



# **Stigma and Discrimination: A Resource Directory**

A directory of trainings, research and other materials on stigma and discrimination affecting people seeking help for addiction or in recovery from addiction to alcohol and other drugs. The directory is available at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org).

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# Stigma and Discrimination: A Resource Directory

## CONTENTS

### ALCOHOL AND OTHER DRUGS

- General Stigma and Discrimination
  - Training Materials and Campaigns
  - Research and Reports
- Employment
- Public Policy
- Healthcare, Insurance and Appropriate Care
- Women, Older Adults
- Language
- Surveys

### MENTAL HEALTH

### HIV/AIDS

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June 17, 2004

## ALCOHOL AND OTHER DRUGS

### General Stigma and Discrimination Training Materials, Campaigns

Allem, Johnny W. *Speaking Out...For Addiction Recovery, An Advocacy Handbook for Recovered People, Their Families and Friends*. Johnson Institute. 2003. Includes a questionnaire to be used in evaluating reasons why individuals did not seek treatment that focuses on the social, economic, and environmental factors.

Baldasare, John. "Knowing Addiction and Doing Recovery." 2004. Available at [www.sluggerspath.com/myview.htm](http://www.sluggerspath.com/myview.htm). Information on an educational presentation delivered primarily in treatment centers that addresses overcoming ignorance and stigma about addiction.

Center for Substance Abuse Treatment (CSAT), National Alcohol and Drug Addiction Recovery Month (Recovery Month). Available at [www.recoverymonth.gov](http://www.recoverymonth.gov). Sponsored by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Administration (SAMHSA), Recovery Month is a nationwide celebration that highlights the societal benefits of treating alcohol and drug use disorders, honors the contributions of treatment providers, and promotes the message that recovery from alcohol and drug use disorders is possible. Recovery Month efforts include the planning and participation efforts of more than 70 national private and public entities.

Central East Addiction Technology Transfer Center. *The Addiction Stigma Reduction Toolkit: Implementation Guide and Video, 2001*. Available at [www.ceattc.org/resproduct.asp](http://www.ceattc.org/resproduct.asp). Highlights from a 2000 Stigma Reduction Forum to promote information sharing and to initiate strategies for reducing the stigma that affects patients, those in recovery and their families, and professionals in the field. Video and guide to a variety of approaches to preventing addiction-related stigma. These range from simple approaches, such as using stigma-free language and writing letters to the editor, to comprehensive prevention activities, such as developing a community action group and implementing a community-based media advocacy campaign.

The Centre for Addiction and Mental Health (CAMH). "The Stigma of Addiction Final Report." A description of the work and findings of a two year project including a review of the literature, focus groups and interviews. The goal of the project was the development and dissemination of a plan for an anti-stigma campaign related to substance use. Resources available at <http://www.camh.net/>.

Curley, Bob. "Addict Perfume Targeted by Anti-Stigma Campaign." *Join Together Online*. October 21, 2002. Available at <http://www.jointogether.org/sa/news/features/reader/0,1854,554837,00.html>. Anti-stigma advocacy campaign, led by Faces and Voices of Recovery, that resulted in changes in marketing campaign.

Faces & Voices of Recovery. "Fighting Stigma to End Discrimination trainings." 2004. Available at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org). A one-day training in regions across the country. Background information and training resources available as part of an online resource center. "Recovery is a Reality" is a 30-minute PowerPoint training about recovery advocacy to fight stigma and end discrimination.

Greater Flint (MI) Project Vox. "Recovery Advocacy 101." 2003. Available at [www.flintprojectvox.com](http://www.flintprojectvox.com). A 90-minute Power Point training that is delivered at treatment centers and covers addiction, recovery, the influences of advertising on public attitudes, and stigma.

Hazelden Foundation. *Let's Unmask the Stigma*. 2003. Available at [www.hazelden.org](http://www.hazelden.org). This is a pamphlet and campaign on fighting the stigma of addiction. The first step in this program is to read through the pamphlet and complete and send out the enclosed materials. Follow up resources will then be forthcoming. Further information at [http://www.hazelden.org/servlet/hazelden/cms/ptt/hazl\\_alive\\_and\\_free.html?sf=t&sh=t&page\\_id=25406](http://www.hazelden.org/servlet/hazelden/cms/ptt/hazl_alive_and_free.html?sf=t&sh=t&page_id=25406).

