



Working with People Who Use Drugs

Stigma & Trauma | January, 14

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NATIONAL
HARM REDUCTION
COALITION

National Harm Reduction Coalition creates spaces for **dialogue and action** that help heal the harms caused by racialized drug policies.



Policy &
Advocacy



National &
Regional
Conferences



Trainings &
Technical
Assistance



Overdose
Prevention



Resources &
Publications

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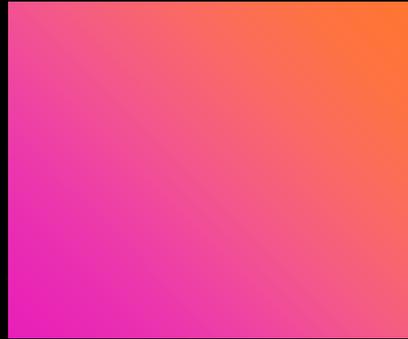
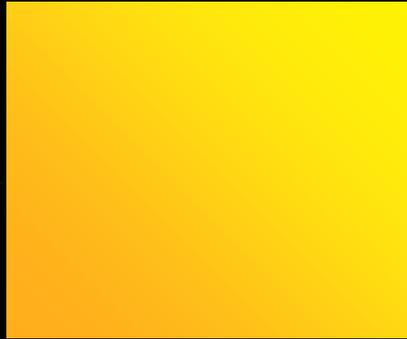
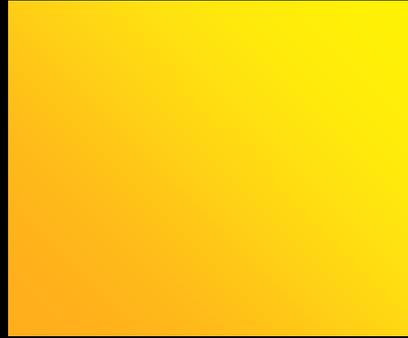
Make Space, Take Space

Use “I” Statements

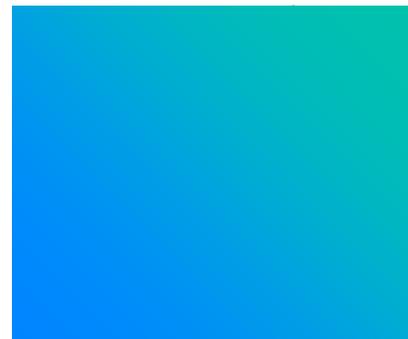
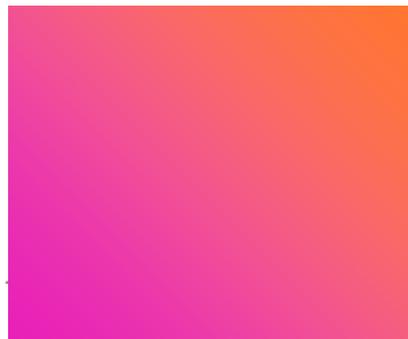
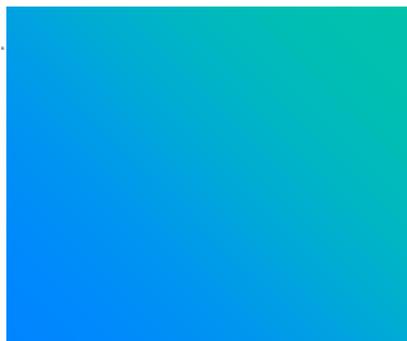
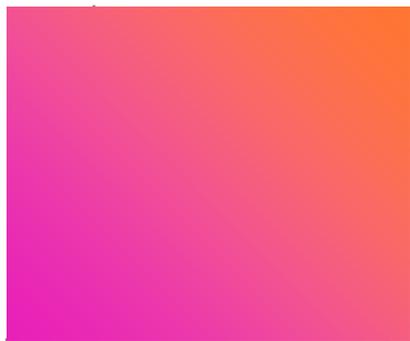
WAIST (Why Am I Still Talking)

Say It Ugly!

WHY DO PEOPLE USE DRUGS?



WHY DON'T PEOPLE STOP USING DRUGS?



THE HARM REDUCTION **APPROACH**

Harm reduction utilizes a spectrum of strategies to reduce the negative consequences associated with drug use, sex work, and other behaviors.

