



Date:12/18/2023

Time: 10AM until 12PM

Location: 1750 West 103rd Street Chicago IL,60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

Community Topic: MANAGING RECOVERY IN THE COMMUNITY

Trainer and Presenter: Darren A. Durham, MHP, CRSS

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Behavioral Healthcare a non-profit

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Managing Recovery in the Community: Overcoming the stigmas of Addiction and Co-occurring Disorders.

Fact: 90% of people with Substance disorder do not receive treatment. One average, it takes someone around 5 serious attempts at recovery for it to stay. The number increases with the more psychological distress someone has. Over 21 million individuals 12 and older have a diagnosable SUD, fewer than 3.8 million receive treatment each year.

ACE: Adverse Childhood Experiences assessment

<u>With 0 Aces</u>	<u>With 3 ACES</u>	<u>With 4-8 ACES</u>
1 in 16 smokes	1 in 9 smokes	1 in 6 smokes
1 in 69 are alcoholic.	1 in 9 are alcoholic.	1 in 6 are alcoholic.
1 in 480 uses IV drugs.	1 in 43 uses IV drugs.	1 in 30 uses IV drugs
1 in 14 has heart disease.	1 in 7 has heart disease.	1 in 7 has heart disease.
1 in 96 attempts suicide	1 in 10 attempts suicide.	1 in 6 attempts suicide

Barriers to Treatment

#1 Stigma is one of the biggest barriers to those seeking addiction treatment. However, there are other barriers reported such as:

- 48% Inability to afford the cost of care.

- 26.5% Believing that the problems could be handled without treatment.
- 25% Not Knowing where to go for services.
- 6% to 9% inadequate or coverage or mental health treatment.
- 9% Thinking that treatment would not help.
- 10% are concerned about confidentiality.
- 10% Fear that it might cause neighbors or community to have a negative opinion.
- 10% Fear that neighbors or the community to have a negative opinion.
- 8% Fear that it might have a negative effect on a person's job.
- Fear of being committed.

Self-Stigma: The process in which a person becomes aware of public stigma, agrees with those stereotypes, and internalizes them by applying them to oneself.

How to stop Stigma:

1. Talk openly about mental health.
2. Educate yourself and others.
3. Be conscious of language.
4. Encourage equality between physical and mental illness.
5. Show compassion for those with mental illness.
6. Choose empowerment over shame.
7. Don't harbor self -stigma.

People who are stigmatized: Social participation restrictions increased morbidity and disability poor quality of life and mental health reduced access to care delayed diagnosis poor treatment adherence.

- Anticipated Stigma (Perceived)
- Internalized Stigma (Self-stigma)
- Experienced Stigma (Discrimination)

The benefits of storytelling help Destigmatize mental Health Stigmas:

- Encourages others to seek professional help.
- Promotes a psychologically safe workplace.
- Helps with navigating the illness.
- Fosters a sense of security.
- Creates a support system and shares compassion for one another.
- Boosts confidence
- Spread awareness.

Co-occurring Disorder (COD): The co-existence of both mental Health and Substance uses disorder (SUD) also known as a "Dual Diagnosis": Mental Illness may develop before the SUD or the addiction may appear first. In most cases there is a combination of issues contributes it the diagnoses including:

- Biology
- Genetics
- Trauma
- Environment
- Life Experiences

Vicious Cycle of Mental Health, Substance Abuse, and other Addictive Behaviors:

1. Withdrawal returns symptoms negative reinforcement.
2. Negative life consequences
3. Frequent exposure to alcohol and drugs and or compulsive behavior
4. Increased exposure to trauma
5. PTSD and other MH symptoms

Protective Factors for CODS.

- Positive self-Control
- Positive Self -image
- Social Competence
- Strong Social Support

Questions, comments, concerns