



**ELEANOR HEALTH**

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# Annual Inter-faith Institute on Recovery

July 2020

**Nzinga A. Harrison, MD**

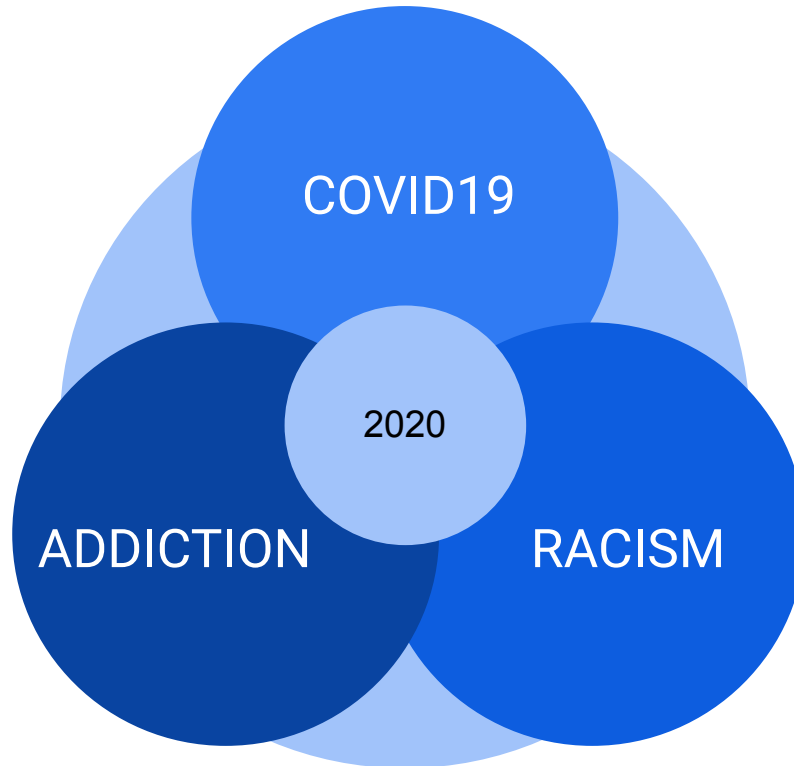
Co-Founder and Chief Medical Officer

Eleanor Health

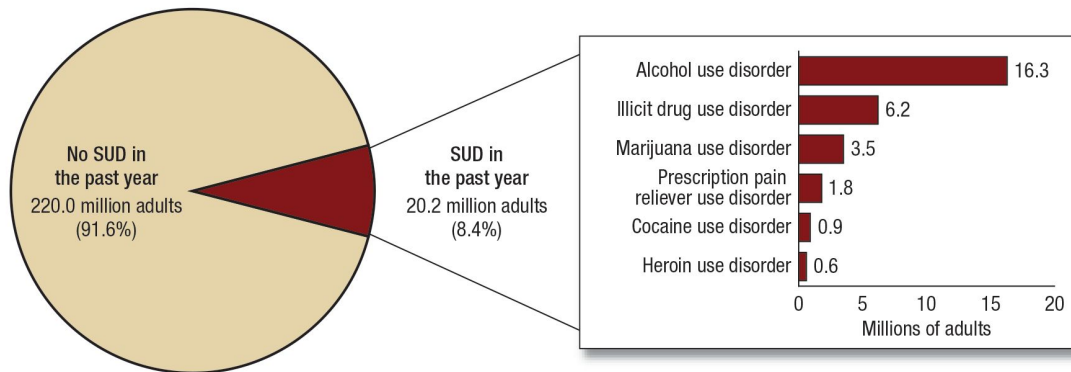
[www.eleanorhealth.com](http://www.eleanorhealth.com)

# SYNDEMIC

A **syndemic** or synergistic epidemic is the aggregation of **two or more concurrent or sequential epidemics** or disease clusters in a population with biological interactions, which **exacerbate the prognosis and burden of disease**.



