

The Partnership @drugfreeNH
Partnership Convening
Friday, July 8, 2022
10:00 – 11:30 am ET

Attendees: Kristie Curtis (Recovery Friendly Workplace), Jocelyn Seager (NH Teen Institute), Lisa Hayward (NH Dept. Of Education), Dan Andrus (Foundation for Healthy Communities), Janet Valuk (Nashua Prevention Coalition), Laura Hosley (North COuntry Health Consortium), Alissa Cannon (NH Juvenile Court Diversion), Andrea Smith (Dartmouth Health/ALL Together), Kimbly Wade (Partnership for Public Health), Maura McGowan (NH Teen Institute) Jennifer Vallier (MOM Grant Elliot Hospital), Cora Long (SMP SCPHN), Jacqui Baker (NH Judicial Branch), Anni (CAPHN), Marrisona Carlson (NH Teen Institute), Lauren Chambers, Kady Sternberg (Dartmouth Trauma Interventions Research Center), Kerri Lowe (LRCD), Melissa Lee (UNH Extension), Susan McKeown (FASTER Facilitator), Barbara Holstein, Beth O'Connell, Carrie McFadden, Dawn Shimberg, Savannah Miller, Lisa Vasquez (City of Nashua Division of PH & CS), Beth D'Ovidio

JSI: Julie Yerkes, Rachel Daube, Hannah Sargent, Emma Kane, Christin D'Ovidio, Martha Bradley

[Please complete our meeting evaluation!](#)

Meeting Minutes

Presenter: Kristie Curtis (Recovery Friendly Workplace)

- Poll Questions:
 - What is your comfort level with talking to others about stigma?
 - Very Comfortable (59%)
 - Pretty Comfortable (41%)
 - Not Comfortable at All (0%)
 - What is your comfort level working to reduce stigma in your professional life?
 - Very Comfortable (74%)
 - Pretty Comfortable (26%)
 - Not Comfortable at All (0%)
 - What is your comfort level working to reduce stigma in your personal life?
 - Pretty comfortable (40%)
 - Very comfortable (60%)
 - Where do you see stigma?
 - At work (41%)
 - In my family (70%)

- In my community (81%)
 - In the media/on social media (81%)
 - Everywhere (52%)
 - With providers (41%)
 - With my clients (33%)
- Stigma is a combination of a label and a stereotype and can lead to discrimination. This is a major barrier to substance use treatment. **Substance use disorder is one of the most stigmatized conditions in the world.**
- Discrimination is the actual manifestation of actions that people take when they believe a stereotype and then associate the label with others.
- Many individuals who are living with a substance use disorder won't seek treatment, services, or assistance due to stigmas.
- **Language matters.** "Substance abuser" is associated with deserving punishment vs "living with a substance use disorder" is associated with deserving a more medical intervention.
 - Person-first language establishes them as a person first, not a disorder or condition. Examples include:
 - **Person living with a substance use disorder** vs Addict (though you should let those living with the condition choose the language they want to use).
 - **Person living with an addiction** vs Battling/Suffering from addiction
 - **Substance use/misuse** vs Substance abuse
- **What else can we do?**
 - Speak up when you hear stigmatizing actions or language.
 - Model anti-stigma behavior (offering compassionate support, displaying kindness to those in vulnerable situations, listening without judgment, etc.)
 - Replacing negative attitudes or beliefs with science-based facts.
- **Strategies to reduce stigma:** awareness raising activities, literacy/educational programs, social contact (telling stories, having conversations, etc.), protest and advocacy, legislative and policy change, etc.
- *Slide deck is attached to the follow-up email*

Breakout Rooms & Discussion

- **Exercise:** Discuss where you've seen stigma around substance use and mental health, how it impacts your life or your work, and what you do or can begin doing to reduce stigmas (as well as what resources are available).
- **Where we see substance use and mental health stigmas:**
 - Policy (state & federal)
 - No MAT zoning, no naloxone policy
 - Not very uniform

- News & social media
- Parents & caregivers and other family members
- Organizations, companies, and schools
 - NH shelters
 - School counselors
- Healthcare system
- Officials & Communities
 - Police officers/law enforcement
 - Community members
 - Elected officials
 - Teachers/school administrators
- **How substance use and mental health stigmas impacts your life or your work:**
 - Always working to inform and educate
 - Impacts ability to seek necessary funding
 - Misperception that these recovery or treatment sites are “where the bad kids go”
- **What can we do to reduce stigmas:**
 - Willingness to have open, honest (and sometimes uncomfortable) conversations
 - Withhold moral judgment
 - Share relevant and accurate statistics
 - Provide information and education to workplaces
 - Have language conversations at the start of meetings or discussions
 - Educate physicians and providers
- **Resources:**
 - Utilizing and supporting people with lived experiences and allowing them to share their stories
 - Recovery Support academies and organizations
 - Recovery-friendly workplaces
 - Us (prevention specialists & advocates)

Partner Updates

- The Mental Health First Aid Program is a great training to aid in stigma reduction. We are offering a free program for the public on Sept 21. Feel free to share it with your networks!
<https://extension.unh.edu/event/2022/09/adult-mental-health-first-aid-training-9212022>
- There are a few more spots available for high school students at NH Teen Institute’s Summer Leadership Program, 8/7-8/12 in New Durham!

- Great for students already involved in things like peer mentoring, school climate, and community prevention efforts, but can also be a great opportunity to light the spark for those students who might not have found the thing they're passionate about yet! Some partial & full scholarship opportunities are still possible as well! <https://www.nhteeninstitute.org/slp>
- NH Teen Institute has open availability to offer a FREE 5-week program for anyone is looking for programming for parents with teens! Visit: <https://www.nhteeninstitute.org/staying-connected-with-your-teen>
 - For Staying Connected With Your Teen, email jseager.ti@gmail.com
- The FASTER family support group runs every Tuesday in Manchester at Waypoint 6:00 pm – 7:30 pm
 - Contact Susan McKeown at 603-668-4859

Updates from The Partnership

- The Partnership is looking for video participants who have lived experiences for an Opioid Prevention Project in collaboration with UNH Extension.
 - This video will feature young adults who recognized and addressed their problematic use of alcohol or other substances early before they experienced significant consequences. If you know someone willing to share their story, please have them contact martha_bradley@jsi.com
- [The Power of Prevention Podcast](#) has new podcast episodes out bimonthly!
 - March 29, 2022: [Helping Families and Caregivers Thrive](#)
 - April 29, 2022: [Family Connectedness Helps Manage Worry and Anxiety](#)
 - June 3, 2022: [A Youth's Perspective on Substance Misuse and Prevention & Mental Health Wellness](#)
- [The Partnership Prevention Blog](#) has new posts out every month!
 - March 25, 2022: [Will New Hampshire See Our Unhoused Youth?](#)
 - April 19, 2022: [The Life of a Stat: Lessons on Data & Those Who Live It](#)
 - May 16, 2022: [Alarming Rates of Depression & Anxiety in Children. What Can Be Done?](#)
 - June 9, 2022: [Youth in Prevention by Governor Sununu](#)
 - July 11, 2022: [When You See Something, Say Something: A Vital Part of Mental Health First Aid](#)
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Resources Shared

- Follow up email with the convening slide deck will contain resources and links for ways to reduce stigma and advocate for better policies.
- More resources at askpetra.org

Upcoming Meetings

- [Partnership 2022 Convening Schedule](#) (All meetings are from 10:00 – 11:30am)
 - **Friday, September 9, 2022**
 - **Friday, November 4, 2022**