



Join our NCJTC Email List!

Visit ncjtc.org/signup to receive communications about upcoming training opportunities.

Follow Us on Social Media



facebook.com/NCJTC



twitter.com/NCJTC



linkedin.com/company/ncjtc

Copyright Permissions

This webinar may contain video clips or other copyrighted material, the use of which has not always been specifically authorized by the copyright owner. The presentations for these webinars are created for non-profit educational purposes and constitute “fair use” in accordance with Title 17 U.S.C. Section 107.

The webinar materials provided herein are proprietary in nature and contains sensitive information that is “FOR OFFICIAL USE ONLY”. Dissemination, distribution or photocopying of these materials is strictly prohibited without the express written consent of the National Criminal Justice Training Center of Fox Valley Technical College and the funding agency.

No video, audio or photo memorialization is allowed during this webinar for any reason. Anyone engaging in the recording or memorialization of the presentation materials will be requested to delete/destroy photos or recordings and may be dismissed from the webinar.

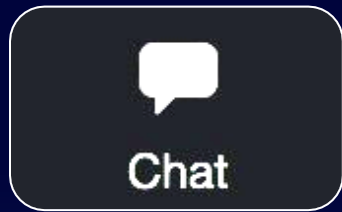
No Representations or Warranty

This webinar is designed to provide you with information, tools, and skills that you can apply in your work, not all of which may be applicable in your particular jurisdiction. Laws vary from one jurisdiction to another and are constantly evolving, as is technology.

Any electronic materials provided herein are not intended to be all-inclusive or exhaustive. The use of specific investigative methodologies, hardware devices, software tools, website references, etc. demonstrated in the training is not an endorsement by the National Criminal Justice Training Center of Fox Valley Technical College, the funding agency nor a guarantee that their use is appropriate in all circumstances.

Always check with your supervisors and prosecutor's office and always follow your agency's policy and guidance. Software and other material may be subject to copyright protection and may require licensing or permission before use.

Zoom Webinar Technical Overview



Enter your questions in the Chat.
Watch the Chat for messages from the webinar organizers.



Click to view subtitles or a real-time transcript of the webinar.

Post-Webinar Information

- A recording of this webinar will be available in the coming weeks at www.NCJTC.org and www.cossup.org.
- Please complete the brief evaluation at the conclusion of this webinar.
- A certificate of attendance will be sent to attendees within 2 weeks.



Ask the Expert: 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

Grant Funding Acknowledgement

This webinar was provided under awards 2019-MU-BX-K031 and 15PBJA-22-GK-01133-TRIB, provided by the Bureau of Justice Assistance (BJA), U.S. Department of Justice (DOJ).

The opinions expressed by presenters in their oral or written material are theirs alone, and do not necessarily represent those of the National Criminal Justice Training Center of Fox Valley Technical College or the U.S. Department of Justice.