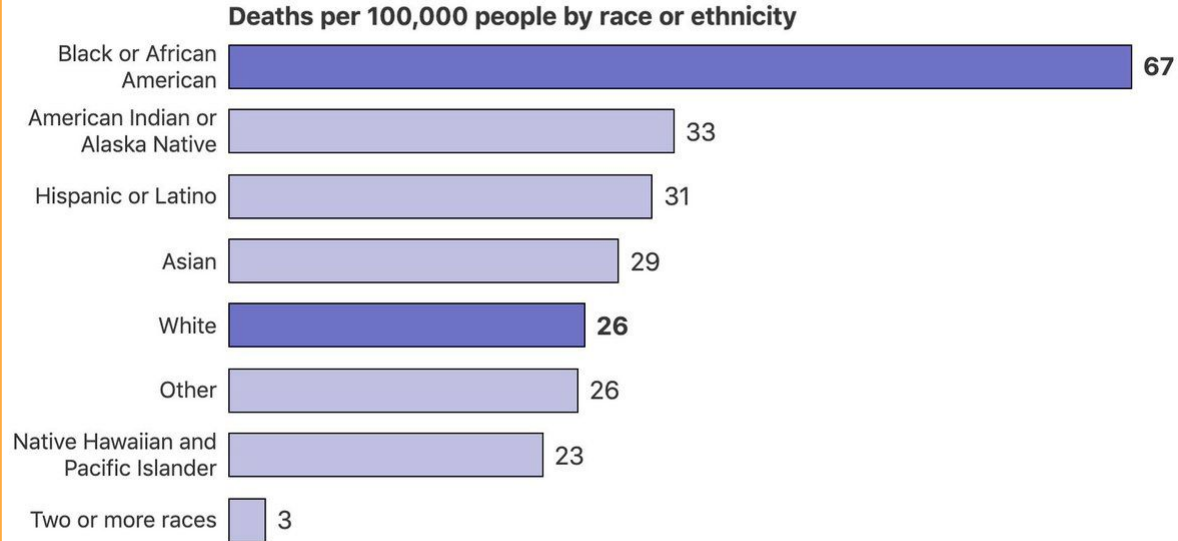
80% of people  
with **Opioid  
Use Disorder**  
do not receive  
treatment



## **COVID Effect**

More than 35 states have reported increases in opioid-related mortality compared to this time last year

# Nationwide, Black people are dying at a rate 2.5 times higher than white people.





[Notes ↑](#)

These calculations are based on data from The Covid Racial Data Tracker and the U.S. Census Bureau. Race categories may overlap with Hispanic/Latinx ethnicity. Rates are not age-adjusted and some rates are underestimated due to lack of reporting of race and ethnicity categories for COVID-19 deaths.

# SUD DISPARITIES - ROOT CAUSES

## Need

- Largest absolute and percentage increases in opioid overdose deaths
  -  103% overdose deaths
  -  361% overdoses

## Access

- Twice as likely to seek treatment, less likely to receive needed ancillary care
- 35x less likely to have a buprenorphine related visit