Join Together. *Ending Discrimination Against People With Alcohol and Drug Problems*. 2003. Recommendations from a National Policy Panel. Available at <http://www.jointogether.org/sa/files/pdf/discrimination.pdf>. Also see <http://www.jointogether.org/sa/resources/database/reader/0,1884,562601,00.html>. Join Together, a project of Boston University School of Public Health, and the American Bar Association's Standing Committee on Substance Abuse formed a national policy panel to hear testimony from experts around the country. The panelists developed the principles and recommendations contained in this report. A briefing paper, "Discrimination Against Individuals in Treatment/Recovery from Addiction: A Collaboration Between the American Bar Association and Join Together," frames the issues addressed by the panel. Other papers include: "Ending Discrimination Against People With Alcohol and Drug Problem," "Testimony Referenced in the Report," and "What is a Policy Panel?" and information on how to form a panel in your community. Includes recommendations for increasing interest in and support for careers in addiction recovery, destigmatizing addiction research through public campaigns, and other activities.

"Ending Discrimination Against People With Alcohol and Drug Problems." CSAP College Seminar, December 11, 2003. Center for Substance Abuse Prevention. Available at <http://www.health.org/multimedia/mediaDetails.aspx?ID=234>. Presentation by Roberta Leis, (Join Together), and Gloria Danziger (Family Law Center, University of Baltimore). A review of the Policy Panel's recommendations to end discrimination with respect to health care, employment, and public benefits. Online video and Power Point presentation.

Join Together. "Understanding Politics, Fighting Stigma are Keys to Advocacy," November 20, 2003. Available at [www.jointogether.org/sa/news/features/reader/0,1030,265131,00.html](http://www.jointogether.org/sa/news/features/reader/0,1030,265131,00.html). Article based on 2002 Mobilizing Technology Through Recovery Conference

Massachusetts Organization for Addiction Recovery. "How to Tell Your Story in 60 Seconds," *MOAR News*, June 2003. Report on training by The Improbable Players ([www.improbableplayers.com](http://www.improbableplayers.com)) on how to tell your story to demonstrate that recovery is possible.

National Association on Alcohol, Drugs and Disabilities, Inc. "Alcohol, Drugs, Discrimination and Disability" and "The Americans with Disabilities Act (ADA) for People in Recovery and Treatment Professionals." John de Miranda. 2003. Available at [www.naadd.org](http://www.naadd.org). Power Point training presentations on the ADA and the addiction community, including recent court decisions.

National Council on Alcoholism and Drug Dependence and Join Together. "Advocacy with Anonymity." 2001. Available at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org). Suggestions on how to be a recovery advocate without compromising anonymity. Also available in Spanish, "Abogacia y el Anonimato."

National Council on Alcoholism and Drug Dependence, Inc. (NCADD). "A World Without Stigma: NCADD Holds Its First Community Forum." *NCADD Amethyst*, Winter 2002, Vol. 10 No. 4, pp 1-3. Report on the first NCADD Community Forum on Stigma and Discrimination held in San Francisco, November 2002. Additional resources at [www.ncadd-middlesex.com](http://www.ncadd-middlesex.com).

National Council on Alcoholism and Drug Dependence – New Jersey. "NJ Panel Gives Airing to Healthcare, Job, Harassment Cases." Available at <http://www.jointogether.org/sa/action/dt/news/print/0,2810,570981,00.html>. Report on hearing before New Jersey's Addictions Discrimination Panel on April 6, 2004.

National Public Radio. "Heroin in America." Five-part series on the growing problem of heroin use began February 23, 2004. Archive broadcast and transcripts available at [www.npr.org](http://www.npr.org).

Nevada Practice Improvement Collaborative. "Client Felt Stigma." 2003. Three projects collected descriptive data from clients currently in treatment on "felt stigma" through focus groups or surveys. One of the projects incorporates a one-day training to measure the effect of training on stigma. Available at [nevadaPIC@aol.com](mailto:nevadaPIC@aol.com).

On Our Own of Maryland, Inc. "The Anti Stigma Project." Available at <http://www.onourownmd.org/asp.htm>. Online Anti-Stigma Project, a series of workshops combining a variety of learning approaches, such as group discussions, role-playing, and assessment surveys. Participants have an opportunity to analyze videotaped interviews with people who have been affected by stigma. Each workshop is team-facilitated by trainers with extensive and varied experience in mental health, addictions and recovery, education and communications.

PRO-A and NAMI-PA, "Stigma and Co-occurring Disorders." Available at [www.pro-a.org](http://www.pro-a.org). A 3.5 hour training that focuses on the similarities with stigma of addiction and mental illness. Information on employment, housing, criminal justice and other areas in which individuals are affected by stigma.

