



# Are you listening?

Communication is the key component in  
the fight against substance use  
disorders

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# Objectives & Goals for the Day

- Recognize the role INSTEP plays
- Understand your role in communication accountability
- Practice listening and communicating without stigma
- Understand how your heightened awareness about this crisis will promote healthy communication in the fight against substance use disorder



Marching to overcome  
substance use disorder through:

SUPPORT | TRAINING | EDUCATION |  
PREVENTION

# INSTEP

Coordinate support, training, education and prevention tools by collaborating with various organizations to assist those suffering from substance use disorder.



# Marion County Impact

2017

80%

of Marion county  
employers have  
observed  
prescription drug  
misuse by their  
employees

64%

increase in number  
of children placed  
in Marion county  
foster care due to  
parents with  
substance use

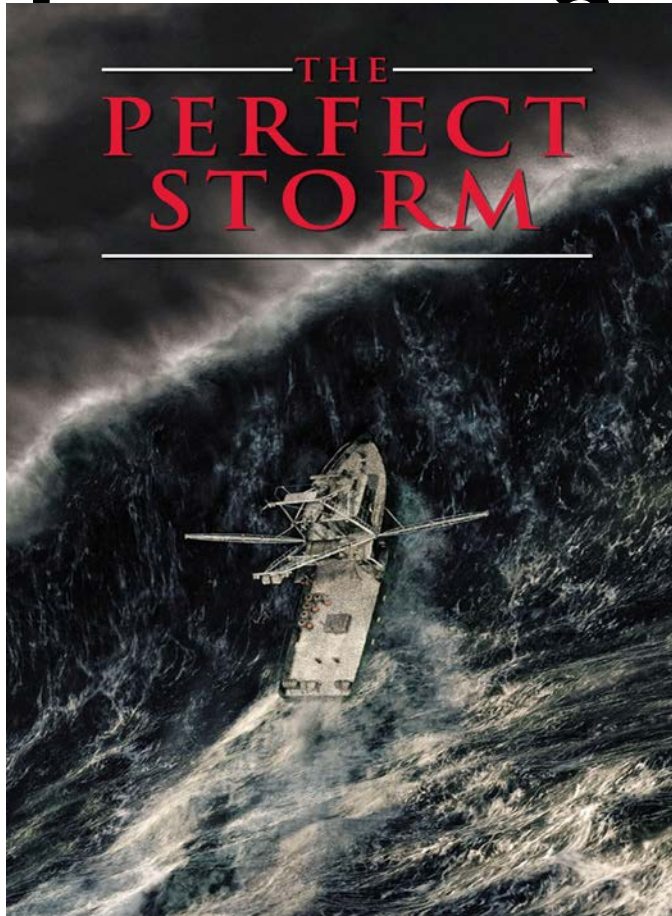
disorder  
Marion county had more pharmacy  
robberies  
than the entire state of California.

8-

fold increase in the  
rate of fatal drug  
overdose from 2000-  
2016 in Marion county

