



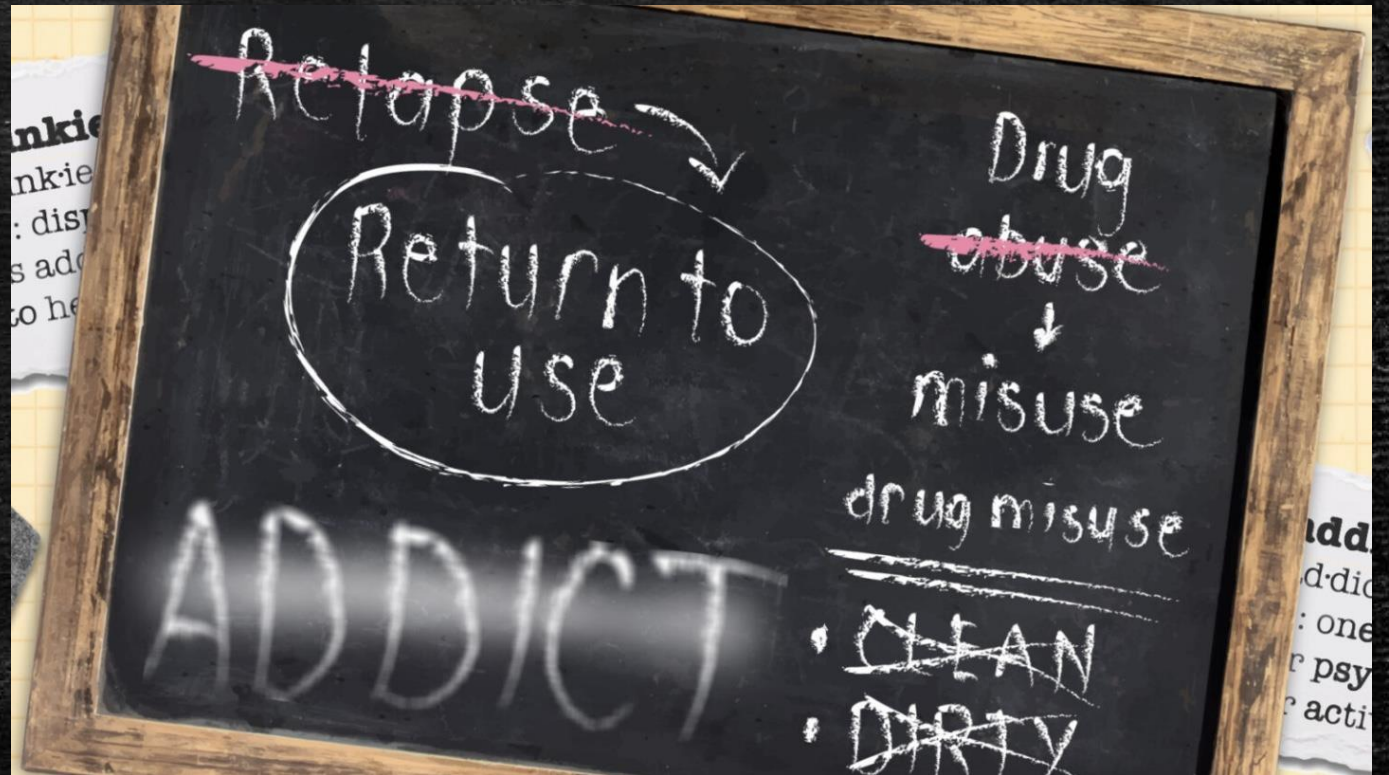
Present:
No Addict Left Behind

Understanding Stigma, Dogma, and Harm Reduction in Addiction
Recovery and Treatment

By: Joey Pagano, MSW, LSW, CRS

The Significance of Terminology & Our Aims

1. Addressing the implications of the term "addict."
2. Analyzing the interplay of stigma, overdose incidents, and treatment paradigms
3. Advocating for comprehensive harm reduction in the field of social work
4. Providing family and friends with tools for mutual recovery



Learning Objectives

- **Understand the Scope:** Grasp the depth and implications of stigma in the realm of addiction.
- **Challenge the Norm:** Recognize and question the pitfalls of dogmatic thinking in addiction treatment.
- **Discover Harm Reduction:** Delve into the principles and efficacy of harm reduction strategies.
- **Acknowledge Individuality:** Appreciate the diversity of recovery journeys, from abstinence to Medication-Assisted Treatment (MAT).
- **Empower Allies:** Equip family and friends with insights into discernment and boundary-setting.