The Rebecca Project for Human Rights. "Crossing the River." Available at [www.rebeccaproject.org](http://www.rebeccaproject.org). Crossing the River is the Rebecca Project's twelve-month workshop on the written, spoken, and expressed word conducted at the Center for Mental Health, a drug treatment program for low-income parents in Southeast Washington, DC. A critical part of the healing process is raising their voices up from stigma and fear and entering into the public space.

Recovery Association Project (RAP). "People in Recovery Training People in Recovery in Service Delivery Policy and Planning." Available at [www.rap-nw.org](http://www.rap-nw.org). The Recovery Mentor Training is an 8-hour training in the development and implementation of a Recovery Mentor program. The Community Outreach Training is a 2 ½-day training on the art of organizing individuals in recovery to be effective treatment providers as well as participants in policy and planning for effective treatment practices in individual communities.

Royal College of Psychiatrists. "Changing Minds." 2003. Available at <http://www.rcpsych.ac.uk/campaigns/cminds/alcohol.htm> and <http://www.rcpsych.ac.uk/campaigns/cminds/whocares.pdf>. Campaign to reduce stigma examines what can be done to understand how to destigmatise substance misuse. Includes a public opinion survey on alcohol and drug addiction stigmatization as well as mental health.

Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services. "Medication-Assisted Treatment Products." 2004 forthcoming. Three self mailer publications intended to help reduce the stigma associated with methadone targeted to 1) law enforcement and criminal justice professionals b) health care providers and c) community organizations and civic leaders.

Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services.. "Medication-Assisted Treatment Community Education Kit." 2004 forthcoming. A one-stop resource on medication-assisted treatment including background information, resources and personal stories.

Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services. "Know Your Rights' Project." 2004 forthcoming. A 12-page brochure to familiarize individuals in recovery with their rights and responsibilities under federal law including employment, public services and benefits, public accommodations, housing, education, and transportation. Training sessions on the use of this federal brochure will be convened in two states, referencing the information in the federal publication and research on the anti-discrimination laws of the selected states.

Tarnavskij, Yury. "Stigma and Addiction." November 2002. "Grassroots Recovery Advocacy in New Jersey." April 2003. NCADD New Jersey. Two Power Point presentations focusing on the definitions, barriers to recovery, and stigma associated with alcohol addiction. Topics discussed include where stigma occurs, how to influence public policy, and enact change. An ongoing project "Committee to confront addictions bias" available at <http://ncaddnj.org/newsEvents/highlights.asp?HighlightID=76>.

Weston, Alonzo. "Stigma Hounds Recovering Addicts." *St. Joseph News-Press Online*, August 11, 2003. Available at [www.stjoenews-press.com](http://www.stjoenews-press.com). Article describes the activities of the Missouri Recovery Network.

White Bison. Coalitions for Wellbriety. Available at [www.whitebison.org](http://www.whitebison.org).

Woll, Pamela. *Healing the Stigma of Addiction, A Guide for Treatment Professionals*. Great Lakes Addiction Technology Transfer Center, Jane Addams College of Social Work, University of Illinois at Chicago. 2001. Available at [www.uic.edu/depts/matec/glattc/resources.htm](http://www.uic.edu/depts/matec/glattc/resources.htm). A guide for treatment professionals on the stigma of addiction with sections on understanding stigma and healing stigma through public education. Includes an extensive resource appendix and foreword by William White. This review of the literature explores the impact of being arrested or otherwise identified as a drug abuser or addict on the self-image and behavior of labeled adolescents.

## **General Stigma and Discrimination Research and Reports**

Al-Anon Family Groups, "Alcoholism the Family Disease," 1972. Personal stories from the Al-Anon Family Groups, a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. Available at <http://www.al-anon.alateen.org>.

Capelhorn, John R.M., Thomas S. Lumley and Les Irwig. "Staff attitudes and retention of patients in methadone maintenance programs." *Drug and Alcohol Dependence*. 52: pages 57-61, 1998.

Center for Substance Abuse Treatment (CSAT), Substance Abuse and Mental Health Services Administration (SAMHSA). *Building Our Recovery Communities*. Chapter 3. "Highlights from Recovery Community Dialogue on Power, Anonymity, and Stigma." 1999. Discussions from the CSAT Recovery Community Support Program (RCSP) Grantee Meeting and Training Institute held June 28-July 1, 1999.

D'Aunno, T., and H. A. Pollack. "Changes in Methadone Treatment Practices, Results from a National Panel Study, 1988-2000." *Journal of The American Medical Association (JAMA)*, Vol. 288, No. 7, August 21, 2002. Efforts to improve methadone treatment practices appear to be making progress, but many patients are still receiving substandard care due to the stigma associated with methadone treatment.