## Retention

- Up to 5x less likely to drop out of treatment

# SUD DISPARITIES - ROOT CAUSES

1

**Historical**

2

**Systemic**

3

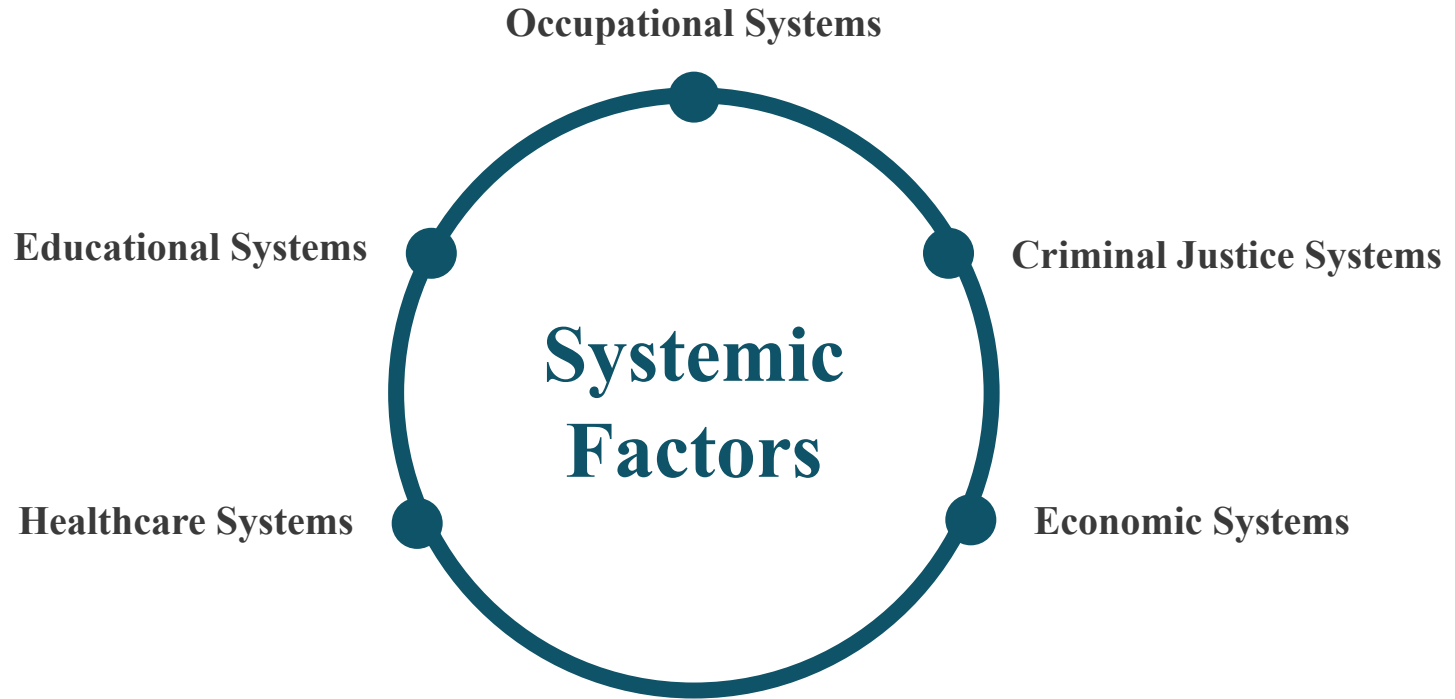
**Psychosocio  
culturalpolitical**

**“This country treats Black men  
and boys as a problem to be  
solved rather than a wonder to  
behold.”**

**-Dr. Wizdom Powell, PhD**



# SUD DISPARITIES - ROOT CAUSES

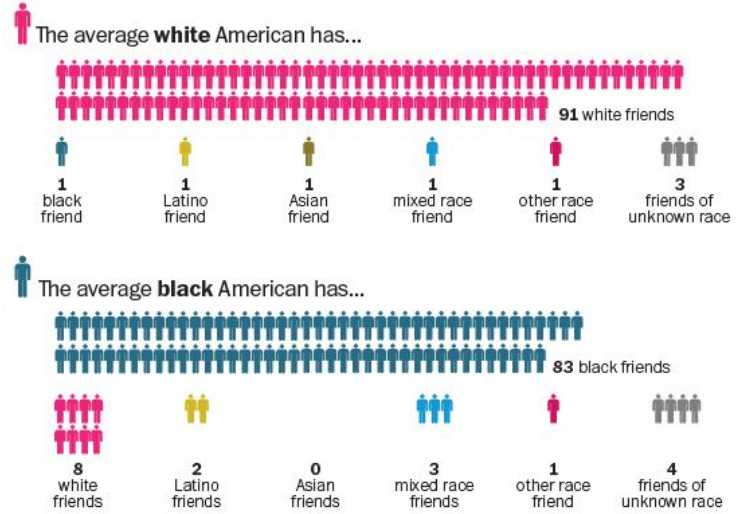


# Current Psychosocioculturalpolitical Factors

- Current Day Segregation
- Microaggression
- Macroaggression
- Stigma
- Implicit Bias
- Explicit Bias

Some Hardly any of my best friends are black

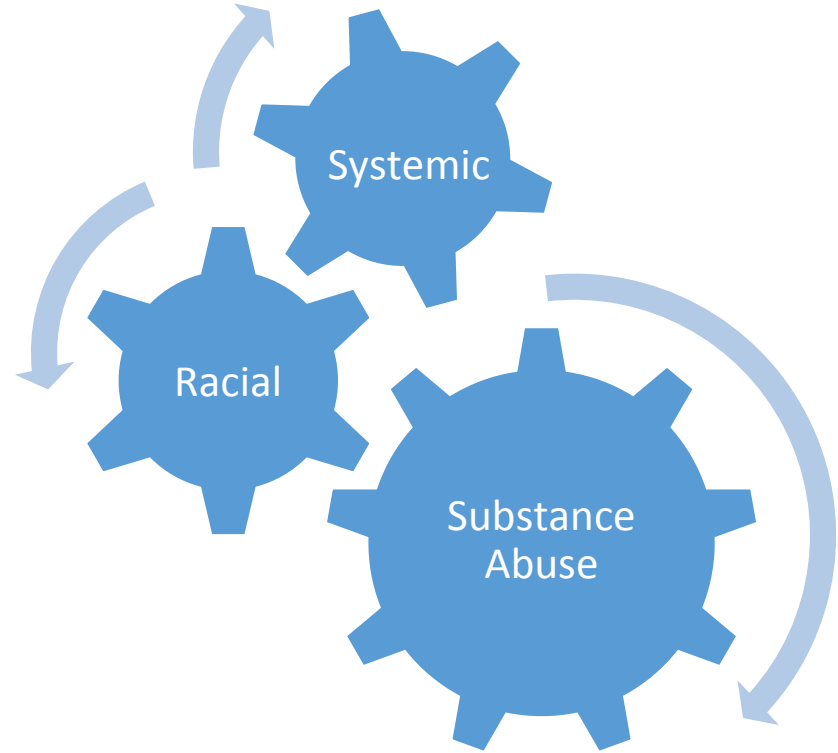
Assuming the average white and average black American each have 100 friends, this is what the racial breakdown of their friend networks would look like.