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

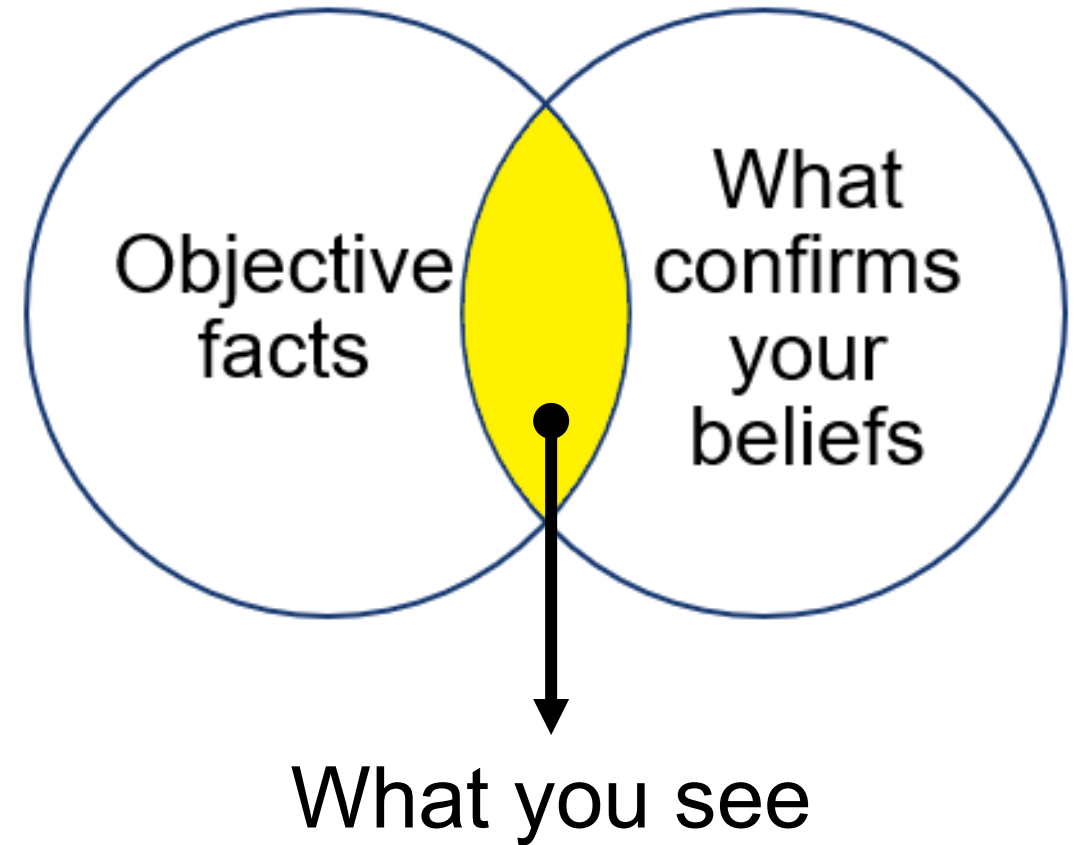


Kevin Poleyumtpewa
Project Coordinator,
NCJTC

Conscious vs. Unconscious Brain



Confirmation Bias

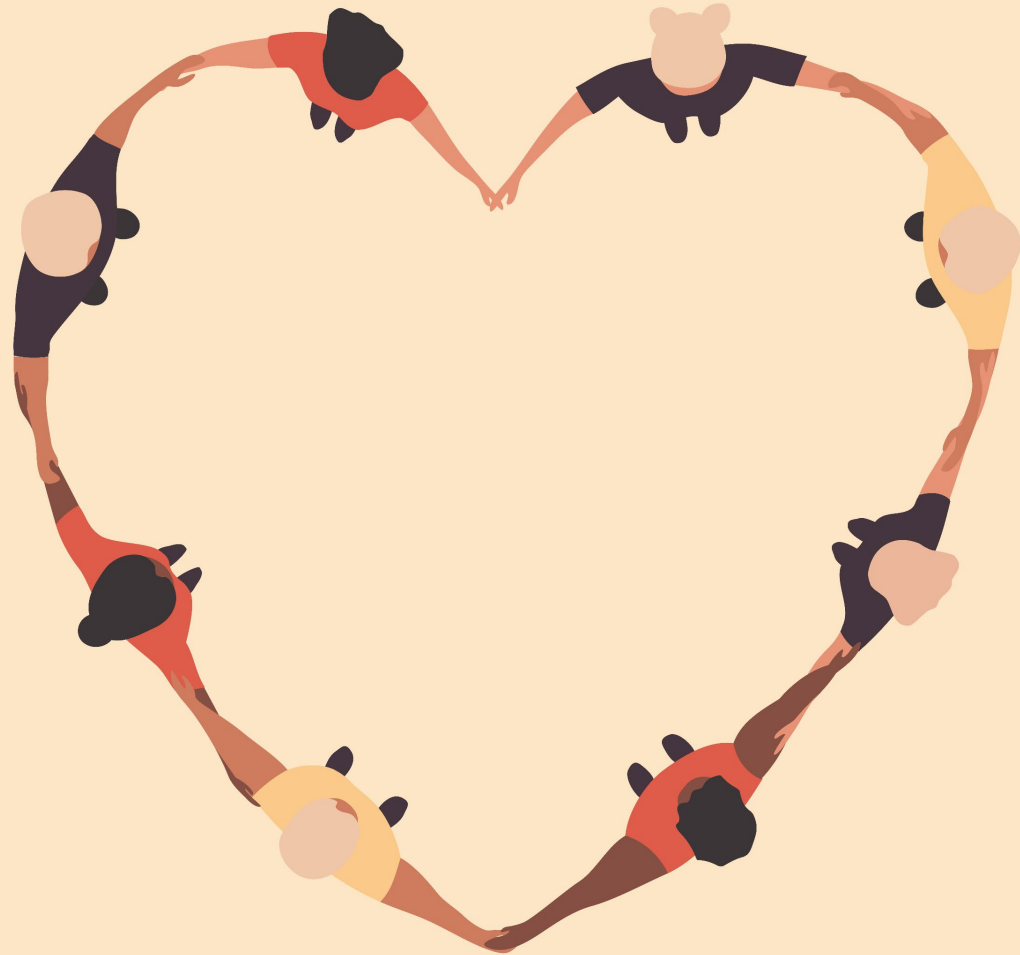


Affinity Bias



Basic Needs

- To be seen
- To belong



Neurological Impact of Othering



Levels of Bias

- Individual and interpersonal
- Team dynamics
- Organizational culture



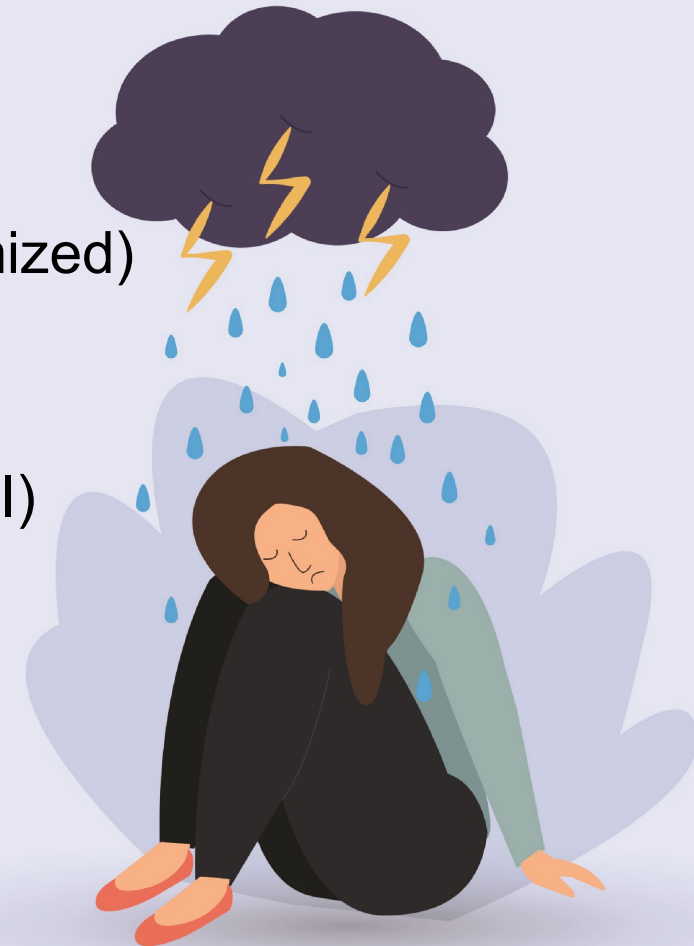
Defining Mental Illness

- 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



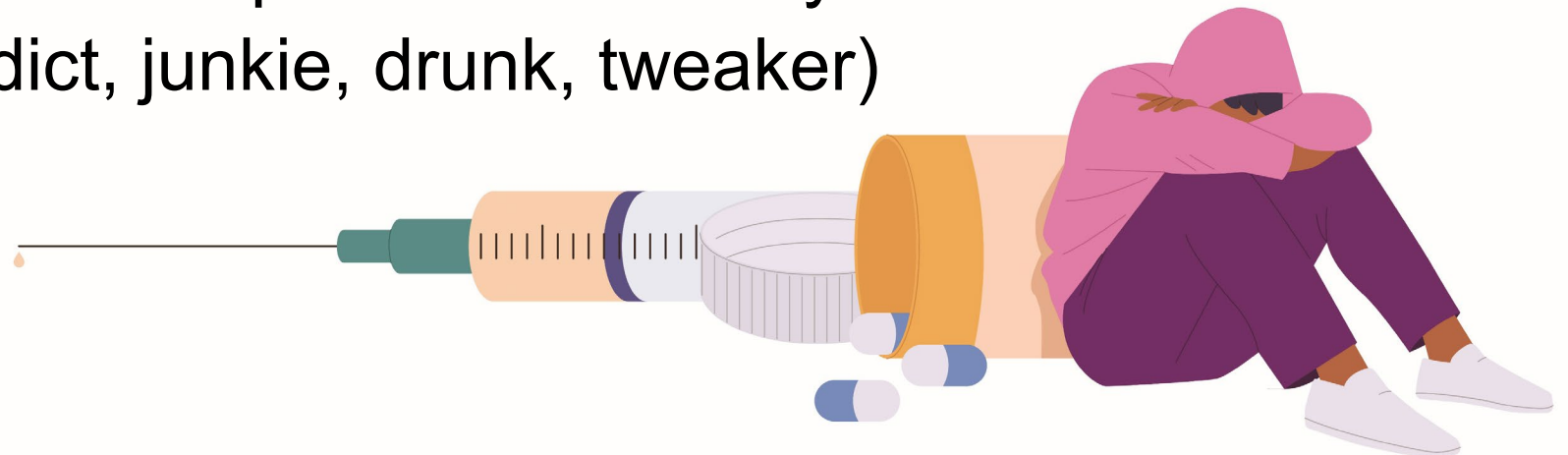
Facts About Mental Illness (MI)

- 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



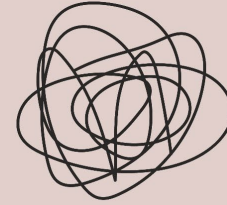
Why is there Stigma Around Addiction?

- 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 TPRA Communities of Practice

Webinars

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*

Communities of Practice

September 4, 2024

- ✓ *Reentry Issues and Reintegration*

October 2, 2024

- ✓ *Change Management*

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

Site-Based Grants Request Assistance

www.cossup.org



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>.

Funding Opportunities—Current COSSUP and complementary funding opportunities are shared at <https://www.cossup.org/Program/Funding>.

Join the COSSUP community! Subscribe now at <https://www.cossup.org/Subscription> to receive information on the latest COSSUP webinars, newsletters, funding opportunities, announcements, and more.

Post-Webinar Reminders

- A recording of this webinar will be available in the coming weeks at www.NCJTC.org and www.cossup.org.
- Please complete the brief evaluation at the conclusion of this webinar.
- A certificate of attendance will be sent to attendees within 2 weeks.



NCJTC Services & Opportunities

Visit www.ncjtc.org for additional training and technical assistance services, offerings and opportunities.

Watch your inbox for upcoming webinars and scheduled trainings!