Friends of Addiction Recovery-New Jersey. "A Few Thoughts from Marty Mann on Stigma," adapted from "A Matter of Life and Death," 1970. Available at [www.ncaddnj.org/FOARNJ/reducingStigma.htm](http://www.ncaddnj.org/FOARNJ/reducingStigma.htm).

Goffman, Ewing. *Stigma: Notes on the Management of Spoiled Identity*. Simon & Schuster, Inc., 1963. An examination of how stigma affects a person's identity and how individuals address stigma.

Grupp S.E., & R.L. Schmitt. "The Assessment of Stigma: Implications for Theory and Intervention." *International Journal of the Addictions*, 15(8), 1253-1263, 1980. An article assessing stigma and the implications of intervention.

Hajela, R. "The Stigma Facing Drug Abusers Impedes Treatment." *Canadian Medical Association*, 158(10): 1265-1266, 1998.

Herman, Joseph., "Stigma and Methadone Treatment: Report for the Methadone Task Force." 2000. This summary of a longer thesis describes the historical, legal and social roots of stigma as it relates to addiction and methadone treatment.

Herman, Joseph. *Medical Methadone Maintenance: the Further Concealment of a Stigmatized Condition*. City University of New York: New York, 1995.

Institute of Medicine. *Dispelling the Myths About Addiction: Strategies to Increase Understanding and Strengthen Research*. (LOC No. 97-69691). National Academy Press, 1997.

Legal Action Center. *After Prison: Roadblocks to Reentry, A Report on State Legal Barriers Facing People with Criminal Records*. 2004. Available at [www.lac.org/roadblocks.html](http://www.lac.org/roadblocks.html).

Link, B.G., Struening, E.L., Rahav, M, Phelan, J.C. Nuttbrock, L. "On Stigma and its Consequences: Evidence from Longitudinal Study of Men with Dual Diagnoses of Mental Illness and Substance Abuse." *Journal of Health and Social Behavior*, 38:2, 177-190, June 1997. An examination of whether stigma has enduring effects on well-being by interviewing 84 men with dual diagnoses of mental disorder and substance abuse at entry into treatment and then again after one year of treatment.

McGonagle, D. "Methadone Anonymous: a 12-step program. Reducing the stigma of methadone use." *Journal of Psychosocial Nursing and Mental Health Service*. 32(10), 5-12, 1994. An article discussing reducing the stigma associated with methadone treatment.

Murphy, S., & Irvin, J. "Living with the dirty secret: Problems of disclosure for methadone maintenance clients." *Journal of Psychoactive Drugs*, 24(3), 257-64, 1992. An article discussing the problems of disclosure for Methadone maintenance patients.

National Governors Association. "The Stigma of Mental Illness and Addiction." 2002. Available at [http://www.nga.org/center/divisions/1,1188,C\\_ISSUE\\_BRIEF%5ED\\_4407,00.html](http://www.nga.org/center/divisions/1,1188,C_ISSUE_BRIEF%5ED_4407,00.html). Article discussing the stigma of mental illness and addiction.

Rasinsky, Kenneth A. "Stigma Associated with Addiction: Report of a Language Audit Based on the Results of a National Survey of Drug Policy." 2003. National Opinion Research Center at the University of Chicago.

Weinberg, TS, and Volger, CC. "Wives of Alcoholics: Stigma Management and Adjustments to Husband-Wife Interactions." *Deviant Behavior*. 11:331-343, 1990. A discussion of stigma and relationships.

## **Employment**

American Society of Addiction Medicine (ASAM). ASAM Public Policy Statement. "Discrimination Against Health Care Professional Who Are Recovering From Addiction." July 2001. Available at <http://www.asam.org/ppol/Discrimination%20Against%20Health%20Care%20Professionals.htm>. Policy statement of the nation's medical society dedicated to educating physicians and improving treatment of individuals with addiction.

De Miranda, John. "A Court Case that Could Galvanize a Field." *Behavioral Health Care Tomorrow*, December 2003, pp. 16-21. Article on the Americans with Disabilities Act, disability and recovery communities.