WASHINGTONPOST.COM/WONKBLOG Source: Public Religion Research Institute

## Basic Human Needs

- Understood
- Accepted
- Respected



**Negative evaluation of one group & its members relative to another group**

## EXPLICIT

- Conscious
- Believed correct
- Time & motivation to act
- Has ↓ in health care

## IMPLICIT

- Unconscious
- Unintentional
- Quickly activated
- Persists in healthcare
- Difficult to measure

# HEALTH AFFECTED BY IMPLICIT BIAS

## Patient provider interactions

- Longer wait times
- More time spent with whites
- Preferential treatment for whites

## Quality of care

- Tone
- Proximity to patient
- Patient collaboration

## Patient treatment adherence

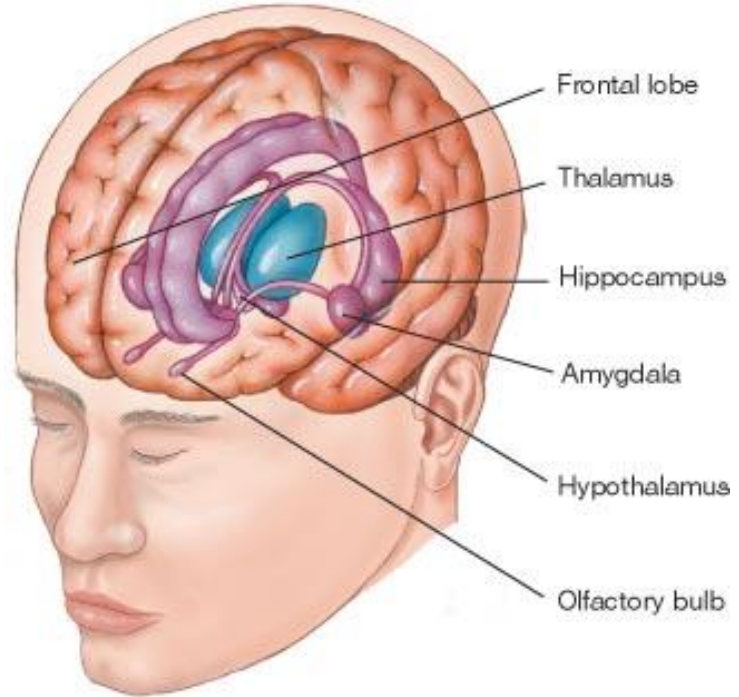
- Less likely to fill prescriptions
- Less like to follow recommendations

## Health outcomes

- Less integration
- More depression
- Decreased life satisfaction

## *Limbic System*

- *Amygdala*
- *Hippocampus*
- *Thalamus/Hypothalamus*
- *Prefrontal Cortex*



# IMPLICIT BIAS

## Implicit Bias:

Attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner.




# AWARENESS - IAT

## IAT – IMPLICIT ASSOCIATION TEST

- The IAT is thought to measure implicit attitudes
- In research, the IAT has been used to develop theories to understand implicit cognition (i.e. cognitive processes of which a person has no conscious awareness).
- Because the IAT requires that users make a series of rapid judgments, researchers believe that IAT scores may also reflect attitudes which people are unwilling to reveal publicly.







Project Implicit®


LOG IN TAKE A TEST ABOUT US EDUCATION HELP CONTACT US DONATE

## About Us

Project Implicit is a non-profit organization and international collaboration between researchers who are interested in implicit social cognition - thoughts and feelings outside of conscious awareness and control. The goal of the organization is to educate the public about hidden biases and to provide a “virtual laboratory” for collecting data on the Internet.

