

# Knox County Community Health Coalition

*Reducing stigma and bias among decision-makers*

Updated: February 2019

## *Focus Group Discussion Guide*

Dr. Trip Gardner's Video: <http://bit.ly/addictionisabraindisease>

**A. Review agenda** (NOTE: this agenda is designed for 2 hours, but discussion time can be reduced if necessary)

1. Welcome, introductions, and project/meeting overview and objectives (10 minutes)
2. "Addiction is a Brain Disease" video (35 minutes)
3. Questions/clarifications regarding the video content (10 minutes)
4. Panel presentations (15 minutes)
5. Discussion (50 minutes)

**B. Discussion questions**

1. Let's start by talking about the video.
  - i. What are your first impressions?
  - ii. What information were you already familiar with?
  - iii. What information was new to you?
  - iv. Did anything surprise you?
  - v. What stands out as most memorable?
  - vi. What stands out as most important for others to learn?
2. Now let's talk about the panel presentations.
  - i. What are your first impressions?
    1. What did you learn?
    2. How did you feel as you were hearing these stories?
  - ii. Did anything surprise you?
  - iii. What stands out as most memorable?
  - iv. What stands out as most important for others to hear?
3. Thinking about substance use disorder and addiction, and considering everything you've heard in the video and from the panel, have any of your feelings changed?

PROMPTS:

- i. Brain science/dopamine receptors

- ii. Levers/risks for addiction (genetics, trauma/ACEs, age, early use of other addictive substances)
  - iii. Who can be affected?
  - iv. Harm reduction (naloxone, needle exchange, etc.)
4. Thinking about treatment and recovery from opioid use disorder, and considering everything you've heard in the video and from the panel, have any of your feelings changed?

PROMPTS:

- i. Types of treatment (MAT prescribers/counselors, abstinence)
  - ii. Barriers to treatment (local prescribers/counselors, timely availability, affordability, transportation, child care, etc.)
  - iii. Recovery supports (peer supports, transportation, housing, employment, etc)
5. How much of a role do you believe stigma plays in how our community and our state has responded to the opioid epidemic?
6. What needs to change in our community and state to better respond and reduce the harm from substance use disorder?
7. Can you imagine making any changes, personally or professionally, as a result of this meeting/event?

PROMPTS

- i. Increasing positive communications around addiction
  - ii. Interrupting/disrupting discussions that include elements of bias/stigma
  - iii. Initiating a conversation among peer leaders (including perceived leaders)
  - iv. Implementing policies & procedures to reduce stigma and bias
8. Who else should be hearing the information and/or stories that have been shared today?

**C. Wrap-up**

- 1. Thank you
- 2. Next steps (if applicable)
- 3. Announcements
- 4. Contact information

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## *Panelist/Speaker Prep*

April 2018

Each panelist will prepare and practice a 4-5 minute presentation that includes:

- Name and description of themselves
- Their experience and connection with substance/opioid use disorder
- Two or three ways they have seen stigma and bias block access to prevention, treatment, or recovery.
  - This can be their own experiences or what they've observed, but ideally they will focus on their particular sector/setting (e.g. school, work, health care, peer supports, etc.)
- Two or three things they believe could be done to reduce stigma and bias among the decision-makers in their sector/setting
- Their hope for the future, related to stigma and bias

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## *Focus Group Agenda*

April 2018

*(NOTE: this agenda is designed for 2 hours, but discussion time can be reduced if necessary)*

### **AGENDA**

- Welcome, introductions, and project/meeting overview and objectives (10 minutes)
- “Addiction is a Brain Disease” video (35 minutes)
- Questions/clarifications regarding the video content (10 minutes)
- Panel presentations (15 minutes)
- Discussion (45 minutes)
- Next steps, announcements, closing (5 minutes)

## Focus Group Evaluation Survey

<b>Choose your age category</b>	<input type="checkbox"/> Under 18 years old	<input type="checkbox"/> 19-29 years old	<input type="checkbox"/> 30-39 years old
	<input type="checkbox"/> 40-49 years	<input type="checkbox"/> 50-59 years old	<input type="checkbox"/> 60-69 years old
	<input type="checkbox"/> 70 years and older	<input type="checkbox"/> Prefer not to say	
<b>Choose your gender</b>	<input type="checkbox"/> Female	<input type="checkbox"/> Male	<input type="checkbox"/> Non-binary/third gender
	<input type="checkbox"/> Prefer to self-describe: _____		<input type="checkbox"/> Prefer not to say
<b>What Maine County do you live in now?</b>			
<b>What is your health insurance?</b>	<input type="checkbox"/> Private insurance through my employer	<input type="checkbox"/> Medicare	
	<input type="checkbox"/> Private insurance that I purchase on my own	<input type="checkbox"/> Medicaid/Maine Care	
	<input type="checkbox"/> I do not have health insurance	<input type="checkbox"/> Prefer not to say	
<b>Do you know of someone close to you (family or friend) who has a substance use disorder?</b>	<input type="checkbox"/> Yes		
	<input type="checkbox"/> No		
	<input type="checkbox"/> I prefer not to say		

<b>Check how you feel about the following statements</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Prefer not to answer</b>
People choose to be addicted to a drug.					
Addiction can alter the way the brain functions.					
Anyone can struggle with a substance use disorder regardless of income, family life, education, etc.					
Substance abuse disorder is a disease.					
People with substance abuse disorder just need to stop using.					
Drug dealers are the primary source for drugs for people with opioid addiction.					
A good solution to solving the substance use disorder problem in Knox County is to jail people who have illegal drugs.					
Willpower is all someone needs to recover.					
Medication assisted treatment with drugs like suboxone can be helpful in treating substance use disorder.					
It's ok to use words like "junkie", "loser", "addict" to describe people with substance use disorder.					
People in recovery are just as valuable and productive as other workers.					
There is a lot of stigma in Knox County and it could be preventing people with substance use disorder from getting help.					
<b>Choose how you feel about the following statements</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Prefer not to answer</b>
The Focus Group met my expectations.					
The Focus Group was well organized and efficient.					
I liked the video of Dr. Gardner's presentation about substance use disorder.					
I learned something new from the video about substance use disorder.					
I changed an opinion or perception I had about substance use disorder after watching the video.					
I liked the discussion and conversation about substance use disorder during the Focus Group.					
I learned something new from the discussion and conversation during the Focus Group about substance use disorder.					
I changed an opinion or perception I had about substance use disorder after the conversation and discussion during the Focus Group.					
I feel like some of my stigma towards people with substance use disorder has been reduced from being at this Focus Group.					
I feel like Focus Group will help in some way to reduce stigma towards people with substance use disorder.					

<b>What are one or two things that you can do over the next 6 months to reduce stigma towards people with substance abuse disorder?</b>	1.  2.
<b>What are 2 things that you liked about the Focus Group?</b>	1.  2.
<b>What are two things that could be improved about the Focus Group?</b>	1.  2.
<b>Please provide any additional comments about the Focus Group</b>	