Drug Policy Alliance. Amicus brief filed by Drug Policy Alliance in Raytheon v. Hernandez case on behalf of numerous organizations. Available at: [http://www.drugpolicy.org/docUploads/USSC\\_02\\_749\\_Amicus\\_Brief.pdf](http://www.drugpolicy.org/docUploads/USSC_02_749_Amicus_Brief.pdf)

Holland, Gina. "Supreme Court rules for company in workplace rights of recovering addicts," Associated Press, December 2, 2003. Available at <http://www.azcentral.com/php-bin/clicktrack/print.php?referer=http://www.azcentral.com/business/articles/1202ScotusAddicts02-ON.html>. Article on Raytheon v. Hernandez decision.

Legal Action Center. *Employment Discrimination and What to Do About It*. "A Guide for Counselors of Individuals with Criminal Records or in Recovery from Alcohol and Drug Dependence." Updated 2002. Available at [www.lac.org/pubs/pubs\\_top.html](http://www.lac.org/pubs/pubs_top.html). This manual informs service providers about the state and federal laws that protect clients with criminal records, histories of alcohol and drug problems, and HIV/AIDS from being discriminated against by employers. It also provides practical guidance in how

clients should handle discussions of these issues in job interviews and on employment applications. State specific guidelines available for California, Illinois, New York, Pennsylvania, and Virginia.

Legal Action Center. “Are You . . .” Updated 2001. Available at [www.lac.org/pubs/pubs\\_top.html](http://www.lac.org/pubs/pubs_top.html). Booklet on the laws that protect people in recovery and individuals with criminal records from job discrimination, what they can do if they are denied a job because of their past, and federal programs that can help encourage employers to hire people in recovery and with criminal records.

Marks, Alexandra. “Jobs Elude Former Drug Addicts.” *The Christian Science Monitor*. June 4, 2002. Available at <http://www.csmonitor.com/2002/0604/p02s02-ussc.html>. An article about the barriers, including stigma, recovering addicts face when seeking a job.

## **Public Policy**

Burd, Stephen. “Seeking Redemption for a Drug Law.” *Chronicle of Higher Education*. April 2002. An article on provisions of the Higher Education Act that ban student loans to those with drug convictions.

Coalition for Higher Education Act Reform. “Frequently Asked Questions About the Higher Education Act Drug Provision.” 2003. Available at [www.raiseyourvoice.com/heainfo.html](http://www.raiseyourvoice.com/heainfo.html). Information on Campaign to repeal provisions in the Higher Education Act that ban student loans for those with drug convictions.

Huffington, Arianna. “The Drug War Goes to College.” *Salon.com*. April 2001. An article on the student loan ban provisions of the Higher Education Act.

The Sentencing Project. “Life Sentences: Denying Welfare Benefits To Women Convicted of Drug Offenses.” 2002. Available at [www.sentencingproject.org/pubs](http://www.sentencingproject.org/pubs). This report documents the harmful effects to women, children, and communities of the 1996 welfare reform provision imposing a lifetime welfare ban on people convicted for possessing or selling drugs and reports on states that have opted out of the ban or modified it.

US Department of Health and Human Services Technical Assistance Publication (TAP) series. “Siting Drug and Alcohol Treatment Programs: Legal Challenges to the NIMBY Syndrome.” Series 14, DHHS 5 Publication No. (SMA) 95 – 3050, 1995. Available at [www.treatment.org/taps/tap14/tap14chap1.html](http://www.treatment.org/taps/tap14/tap14chap1.html). Ways to challenge discriminatory zoning ordinances and other practices that make it difficult to locate treatment and other recovery programs.

## **Healthcare, Insurance and Appropriate Care**

Albert, Tanya. “AMA hits laws impeding screening of drunk patients. These statutes prevent interventions that could help addicted patients, delegates say.” *American Medical News*. January 5, 2004. Article on AMA appeal to states to repeal statutes that effectively prevent alcohol and drug screenings from being conducted in emergency departments.

Center for Substance Abuse Treatment, SAMHSA. *Changing the Conversation. The National Treatment Plan Initiative, Panel Reports, Public Hearings, and Participant Acknowledgements*. November 2000. Report of Panel II: Reducing Stigma and Changing Attitudes. pp. 38-61. Report and recommendations from expert panels, field hearings and research.

Ensuring Solutions to Alcohol Problems. “Workplace Solutions: Treating Alcohol Problems Through Employment-Based Health Insurance,” 2003. Available at <http://www.ensuringsolutions.org/pages/rerere.html>. A report on how well employment-based insurance benefits cover the services needed by people with alcohol problems.

Ensuring Solutions to Alcohol Problems. "Treating Alcoholism as an Acute Illness is Shortsighted and Has Led to Stigma," in "Treating Alcoholism as a Chronic Disease," 2003. Available at [www.ensuringsolutions.org/pages/primer/primerlj.html](http://www.ensuringsolutions.org/pages/primer/primerlj.html).