Project Implicit was founded in 1998 by three scientists – [Tony Greenwald](#) (University of Washington), [Mahzarin Banaji](#) (Harvard University), and [Brian Nosek](#) (University of Virginia). Project Implicit Mental Health launched in 2011, led by [Bethany Teachman](#) (University of Virginia) and [Matt Nock](#) (Harvard University). Project Implicit also provides consulting services, lectures, and workshops on implicit bias, diversity and inclusion, leadership, applying science to practice, and innovation. If you are interested in finding out more about these services, visit <https://www.projectimplicit.net>.

[www.projectimplicit.net](https://www.projectimplicit.net)



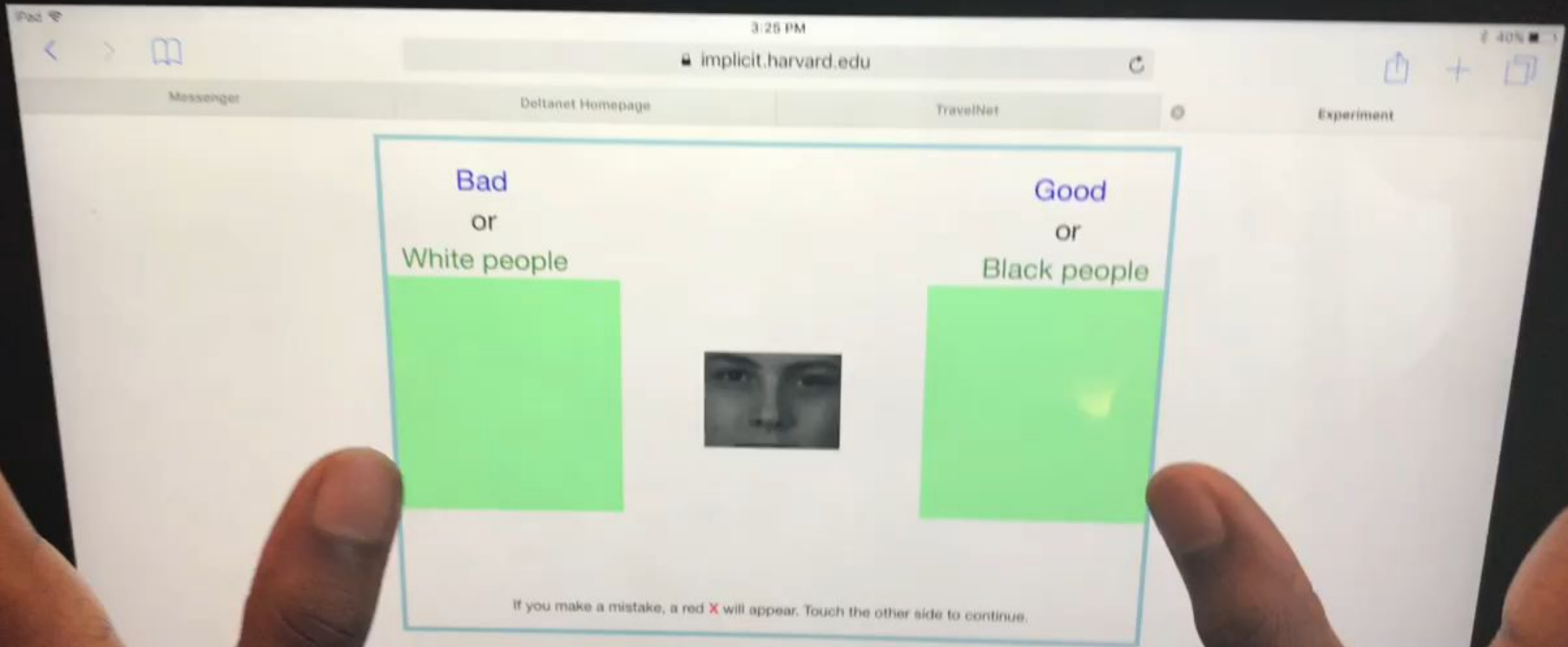
Project Implicit®

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<a href="#">Age IAT</a>	<b>Age ('Young - Old' IAT).</b> This IAT requires the ability to distinguish old from young faces. This test often indicates that Americans have automatic preference for young over old.
<a href="#">Religion IAT</a>	<b>Religion ('Religions' IAT).</b> This IAT requires some familiarity with religious terms from various world religions.
<a href="#">Presidents IAT</a>	<b>Presidents ('Presidential Popularity' IAT).</b> This IAT requires the ability to recognize photos of Donald Trump and one or more previous presidents.
<a href="#">Arab-Muslim IAT</a>	<b>Arab-Muslim ('Arab Muslim - Other People' IAT).</b> This IAT requires the ability to distinguish names that are likely to belong to Arab-Muslims versus people of other nationalities or religions.
<a href="#">Native IAT</a>	<b>Native American ('Native - White American' IAT).</b> This IAT requires the ability to recognize White and Native American faces in either classic or modern dress, and the names of places that are either American or Foreign in origin.
<a href="#">Disability IAT</a>	<b>Disability ('Disabled - Able-bodied' IAT).</b> This IAT requires the ability to recognize symbols representing abled and disabled individuals.
<a href="#">Race IAT</a>	<b>Race ('Black - White' IAT).</b> This IAT requires the ability to distinguish faces of European and African origin. It indicates that most Americans have an automatic preference for white over black.
<a href="#">Sexuality IAT</a>	<b>Sexuality ('Gay - Straight' IAT).</b> This IAT requires the ability to distinguish words and symbols representing gay and straight people. It often reveals an automatic preference for straight relative to gay people.
