism and historic and racialized trauma on behavior
- Consider how issues of power and privilege impact our interpretation of an individual's behavior and how we respond to the individual
- Get curious whether there are expectations we have of the individual that are driven by our values and do not reflect the worldview of the person we are working with



Equity-Informed Lens - Affirmation

- Emphasize strengths and supports when determining next steps
- Affirm the person's cultural identity and value the individual's wisdom regarding their needs
- Watch for misinterpretations of factors resulting in perception of increased risk
- Avoid confusing needs (which informs services and interventions) with risks (which informs containment or supervision)



Practical Tips

- Get curious about the person's experiences, ask questions from a place of interest versus judgment
- Check our presumption of faulty or irrational thinking
- Focus on the helpfulness of the thoughts versus their validity or rationality
- Seek to understand their worldview and get curious of the impact of race, identity, or intersectionality on the development on certain beliefs



Practical Tips

- Validate their feelings, and their experiences, and acknowledge that we do live in a society where these painful experiences abound
- Target the thoughts that reinforce internalized racism that results in an identity shaped by untrue social beliefs
- Work to change the environment where possible, before trying to change or challenge the person's thoughts about it



Contact Information & Final Q&A

NCJTC General Inquiries | info@ncjtc.org | www.ncjtc.org (855) 866-2582



Dr. Anjali Nandi,
PhD, MAC, LAC
Associate, NCJTC



Paul Fuentes
Project Coordinator,
NCJTC



Greg Brown
Program Manager,
NCJTC



Kevin Poleyumtpewa
Project Coordinator,
NCJTC

Upcoming Webinars

Tribal Responses to Alcohol and Substance Misuse (TRASM)

August 26, 2024 | 1:00 – 2:30 PM CT

- ✓ *Ask The Expert: Overcoming Stigma in Reentry and Mental Health Struggles*

Tribal Probation and Reentry Academy (TPRA)

August 21, 2024 | 1:00 – 2:30 PM CT

- ✓ *Assessment*

September 11, 2024 | 1:00 – 2:30 PM CT

- ✓ *Case Planning*

October 16, 2024 | 1:00 – 2:30 PM CT

- ✓ *Decision-Making Using RNR and the Good Lives Model*

Upcoming TPRA Communities of Practice

August 8, 2024

✓ *Collaborating with Stakeholders with Different Priorities*

September 4, 2024

✓ *Reentry Issues and Reintegration*

October 2, 2024

✓ *Change Management*



American Indian Justice Conference

July 30-31, 2024 | Albuquerque, NM
www.judges.org/courses/american-indian-justice-conference



Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Use Program (COSSUP) Resource Center

COSSUP
Comprehensive Opioid, Stimulant,
and Substance Use Program

Program **Topics** **Learn** **Resource Library**

**DISCOVER IMPACTFUL
RESPONSES TO
THE OPIOID CRISIS**

I want to ...
Find Learning Opportunities

Get Started

Subscribe

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COSSUP Resources

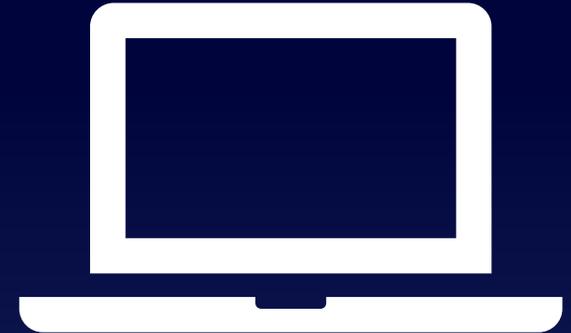
Tailored Assistance—The COSSUP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSUP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://www.cossup.org/Program/TTA/Request>.

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