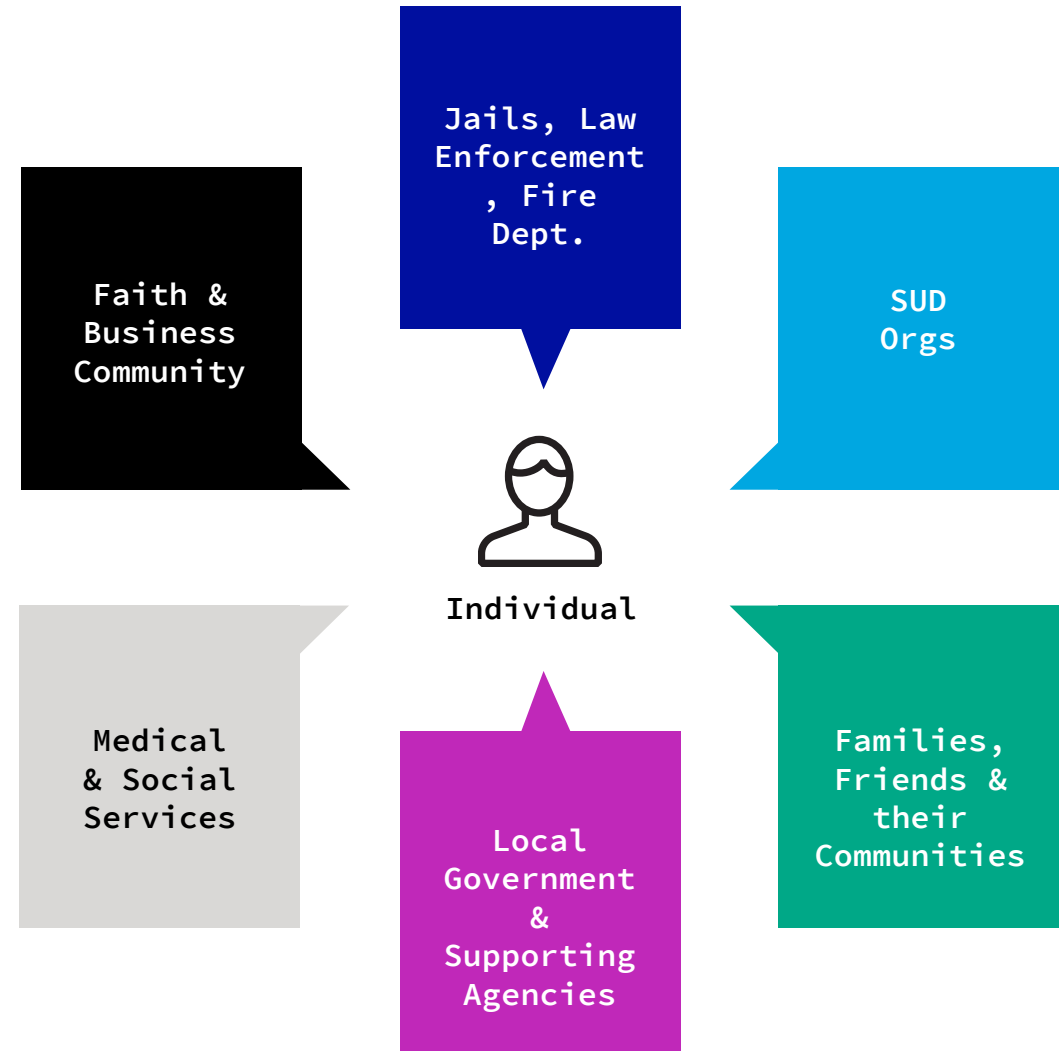
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# How did this



- 1990's release of Oxycontin
- Marketing of non-addictive pain killers
- Pain as the fifth vital sign
- Focus on patient satisfaction
- Insufficient pain education
- Limited knowledge of pain strategies

It's  
critical we  
are all  
INSTEP  
together!



# Please stand if...

- You've taken care of a patient with a substance use disorder
- You've worked with a peer you suspect has a substance use disorder
- You've realized personal judgement surfacing with a peer or patient
- You know someone who has had a favorable outcome and is in recovery



# Stigma Hurts

## From Within

- Judged by everyone
- Blame themselves
- Life is unmanageable
- Low self esteem
- Powerless to change

## From Outside

- Addiction is a moral failing
- Addiction is a weakness
- Addiction is a 'choice'
- Judgment, discrimination and negative stereotyping
- MAT is trading one drug for another

Substance  
Use is  
NOT a  
Choice



“A lot of people think that addiction is a choice. A lot of people think it’s a matter of will. That has not been my experience. I don’t find it to have anything to do with strength.”

- Matthew Perry

A word cloud centered around the word "Communication". The word "Communication" is the largest and is in blue. Other words include "Listening" (vertical, blue), "Mindfulness" (dark blue), "Presence" (purple), "Verbal" (green), "Intention" (green), "Understand" (green), "Empathy" (dark blue), "Compassion" (dark blue), "Influence" (blue), "Non-Verbal" (vertical, purple), and "Accountability" (vertical, purple).

**Communication**

**Listening**

**Mindfulness**

**Presence**

**Verbal**

**Intention**

**Understand**

**Empathy**

**Compassion**

**Influence**

**Non-Verbal**

**Accountability**

# Awareness Paradigms

Learn & Grow

Protect &  
Defend

“I Feel”

emotions

Accountability

“I  
Think”

opinions  
perceptions  
assumptions

Empathy

“I Want”

wishes  
desires  
requests

Respect

Judge

Blame

Demand



# Role Play

The only courage  
that matters is the  
kind that gets you  
from one moment to  
the next.

*Mignon McLaughlin*

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