**SAFER
TECHNIQUE
S**

**MANAGED
USE**

**ABSTINENC
E**

DRUG, SET, SETTING MODEL

Drug - The drug itself you're discussing - how it is used, how frequently, prescribed or street...



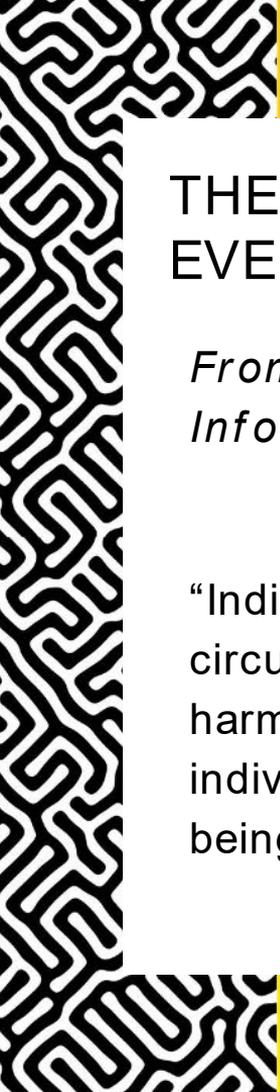
SET - The "mindset" someone brings to the situation, including thoughts, mood, and expectations

SETTING - The physical and social environment where the person is, and their perception of how that can promote or reduce risk

WHAT IS TRAUMA?



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THE THREE “ E” S OF TRAUMA: EVENTS, EXPERIENCE OF EVENTS, AND EFFECT

From SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach, July 2014

“Individual trauma results from an *event*, series of events or a set of circumstances that is *experienced* by an individual as physically or emotionally harmful or life threatening and that has lasting adverse *effects* on the individual’s functioning and mental, physical, social emotional, or spiritual well-being.”

STRUCTURAL/ HISTORICAL/ INTERGENERATIONAL TRAUMA:

From SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, July 2014

- Communities as a whole can also experience trauma.
- Natural disaster (e.g., a flood, fire, hurricane)
- Circumstances inflicted by one group on another (e.g., the “war on drugs,” usurping homelands, forced relocation, servitude, or mass incarceration, ongoing exposure to violence in the community)
- The resulting trauma is often transmitted from one generation to the next in a pattern often referred to as historical, community, or intergenerational trauma.



WHAT IS BLACKBIRDING?

Starting from the 1860s, tens of thousands of Pacific Islanders were taken to Australia to work on plantations in Queensland, often by force or trickery. They were enslaved.

While there is evidence that some of the 62,000 people sent to Australia came willingly, and signed contracts to work on the plantations, many others were lured or taken forcibly onto the boats. They were kept in inhumane conditions, abused, forced to stop using their own language and forbidden from practicing their customs.

This practice is what's known as blackbirding and it has traumatized/ continues to impact generations of Pacific Islanders.



OTHER EXAMPLES OF STRUCTURAL, HISTORICAL, AND INTERGENERATIONAL TRAUMA

[Sarah Baartman \(Hottentot Venus\)](#)

Tuskegee Study

[Forced sterilization of women in California prisons](#)

[Forced sterilization of women in Puerto Rico](#)

[Forced sterilizations during gender affirmation surgeries](#)

[Reparative or conversion therapy](#)

WHAT ARE THE IMPACTS OF TRAUMA?

From the Center for Non-Violence and Social Justice

- Relatively subtle, pervasive and insidious forms of trauma experienced chronically can have a cumulative impact that can be fundamentally life-altering.
- Witnessing violence, sustained discrimination, poverty, and ensuing chaotic life conditions are directly related to chronic fear and anxiety, with serious long-term effects on health and other life outcomes.



Jonathon Mesa cleans up what belongings of his remain in the charred aftermath of an alleged case of arson in Mission Bay's "Box City" on Thursday, September 14, 2017. (Mira Laing/ Special to S.F. Examiner)

HOW CAN TRAUMA AFFECT PEOPLE?

What are some physical reactions to trauma?

What are some emotional reactions to trauma?

What are some ways that trauma can impact someone's ability to engage in services?



