

## Stigma Training Video #6: WHERE DO WE GO FROM HERE?

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### FOUR WAYS TO REDUCE STIGMA

1. Change our language and labels <sup>1</sup>
2. Learn about the issue <sup>2</sup>
3. Personal experiences <sup>3</sup>
4. Review practices and policies <sup>3</sup>

### WHAT IF WE COULD ELIMINATE STIGMA?

The complexities of stigma may leave some to conclude that stigma is an unsolvable problem. To this, we should say NO. We can do something about stigma. Through intentional action we can move our society in a positive direction towards increased connection and increased acceptance among people.

### YOUR PLAN TO REDUCE STIGMA

Identify and articulate which actions are possible, either personally or professionally, to move you toward reducing stigma.

<i>Are there ways to change the language you are using?</i>	<i>Have you revealed assumptions you have been making that need to be challenged?</i>
<i>Is there a topic that requires you to pursue further education and understanding?</i>	<i>How could you create opportunities or seek out intentional experiences?</i>

<sup>1</sup> Link, B. G., Cullen, F. T., Struening, E., Shrout, P. E., & Dohrenwend, B. P. (1989). A modified labeling theory approach to mental disorders: An empirical assessment. *American Sociological Review*, 54(3), 400–423. <https://doi.org/10.2307/2095613>

<sup>2</sup> Merrill, J. E., & Monti, P. M. (2015). Influencers of the stigma complex toward substance use and substance use disorders. USA: Center for Alcohol and Addiction Studies, Brown University.

<sup>3</sup> National Academies of Sciences, Engineering, and Medicine. (2016). *Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change*. Washington, D.C.: National Academies Press. <https://doi.org/10.17226/23442>