



COP-RCORP Stigma Prevention Workgroup Reading Guide for Stangl et al., 2019

To support our exploration of how stigma influences population health outcomes, we will be learning more about the Health Stigma and Discrimination Framework (Stangl et al., 2019). Exploring stigma within this framework and deepening our understanding of why it is important to explore stigma beyond the individual level will help us select strategies with the greatest potential to reduce stigma within the COP-RCORP service area. The Health Stigma and Discrimination Framework provides us with an innovative and alternative method to conceptualizing and responding to stigma related to opioid use disorder. Utilizing this framework will support us in developing an efficient and effective response to addressing stigma that is culturally relevant and sustainable.

In order to deepen our understanding of the Health Stigma and Discrimination Framework, we will engage in a group reading. Think of it as preparing for a “Stigma Prevention Workgroup Book Club” event. We know that our Workgroup members are busy, so we have created a reading plan which breaks up the reading over 7 days. Of course, you may read in any order or pace in which feels comfortable to you; this reading plan is a suggestion based upon our previous experiences with the material. What is most important is that you come to the next Stigma Prevention Workgroup Meeting well prepared to engage with the reading material; there will not be time to “catch up” on the reading at the meeting. The material is dense, so we encourage you to allocate your time accordingly.

When we have done collaborative reads with other groups, participants have requested a reading guide. To support your reading effort, we have also included a short reading guide. Please use this reading guide in a manner which makes the most sense for you. For some, it may be printing it out and handwriting your responses. For others, it may be typing in the responses on the document. Still others may prefer to use the questions on the reading guide as a way to think through the material and make sense of it. **YOU WILL NOT BE SUBMITTING THE READING GUIDE.**

If you have concerns about engaging in an academic reading, this section is for you. Please know that we have worked with substance abuse prevention and mental health promotion coalitions and groups in 68.1% of Ohio’s 88 counties. From our experience, we understand that engaging in academic reading after you have been away from it for awhile can be daunting. Our learning community is a place for everyone to learn challenging material. We are here to support you in meeting that goal. We have seen project directors stretch and succeed in the past. We are looking forward to seeing it again.

If you find yourself procrastinating (for any reason) or need a way to “get going,” this section is for you. I (this is Holly Raffle talking 😊) find the Pomodoro Technique to be very helpful as a way to jump-start myself. In fact, I use this method to pull together our federal reporting for our HRSA quarterly report! And, I love watching my trees grow on the [Forest app](#). Voinovich Academy Instructor Sue Fletcher has created a video titled Building Productivity with the Pomodoro Technique. You can access it via [YouTube](#) or from the [Voinovich Academy Website](#). If you are curious, check out the Pomodoro Technique or the Forest app and use them if they are valuable and let them flit away if they are not supporting you.

The suggested reading plan follows on the next page. Let’s get started! This is challenging, but rewarding.

Suggested Reading Plan

Stangl, A. L., Earnshaw, V. A., Logie, C. H., van Brakel, W., Simbayi, L. C., Barré, I., & Dovidio, J. F. (2019). The Health Stigma and Discrimination Framework: a global, crosscutting framework to inform research, intervention development, and policy on health-related stigmas. *BMC Medicine*, 17, 31. <https://doi.org/10.1186/s12916-019-1271-3>

Day 1

Let's begin our exploration of the Health Stigma and Discrimination Framework with some background on stigma. To do this, we will read the following section of the article:

- Background (p. 1- 2)

After reading, let's consider these questions:

1. Why is it important to explore stigma beyond the individual level?
2. How have you witnessed stigmatization toward persons who use drugs / persons who use opioids at the:
 - a. Community level?
 - b. Organizational level?
 - c. Policy level?

Day 2

Now, we will “dig in” to the Health Stigma and Discrimination Framework. Today, we will take a deeper dive into the framework and begin to build our understanding of the model by reading the following section of the article:

- The Health Stigma and Discrimination Framework (p. 2 – 3 *up to the section titled How is the framework different?*)

As you read (or after reading), please complete the following table:

Term	Definition	Think of an example related to persons who use drugs / persons who use opioids
Drivers		
Facilitators		
Self-stigma		
Perceived stigma		
Anticipated stigma		
Secondary or ‘associative’ stigma		
Stereotypes		
Prejudice		
Stigmatizing behavior		
Discriminatory attitudes		

Day 3

Now, we will turn our focus to how the Health Stigma and Discrimination Framework is different than other models. To do this, we will read the following sections of the article:

- How is the framework different? (p. 3 – 4)
- Where to intervene? (p. 4)

After reading, let's consider these questions:

1. Much like structural racism (or any "ism"), it is human nature to focus on individuals and individual behavior. Stangl and her colleagues believe that it is important to focus on "broader social, cultural, political, and economic forces that structure stigma." How does this challenge our initial thoughts that a "stigma campaign" is the best and most necessary intervention?
2. In the article, stigma is presented as a power differential. Where in your experience as a professional serving persons who use drugs / persons who use opioids have you witnessed stigma as a power differential?
3. Stangl and her colleagues posit that stigma is a multi-level problem which requires multi-level strategies/interventions. How will we, as the COP-RCORP Stigma Prevention Workgroup, be able to identify the most effective points to leverage or create the reduction in stigma that we are seeking?

Day 4

Today's reading is all about the data. The reading is short, but the thinking we do on that paragraph is essential to our work. Let's dive into this "power-packed" paragraph:

- What to monitor? (pp. 4 – 5)

After reading, please consider the following question – it may require you to ask your local consortium members for insight:

What data is already being collected in your community to monitor:

- the drivers and facilitators of stigma?
- stigma experiences?
- stigma practices?
- how health outcomes are impacted by stigma?

Please don't forget to note who has the data and how can it be accessed!

Day 5

For this section of the reading, we will focus on how the Stigma Prevention Framework can use the Health Stigma and Discrimination Framework. Similar to Day 4, we have a short reading – which gives us an opportunity for some deep reflection:

- Why a new framework and how to use it (p. 5)

Please review your notes and reflect on the graphic of the framework.

- How is understanding this framework valuable to our work?
- What excites you about the framework?
- What questions do you have that are still lingering?
- How do you think the COP-RCORP Stigma Prevention Workgroup should use the framework as we seek to select and implement strategies to reduce stigma?

Day 6

In this next section of the reading, Stangl and her colleagues provide some practical examples of the use of the Health Stigma and Discrimination Framework across both contagious and non-contagious health conditions.

- Please review the section on pages 5 – 10 (with the Tables on pages 6 and 7)

After reviewing the section, please go back and review your initial responses from the Day 2 guided reading.

Using your expanded knowledge of stigma and the Health Stigma and Discrimination Framework as well as your professional experiences, please add a row to the table that is pertinent for persons who use drugs and then another row for persons who use opioids and a final row for persons who

Health Condition	Drivers	Facilitators	Intersecting Stigmas	Manifestations (experiences and practices)	Outcomes (affected populations)	Outcomes (organizations and institutions)	Impacts
Persons who use drugs							
Persons who use opioids							
Persons who engage in Medication Assisted Therapy (MAT)							

Day 7

Hurray! We have reached the last section of the article. Today’s reading is the Discussion section (p. 10). After reading this final section, let’s do one final reflection of our experience with these three questions:

- How will knowing and understanding the Health Stigma and Discrimination Framework change your personal practice as a professional serving persons who use drugs / persons who use opioids?
- What additional threads related to stigma would you like to explore?
- What are your recommendation for next steps?