Erickson, C.K. "Breaking Through Prejudice: It's in the Science." *Addiction Professional*. 1(2), p.7, 2003. A commentary on how acknowledging addiction as a brain disease can reduce stigma.

Leshner, Alan I. "Addiction is a Brain Disease." *Issues in Science and Technology*, Spring 2001 Available at [www.nap.edu/issues/17.3/leshner.htm](http://www.nap.edu/issues/17.3/leshner.htm). Article on the need for strategies that address addiction as a treatable illness.

McLellan, A. Thomas, David Lewis, Charles O'Brien and Herbert Kleber. "Drug Dependence, a Chronic Medical Illness. Implications for Treatment Insurance, and Outcomes Evaluations." *Journal of the American Medical Association (JAMA)*, Vol. 284, No. 13, October 4, 2000. The effects of drug dependence on social systems has helped shape the generally held view that drug dependence is primarily a social problem, not a health problem. In turn, medical approaches to prevention and treatment are lacking. This article examines evidence that drug (including alcohol) dependence is a chronic medical illness. It suggests parity in insurance coverage for addiction.

National Council on Alcoholism and Drug Dependence, "FYI: Fairness in Treatment," 2001. Available at [www.ncadd.org/facts/fyiparity.htm](http://www.ncadd.org/facts/fyiparity.htm). Background information on covering alcohol and other drug treatment in health insurance plans at the same level as other illnesses.

National Institute on Drug Abuse (NIDA). "Understanding Drug Abuse and Addiction." Facts and information on research into understanding addiction and treatment. Available at <http://165.112.78.61/Infobox/understand.html>.

Rivara, Frederick P, Sara Tellefson, Elizabeth Tesh, and Larry M. Gentilello. "Screening Trauma Patients for Alcohol Problems: Are Insurance Companies Barriers?" *The Journal of Trauma: Injury, Infection, and Critical Care*, Vol. 48, No. 1, 2000. This article examines statutes relating to insurance coverage, discusses the implications of these statutes, and makes recommendations.

White, William. "Addiction Disease Concept," 2001. Available at <http://www.bhrm.org/papers/Counselor3.pdf>. An examination of the arguments of critics and advocates of the disease concept of addiction, including views on stigma. Also see "The Combined Addiction Disease Chronologies" at <http://www.bhrm.org/papers/addpapers.htm>.

Zimmerman, Rachel. "Why Emergency Rooms Rarely Test Trauma Patients for Alcohol, Drugs." *The Wall Street Journal*, February 26, 2003.

## **Women, Older Adults**

Barr, Jennifer. "Just How Caring Are We? Addressing the Stigma of Addiction in Older Adults." *Alcohol and Seniors*, October 2002. Available at [http://www.agingincanada.ca/just\\_how\\_caring\\_are\\_we.htm](http://www.agingincanada.ca/just_how_caring_are_we.htm). A report of a roundtable discussion on the stigma of addiction in older adults, including interviews and results of focus groups.

Copeland, Jan. "A Qualitative Study of Barriers to Formal Treatment Among Women Who Self-Managed Change in Addictive Behaviors." *Journal of Substance Abuse Treatment* 14:2, pp. 183-190, 1997. This article identifies social stigma as one of the principal barriers to women seeking formal treatment for alcohol and other drug dependence.

Lester, Barry M. "Keeping Mothers and Their Infants Together: Barriers & Solutions." *New York University Review of Law & Social Change*. Vol. XXII, pp. 425-440, 1996. A critique of policies affecting pregnant cocaine users examines the significant social stigma currently associated with drug use among women and ways to address it.

O'Connor, Lynn E., Jack W. Berry, Darryl Inaba, Joseph Weiss and Andrea Morrison. "Shame, Guilt, and Depression in Men and Women in Recovery from Addiction," *Journal of Substance Abuse Treatment*, 11:6, pp. 503-510, 1994. This study found that women are significantly more prone to shame and depression than men and suggests a need for research into shame reducing treatment strategies for all substance abusers.

Wisconsin Women's Education Network. *Many Voices One Journey*. Available at [www.dcs.wisc.edu/pda/wwen/video.htm](http://www.dcs.wisc.edu/pda/wwen/video.htm). Training video for counselors and educators to use in group sessions. In the 52 minute presentation , seven women tell their recovery stories and explore issues surrounding women in treatment and recovery. .