<a href="#">Weight IAT</a>	<b>Weight ('Fat - Thin' IAT).</b> This IAT requires the ability to distinguish faces of people who are obese and people who are thin. It often reveals an automatic preference for thin people relative to fat people.
<a href="#">Skin-tone IAT</a>	<b>Skin-tone ('Light Skin - Dark Skin' IAT).</b> This IAT requires the ability to recognize light and dark-skinned faces. It often reveals an automatic preference for light-skin relative to dark-skin.
<a href="#">Gender-Career IAT</a>	<b>Gender - Career.</b> This IAT often reveals a relative link between family and females and between career and males.
<a href="#">Asian IAT</a>	<b>Asian American ('Asian - European American' IAT).</b> This IAT requires the ability to recognize White and Asian-American faces, and images of places that are either American or Foreign in origin.
<a href="#">Gender-Science IAT</a>	<b>Gender - Science.</b> This IAT often reveals a relative link between liberal arts and females and between science and males.
<a href="#">Weapons IAT</a>	<b>Weapons ('Weapons - Harmless Objects' IAT).</b> This IAT requires the ability to recognize White and Black faces, and images of weapons or harmless objects.

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# IAT - Race



# IAT - RACE RESULTS FROM MY FAMILY



Zena

- 4 yo
- Invalid Test



Zahir

- 11 yo
- Mild automatic preference for white race



Katana

- 6 yo
- No automatic preference



Akosua

- 33 yo
- Mild automatic preference for Black race



Nasir

- 10 yo
- Moderate automatic preference for Black race



Jane

- 68 yo
- Moderate automatic preference for Black race



Nzinga

- 40 yo
- Strong automatic preference for Black race

WHAT ARE  
OUR  
VALUES?

Harm reduction is the practice  
of unconditional love for  
people who use drugs.

-Monique Tula

# RACISM = TRAUMA

## CHRONIC

Racism is a chronic, cumulative, ongoing trauma in the lives of Black people in the U.S.

## ACUTE ON CHRONIC

Events like the killings of Breonna Taylor, Ahmaud Arbery, George Floyd, Rayshard Brooks are acute traumas that overlay chronic, ongoing trauma.

# THE 4Rs of TRAUMA-INFORMED SYSTEMS

## The Four R's

A trauma-informed program, organization, or system:

**Realizes**

- *Realizes* widespread impact of trauma and understands potential paths for recovery

**Recognizes**

- *Recognizes* signs and symptoms of trauma in clients, families, staff, and others involved with the system

**Responds**

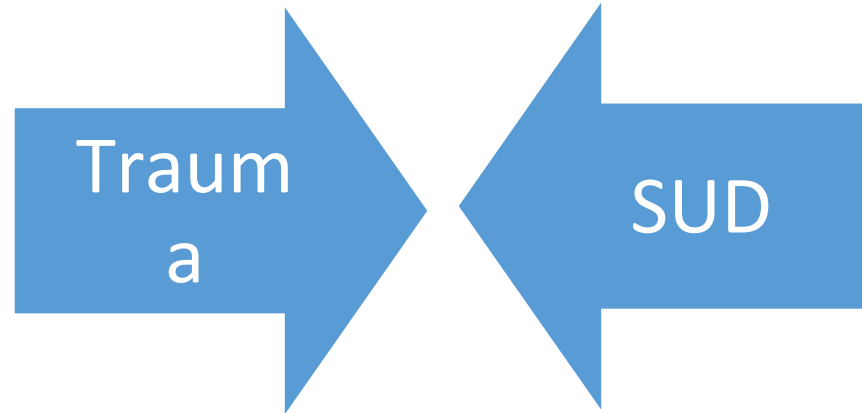
- *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices

**Resists**

- Seeks to actively *Resist* re-traumatization.

# TRAUMA

- Studies have shown that experiencing trauma at an early age increases the risk of substance abuse later in life.
- Substance use is associated with an increased risk for experiencing trauma.



# ADVERSE CHILDHOOD EXPERIENCES

Physical Abuse

Sexual Abuse

Emotional Abuse

Physical Neglect

Emotional Neglect

Domestic Violence

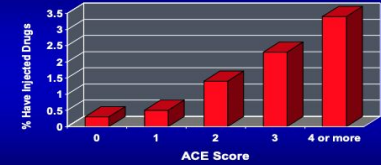
Household SUD

Household MI

Parental Separation or Divorce

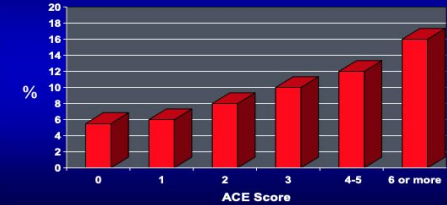
Incarcerated Household Member

## Intravenous Drug Use

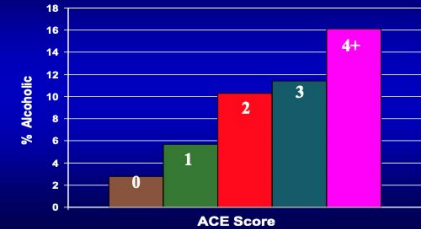


N = 8,022 p < 0.001

## Current Smoking



## Adult Alcoholism

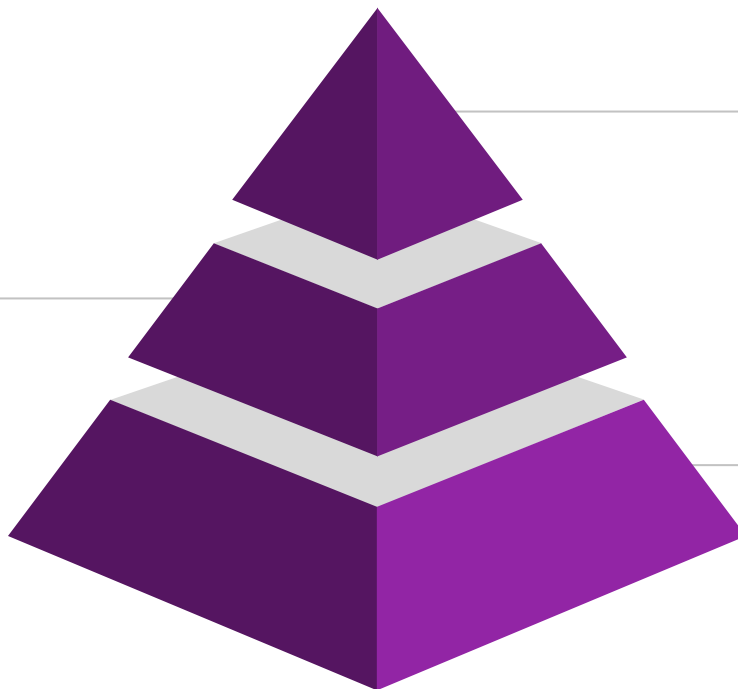




# 3 STEPS TO ADDRESSING TRAUMA

## Grounding and Physiological Regulation

- Create space from distressing feelings
- Physical techniques
- Mental techniques