Getty Images/Robert Alexander



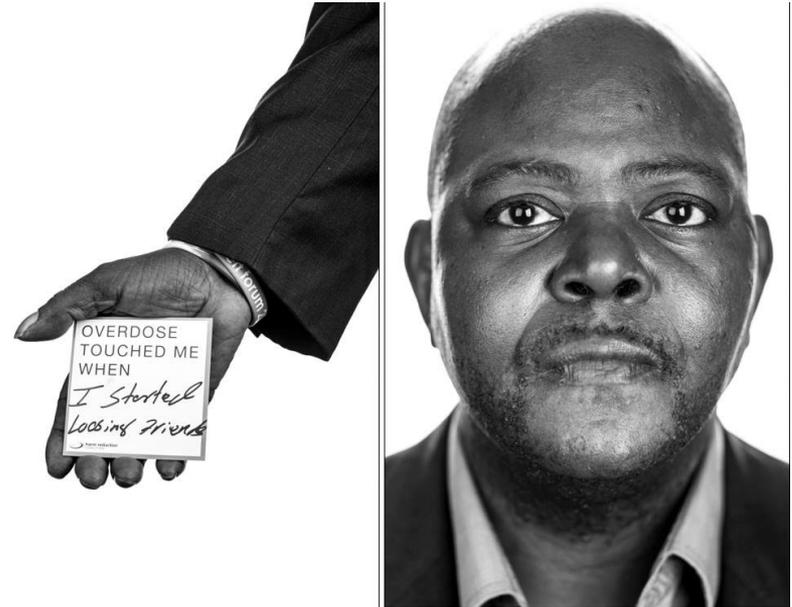
BREAK

HOW CAN TRAUMA AFFECT PROVIDERS?

...in the same way!

Trauma in our lives, and...

Vicarious trauma which is the emotional residue of exposure that counselors have from working with people as they are hearing their **trauma** stories and become witnesses to the pain, fear, and terror that **trauma** survivors have endured.



FROM TRAUMA TO HEALING: HEALING CENTERED ENGAGEMENT

“A healing centered approach to addressing trauma requires a different question that moves beyond “what happened to you” to “what’s right with you” and views those exposed to trauma as ***agents in the creation of their own well-being rather than victims of traumatic events.***”

Recognizes resiliency, self-efficacy and autonomy.

SIX PRINCIPLES OF A HEALING CENTERED APPROACH:

Safety

Trustworthines
s and
Transparency

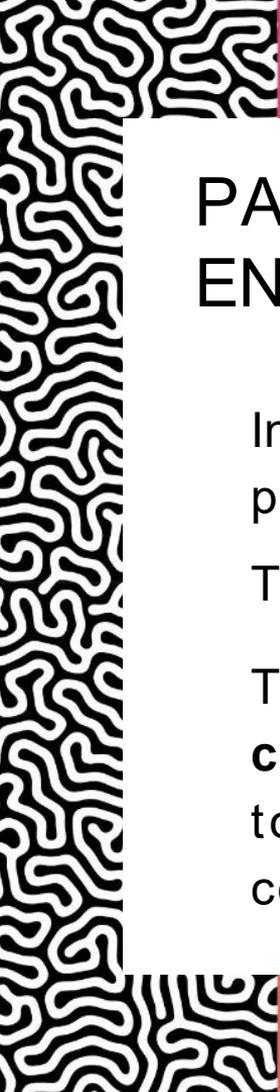
Peer Support

Collaboration
and
Mutuality

Empowerment
, Voice, and
Choice

Cultural,
Historical
Issues

From SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, July 2014

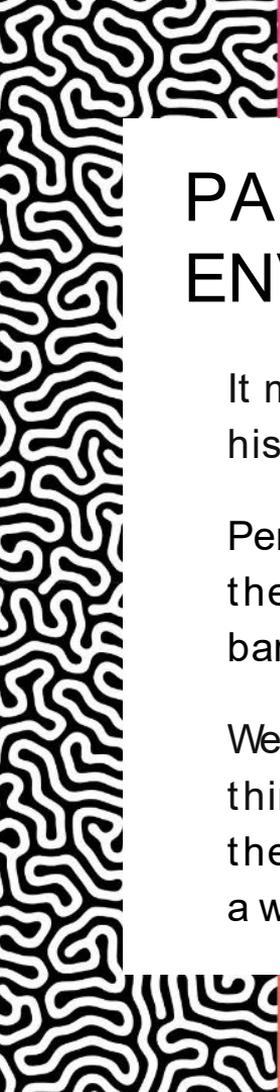


PATIENT CENTERED CARE, HEALING CENTERED ENVIRONMENTS AND HARM REDUCTION

In person-centered care, people who use services work in partnership with their health and social care professionals.

