



# A Discussion on Stigma

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UW Medicine



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- Program updates
- Success stories, concerns and/or questions



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## Why is it Important to Talk About Stigma?

- Shame does not motivate positive change
- Judgment increases the burden on people who are already suffering
- Stigma is literally a killer



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# Language of Stigma

- Why do we stereotype and label?
- Why is it hard for us (and our colleagues and our patients) to change our language around substance use disorders?



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# Impacts of Stigma

- How have you seen stigma impact patients?
  - What are the unique factors of your community, region, clinic?
- What are the enduring consequences of stigma on patients?



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# Combatting Stigma

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Let's look at what we know about OUD and the people who have the disease

- Reflect our compassion and respect by communicating mindfully ourselves
- Encourage our colleagues to use less stigmatizing language
- What else can you think of that is in your locus of control?