## **Language**

Lewis, David C. MD, "Physicians, Scientists to Media: Stop Using the Term 'Crack Baby,'" February 27, 2004. Available at [www.jointogether.org/sa/news/alerts/0,1856,569528,00.html](http://www.jointogether.org/sa/news/alerts/0,1856,569528,00.html). An Open Letter to the Media from thirty leading medical doctors, scientists and psychological researchers asking that the use of stigmatizing terms be halted because they lack scientific validity and should not be used. .

Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services. "Substance Use Disorders: A Guide to the Use of Language." 2004 forthcoming. A guide offering language to better reflect scientific advances regarding substance use disorders to help eliminate confusing in public discourse that allows for the perpetuation of stigmatizing terminology.

White, William. (in press) "The Lessons of Language: Historical Perspectives on the Rhetoric of Addiction." In Tracy, S and Acker, C. *Altering American Consciousness: Essays on the History of Alcohol and Drug Use in the United States 1800-1997*. Amherst, MA: University of Massachusetts Press. An article discussing how language affects the public's view of addiction and stigma associated with people with addictions.

White, William. *An Addiction Recovery Glossary: The Languages of American Communities of Recovery*. 2002. Available at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

Williams, Jay R. "Effects of Labeling the Drug-Abuser: An Inquiry." *National Institute on Drug Abuse Research Monograph Series 6*, 1976.

## **Surveys**

Grant, Bridget F. "Barriers to Alcoholism Treatment: Reasons for Not Seeking Treatment in a General Population Study." Division of Biometry and Epidemiology, National Institute on Alcohol Abuse and Alcoholism. July 1997. A research study that found that a lack of confidence in the alcoholism treatment system and its effectiveness, stigmatization, and denial were identified as significant barriers to alcoholism treatment at the aggregate level.

Peter D. Hart Research Associates, Inc./Coldwater Corporation, "Faces & Voices of Recovery Public Survey." 2004: Washington, DC. Available at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org). A survey of the general public on addiction and recovery, stigma and discrimination. Overwhelming majorities of the public supports changes in public attitudes and laws to to prevent and treat addiction and support recovery.

Peter D. Hart Research Associates, Inc. "The Face of Recovery." 2001: Washington DC. Available at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org). A survey of the recovery community on the greatest obstacles to recovery. A majority say that denial or refusal to admit to having a problem is the greatest barrier to recovery; fear of shame or social embarrassment is the second most cited hindrance.

Hazelden Foundation. "Workplace Recovery Benefits Survey." October 2002. Available at [www.hazelden.org](http://www.hazelden.org). Results of September 2002 survey finding that although Americans expect that their employer's health insurance will cover alcohol or drug addiction treatment, more than one in five insured

employees believe that if they sought coverage for that treatment, they would face negative consequences at work.

Substance Abuse and Mental Health Services Administration (SAMHSA). "Reasons for Not Receiving Substance Abuse Treatment." *The NSDUH Report*, November 7, 2003. Available at [www.samhsa.gov/news/news.html](http://www.samhsa.gov/news/news.html) Approximately 25% of those surveyed who reported they needed alcohol or drug treatment did not seek it because of stigma.

## MENTAL HEALTH

Chicago Consortium for Stigma Research. Available at <http://www.stigmaresearch.org/>. The Chicago Consortium for Stigma Research (CCSR) is dedicated to understanding the phenomenon of stigma, developing and testing models that explain why it occurs, and evaluating strategies that help to diminish its effects. Special focus is on understanding the stigma of mental illness through application of models developed through basic behavioral research. Related, see <http://www.ucpsychrehab.org/research/mistigma.cfm> and the program's research projects at <http://www.stigmaresearch.org/projects/>. Also see the synopsis of the book *Don't Call Me Nuts* related to this website and dealing with mental health stigma. Available at <http://www.ucpsychrehab.org/dcmn.cfm>. *Don't Call Me Nuts!* is a handbook for persons with mental illness dealing with self stigma, knowing when or whether to disclose a mental illness, seven ways to foster personal empowerment, and legal and political remedies.

Corrigan, O.W. and D.L. Penn. "Lessons From Social Psychology on Discrediting Psychiatric Stigma." *American Psychologist*. 54(9), 1999. pp.765-76. A book discussing the lessons of discrediting psychiatric stigmas.

Lidbetter, Nicky. "Experiences of User and Care Support Groups Regarding Stigmatization of Sufferers and their Families. The Stigmatization of Anxiety Disorders." Chapter 2: Part Two. National Phobics Society. 2001. Available at <http://www.stigma.org/everyfamily/nlidbetter.html>. An online chapter recollecting the experiences of support groups focusing on the stigmatization of anxiety disorder sufferers.