They are treated with **dignity, empathy and respect**.

They are supported to develop the **knowledge, skills and confidence** they need to make informed decisions about and to better manage their own health and care and their care is coordinated and tailored to their individual needs.

A decorative maze pattern in black and white, located on the left side of the slide, extending from the top to the bottom.

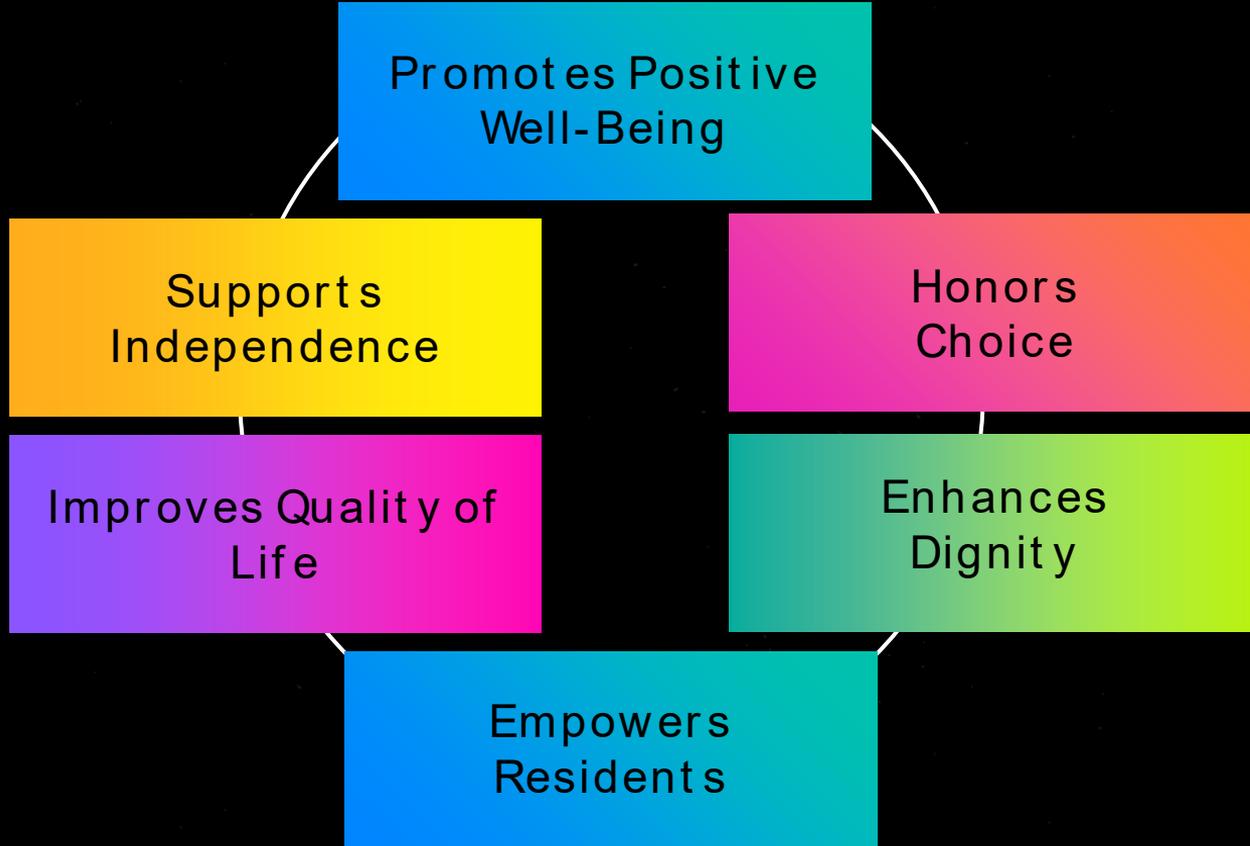
PATIENT CENTERED CARE, HEALING CENTERED ENVIRONMENTS AND HARM REDUCTION

It means that the person is an equal partner in the planning of care and that his or her opinions are important and are respected.

