

Free Anti-Stigma Training for Maryland's OUD Treatment Community

Stigma is one of the biggest barriers to recovery from behavioral health challenges. Former Surgeon General Jerome Adams called it, "one of the biggest killers, if not the biggest killer." **The Anti-Stigma Project from On Our Own of Maryland** has been shown to reduce stigmatizing behaviors, attitudes, and practices within the behavioral health arena.

Opioid-focused Stigma Reduction

Stigma ... In Our Work, In Our Lives

Stigma damages personal, therapeutic, and professional relationships, threatens the effectiveness of services and treatment, and keeps people from seeking the help they need.

These sessions are targeted specifically to **substance use treatment providers** who specialize in **opioid use disorders (OUD)** and provide **medication-based treatment (MBT)**.

During this workshop, participants will:

- examine the impact of stigma on behavioral health professionals, peers, and family members, including providers in recovery.
- identify stigmatizing attitudes and behaviors, where they come from, and their impact on the design, delivery, and receipt of services.
- develop strategies and action steps.

Our focus on substance use will explore:

- substance use during pregnancy and within families.
- interactions with faith communities.
- medication-based vs. abstinence-based recovery.
- stigma related to choice of drug and method of administration.
- involvement with the criminal justice system.
- stigma in the community.
- stigma and employment.

Duration: 2 hours virtually / 3 hours in-person (as conditions allow)

"I'll think about my immediate responses to situations and also engage in stigma conversations with my staff more frequently."
Mercy Hospital

"This workshop really opened my own eyes to how much I stigmatize people on a daily basis."
MedStar Harbor Hospital

"I identified areas that I need to reflect more on such as ways I may overtly and inadvertently stigmatize others."
National Association of Social Workers Conference

"I learned that it's so important to encourage our clients to erase their stigmas about themselves."
Talbot County Dept. of Social Services

"I'll take a pause & understand why I'm making assumptions."
UMMS Community Psychiatry Orientation

"The presenters were so aware and open – very kind and affirming which is so needed for such a sensitive topic."
SWELL Conference, Eastern Shore

"I learned how I contribute to stigma, and how powerfully negative it is, or can be, in treatment."
Springfield Hospital Grand Rounds

"I let my biases/assumptions interfere with my decisions sometimes and how I consider evidence/credibility."
Office of Administrative Hearings

"Feeling burnt out has led me to use stigma-laden language."
Patuxent Institute

To schedule a workshop or request a consultation

Email: training@onourownmd.org



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