Unpacking Stigma in Addiction



- **Definition:** *Stigma* as a mark of dishonor (Schnittker, 2013)
- Manifested in addiction via categorization and preconceived notions (Volkow, 2020)

The Domino Effect: Stigma to Overdose

- **Consequences of Stigma:** Impact on goals and therapeutic outcomes (Crapanzano et al., 2018)
- **Overdose Connections:** Heightened risks due to stigma (Latkin et al., 2019)



Challenging Established Views in Recovery

- **Dogma Defined:** An authoritative stance lacking sufficient justification (Merriam-Webster, 1983)
- **Issues:** Pervasive stigma and prejudiced treatment approaches (Minhas & Leri, 2017)



Beyond Fixed Beliefs: Valuing Individual Paths



- **Strategies:** Grounded in research and all-encompassing methods (Sussman & Wright, 2022)
- **Recovery Continuum:** From complete abstinence to Medication-Assisted Treatment (MAT) (Pagano et al., 2022)

Unpacking Harm Reduction



- **Concept:** Reducing adverse outcomes, such as overdoses (Taylor et al., 2018)

Intertwining with social work values and the Self-Determination Theory (Ashford et al., 2018)

Unraveling the Impact of Harm Reduction & Its Place in Social Work



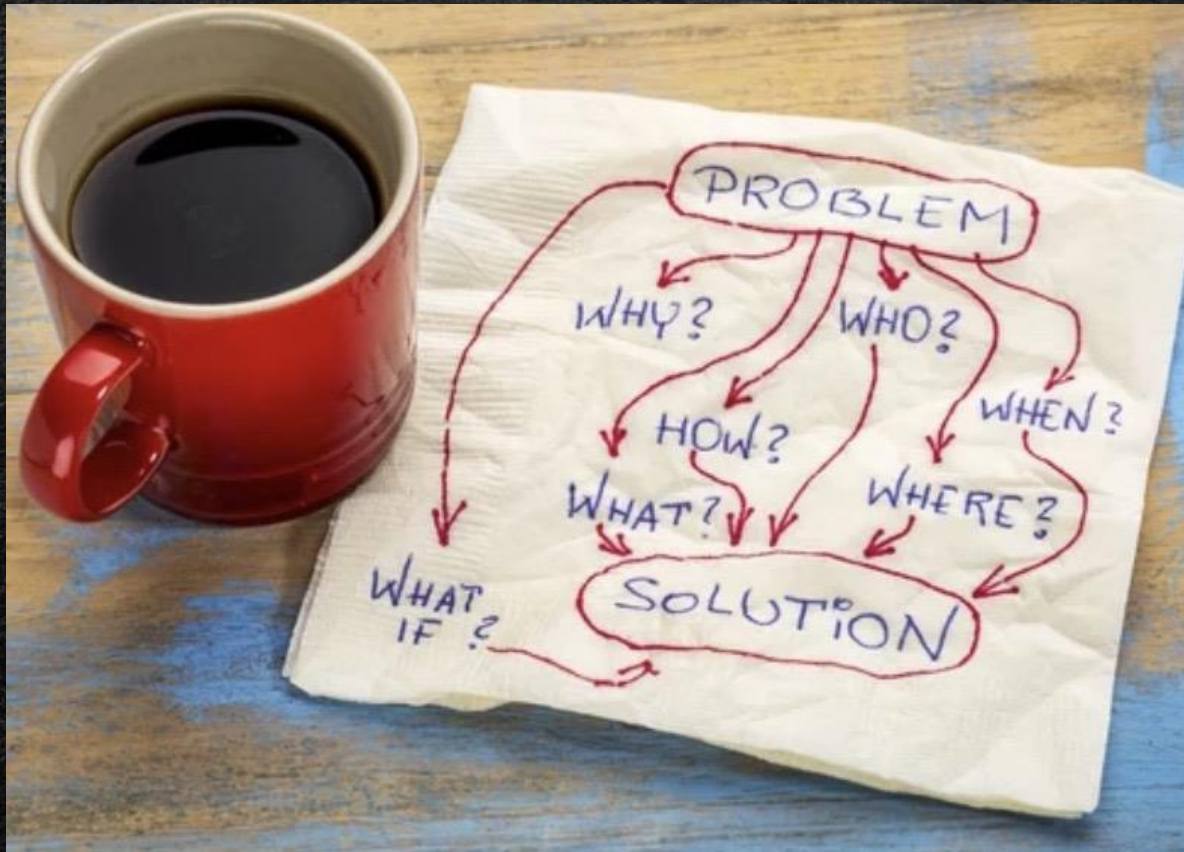
- **Advantages:** Decreased HIV spread, fewer overdose occurrences, and enhanced user independence (Various references)
- Incorporating the Self-Determination Theory within social work practices (Deci & Ryan, 2012)

Clarity, Boundaries & The Path to Healing



- **Clarity:** Unveiling the hidden or complex (Merriam-Webster, 1983)
- Its significance in establishing constructive boundaries and aiding the healing process for loved ones (Taylor et al., 2021)

Main Insights

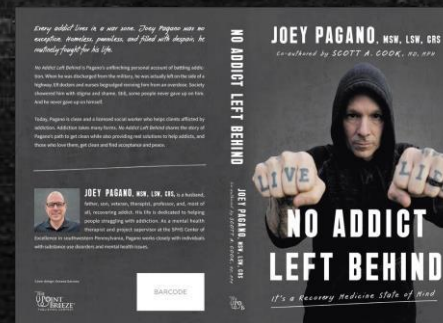


- Unpacking the deep-seated influence of stigma
- Identifying the pitfalls of rigid beliefs
- Celebrating the diverse pathways to recovery
- The promise of harm reduction intertwined with social work
- Guiding loved ones with clarity and boundary- setting

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If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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