

LOVE IN THE TIME
OF THE OPIOID CRISIS

—

HUMANIZING ADDICTION
&
DISMANTLING STIGMA

June 13, 2019

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MY STORY



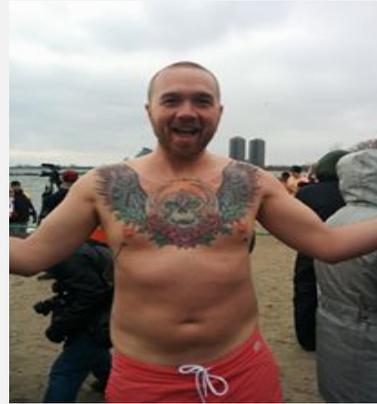
OBJECTIVES

- ✓ Better understand the impact that substance use disorder and mental illness has on families
- ✓ Learn how reducing stigma can save lives
- ✓ Practical tools that can be used immediately

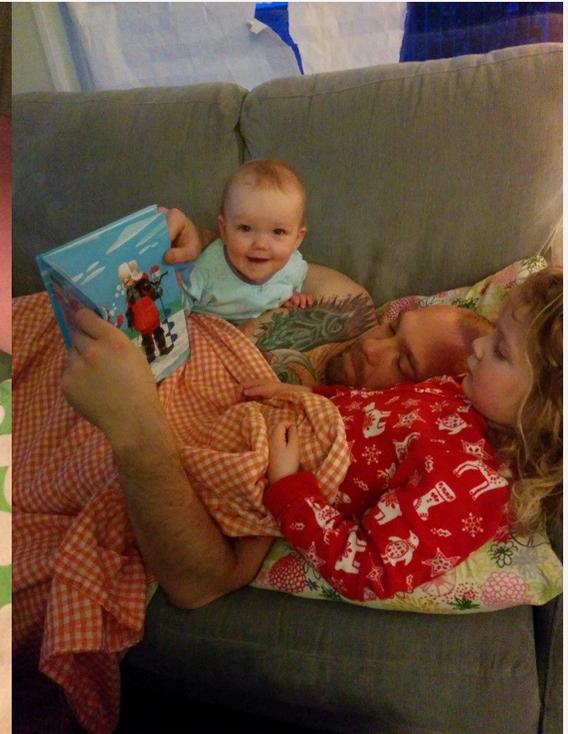
***By cultivating empathy and compassion,
instead of shame and stigma,
YOU can save a life.***

THIS IS KEVIN

- Father
- Husband
- Brother
- Son
- Friend
- Social Worker (BSW, MSW)
- Heroin Addict
- Jays fan
- Leafs fan
- Punk rocker
- Crossword pro



THIS IS KEVIN



LIVING WITH ADDICTION

- Anxiety
- Mistrust
- Shame
- Secrecy
- Isolation
- Stigma



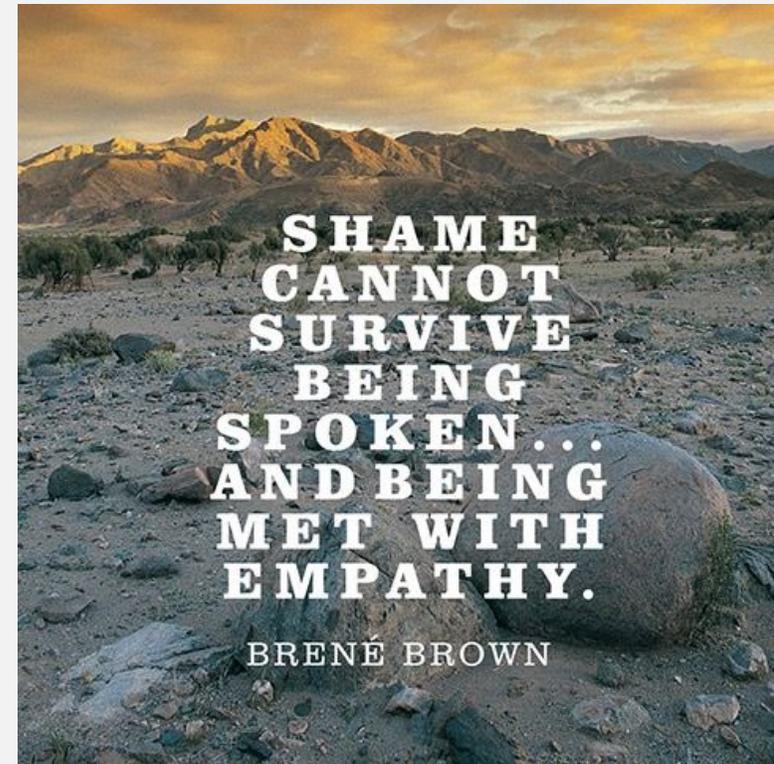
LIVING WITH SHAME

**SHAME CORRODES THE VERY PART OF US
THAT BELIEVES WE ARE CAPABLE OF
CHANGE.**

- BRENÉ BROWN -

EXERCISE – CONNECTING WITH SHAME

- Individual reflection
 - Think of time you felt ashamed about something
 - How did you cope?
 - Who did you tell or not tell?
 - What did you feel?
- With a table partner, share some of your thoughts
- Group share



CANADA'S OPIOID CRISIS

- 10000 people have died in Canada between 2016 - 2018
 - 2016 - 3017 deaths
 - 2017 - 4034 deaths
 - 2018 (Jan – Sept) - 3286 deaths
- Currently 10 people die per day in Canada
- Life expectancy has been affected

WHAT CAN YOU DO ?

LANGUAGE MATTERS

“Words are important.

If you want to care for something, you call it a flower.

If you want to kill something, you call it a weed”



- Don Coyhis

EXERCISE – LANGUAGE MATTERS

At your tables:

- 1) Brainstorm stigmatizing, negative words
- 2) Brainstorm non-stigmatizing, neutral replacement words

EXAMPLES – LANGUAGE MATTERS

- ‘People first’ language
- Neutral, medically accurate terminology

SAY THIS	NOT THAT
Person with a substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen

NALOXONE KITS

What is a naloxone kit?

- A medication that can quickly reverse the effects of an overdose from opioids

Why should I get one?

- Important part of a first aid kit...saves lives!
- Destigmatizes drug use

Where can I get one?

- <https://www.ontario.ca/page/where-get-free-naloxone-kit>



NALOXONE KITS - PERSONAL REFLECTION

Where could a naloxone kit be useful in your life?

- At home?
- At work?
- At a family member's house?
- In your car?
- Donate to a local community center or health centre?



STORYTELLING POWER

- Create a safe and open space for conversation and sharing
- Allow people to be seen and heard in a nonjudgmental way
- Story telling can break down barriers while building empathy



SELF REFLECTION

- What was your 'a-ha' moment today?
- How will you take your learnings and bring them into your professional or personal life?
- What is one action you can commit to?

thank you

Q & A