Person centered care sees the person, not their **behaviors** and recognizes the role that stigma plays in “**othering**” people which in turn creates barriers to accessing services and supports.

We can't always assume, however, that a person will tell us what he or she thinks or wants. Being person-centered means that when we plan care with the person, we think about the effect of what we're doing on the person as a whole.

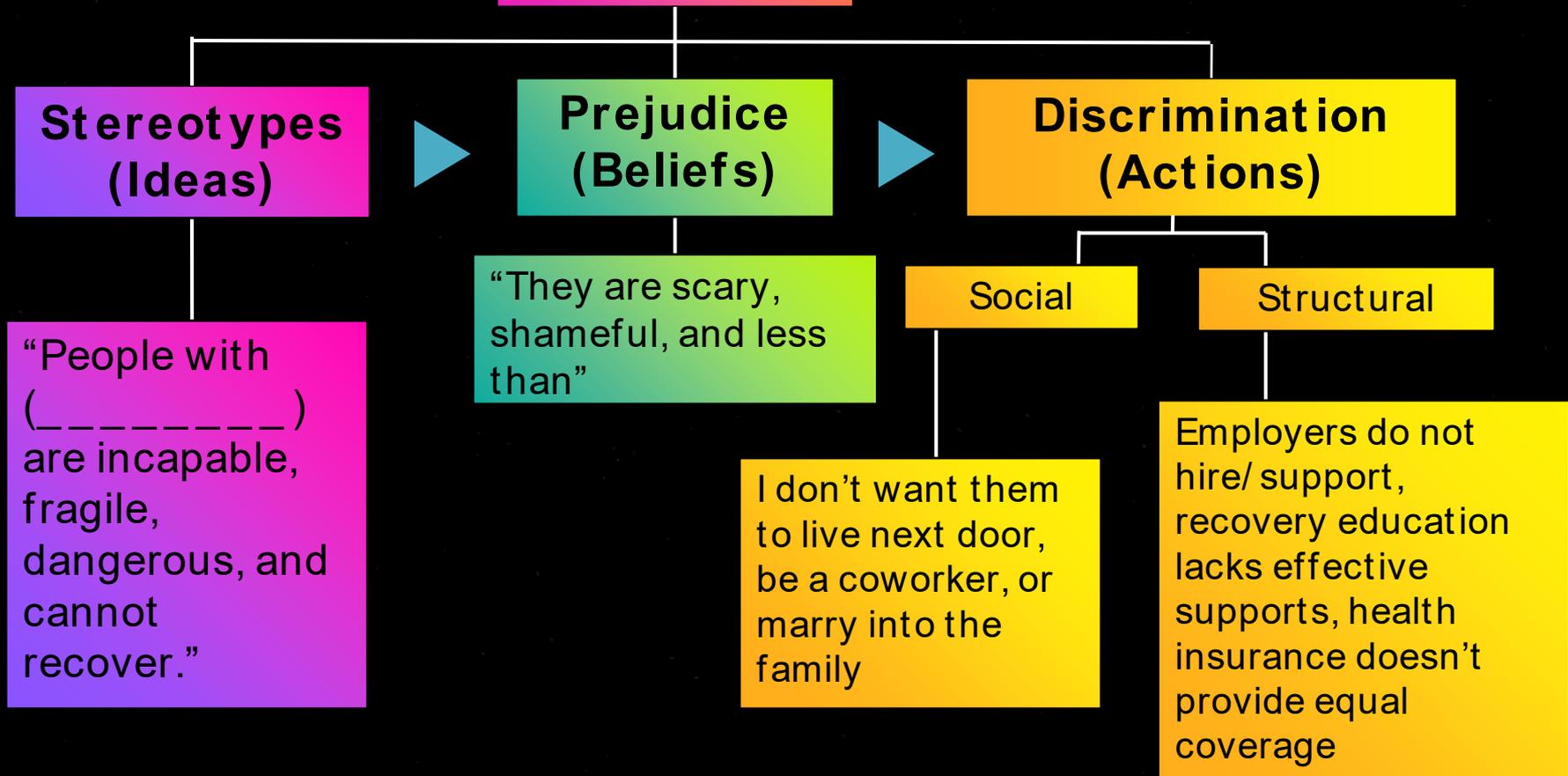
PERSON-CENTERED CARE



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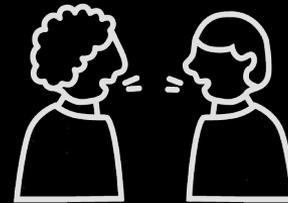
WHAT IS STIGMA?