Luckstead, Alicia. "Experiences of LGBT People with Serious Mental Illnesses: Raising Issues." 2000. Available at [www.heartsandears.org/docs/AAASummary/AAASummary.htm](http://www.heartsandears.org/docs/AAASummary/AAASummary.htm). A monograph prepared for the Center for Mental Health Services on the experiences of lesbians, gay men, bisexual people and transgender people receiving mental health services in the public sector.

The National Stigma Clearinghouse. Available at <http://community-2.webtv.net/stigmanet/AbouttheNational/index.html>. An online resource created by grassroots volunteers to track negative stereotypes of mental illnesses and to provide information about fighting prejudice to concerned activists.

The Resource Center to Address Discrimination and Stigma (ADS Center). Available at <http://www.adscenter.org/>. The ADS Center helps people design, implement and operate programs that reduce discrimination and stigma associated with mental illnesses. The Center helps individuals, organizations and public agencies counter such discrimination and stigma in the community, in the workplace, and in the media. This is an ongoing resource supported by SAMHSA on local, state, national, and international campaigns to end stigma and discrimination related to mental health.

Watson, A. & Corrigan, P.W. The Impact of Stigma on Service Access and Participation. Unpublished Document. Behavioral Health Recovery Management, Bloomington, IL, 2002. Available at [www.bhrm.org](http://www.bhrm.org). A significant barrier to engaging in mental health treatment is the stigma associated with it. Many people choose to not pursue mental health services because they do not want to be labeled a

mental patient nor do they wish to suffer the prejudice and discrimination this label entails. This study also contains exercises on how to overcome mental health stigma and seek help.

#### National Mental Health Association (NMHA)

“Stigma Watch.” Available at <http://www.nmha.org/newsroom/stigma/index.cfm>. A program for identifying and reporting stigmatizing media images. The media and entertainment industries overwhelmingly present people with mental illnesses as dangerous, violent and unpredictable individuals. Also see related to this link:

- a.) “Stigma: Building Awareness And Understanding About Mental Illness” available at <http://www.nmha.org/infoctr/factsheets/14.cfm>. This is an online fact sheet about stigma and discrimination, discussing the basic facts surrounding these issues;
- b.) “Stigma Watch Sample Letter” available at <http://www.nmha.org/newsroom/stigma/samples/letter.cfm>.

#### National Alliance for the Mentally Ill (NAMI)

“Anti-Stigma Campaign.” Available at [http://swpa.nami.org/Pages/education\\_antistigma.html](http://swpa.nami.org/Pages/education_antistigma.html). An anti-stigma campaign providing information and education with the goal of reducing the stigma surrounding mental illness. The initiative is a comprehensive campaign targeting the media, general public, individuals with a mental illness and their families, and policymakers. Also see the related programs: 1.) “Faces of Recovery: The Anti-Stigma/Anti-Discrimination Initiative on Mental Illness” available at <http://swpa.nami.org/Pages/antistigma.htm>; 2.) “Stigmabusting and Alerts” available at <http://web.nami.org/campaign/20001105.htm>. A list of online Stigmabuster alerts including notes and messages; 3.) “Stigmabuster, Fight Stigma” available at [http://www.nami.org/template.cfm?section=fight\\_stigma](http://www.nami.org/template.cfm?section=fight_stigma) and [http://www.nami.org/Content/NavigationMenu/Take\\_Action/Fight\\_Stigma/About\\_StigmaBusters/About\\_StigmaBusters.htm](http://www.nami.org/Content/NavigationMenu/Take_Action/Fight_Stigma/About_StigmaBusters/About_StigmaBusters.htm). Online information on how to become a Stigmabuster, including alerts and other resources.

## **HIV/AIDS**

“Fight AIDS—Not People With AIDS.” UC Davis Psychology Department. Available at <http://psychology.ucdavis.edu/rainbow/html/aids.html>. Greg Herek et al. AIDS stigma research. Materials and resources available online.

Herek, G.U (Ed). “AIDS and Stigma in the United States.” *American Behavioral Scientist*. 42(7).Sage Publications. 1997. Research and background information including recommendations on combating stigma.

Herek, Gregory U. “Thinking About AIDS and Stigma: A Psychologist’s Perspective,” *Journal of Law, Medicine & Ethics*, 30. 2002: pp. 594-607. An examination of AIDS and stigma and strategies for reducing stigma.

Public Media Center. “The Impact of Homophobia and Other Social Biases on AIDS.” October 1995. A report discussing the effects that stigma, homophobia, and social biases have on AIDS.