Stigma



A **social process** which can reinforce relations of **power** and **control**.

Leads to **status loss** and **discrimination** for the stigmatized.



FORMS OF STIGMA

Stigma from Individuals

Institutional Stigma

Self- Stigma (Internalized)

Stigma through Association

WHAT ARE SOME EXAMPLES?

A vertical decorative border on the left side of the slide, consisting of a complex black and white maze pattern.

WHAT ARE WAYS THAT STIGMA
SHOWS UP IN OUR WORK?

KEY ELEMENTS OF STIGMA

Blame and Moral Judgement

Criminalize

Pathologize and Patronize

Fear and Isolation

WHAT ARE SOME EXAMPLES?

FUNCTIONS OF STIGMA

Difference	Keep People Out
Danger	Keep People Away
Discrimination	Keep People Down

WHAT ARE SOME EXAMPLES?



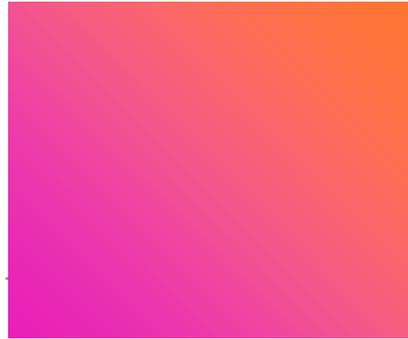
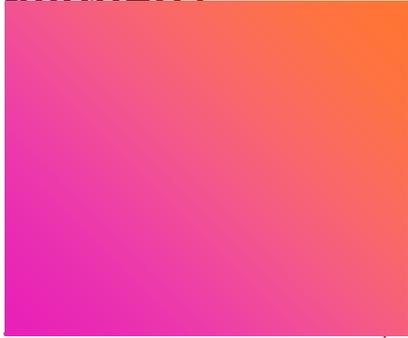
HOW ARE STIGMA AND TRAUMA RELATED?

REFLECTION + ACTION = PRAXIS

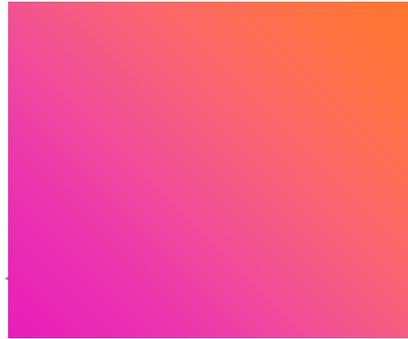
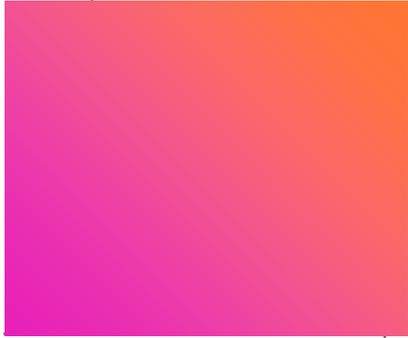
PRAXIS: THE PROCESS BY WHICH A THEORY, LESSON, OR SKILL IS ENACTED, PRACTICED, EMBODIED, OR REALIZED

What can we do as practitioners, as persons, as humans to be of service to those who have experienced personal, environmental, and structural trauma and who survive current states of trauma?

What is one thing that you can change today about your practice and environment to make your services be more hr/ trauma informed aligned?



Can you identify one thing you or your organization are already doing that is in alignment with hr/ trauma informed practice?





THANK YOU FOR ATTENDING
THIS WORKSHOP

Please fill out the evaluation.

Presenter Name

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harmreduction.org

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INTERCONNECTION

IS OUR STRENGTH