## Create a Safe Space

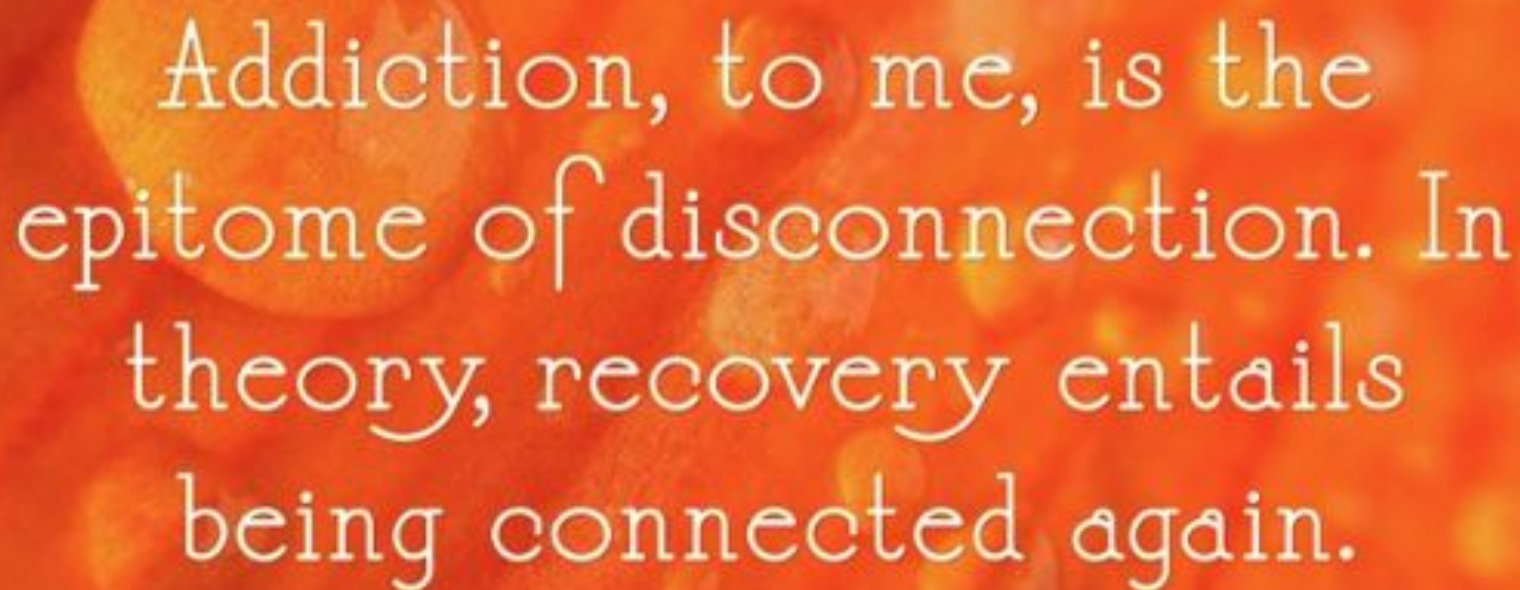
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- Physical safety
- Emotional safety
- Social Connections

## ACTION

3

- Empower survivor voices
- Engage allies



Addiction, to me, is the epitome of disconnection. In theory, recovery entails being connected again.

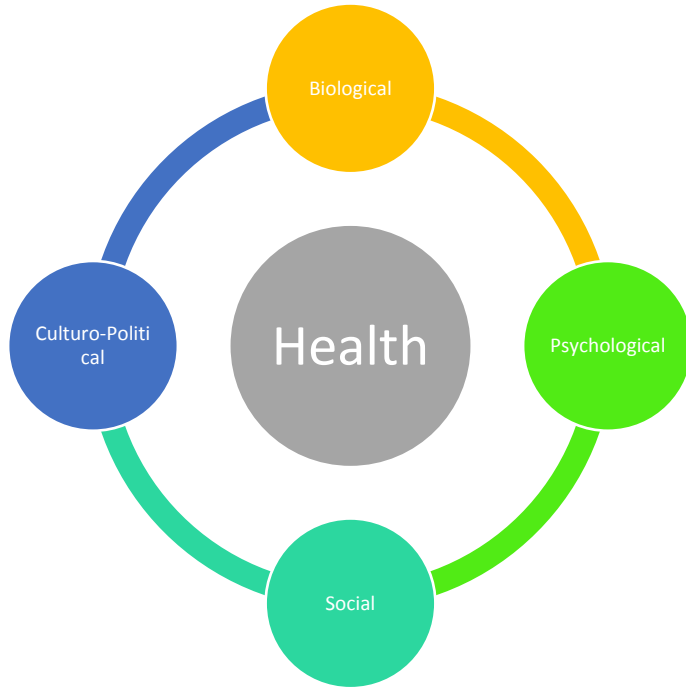
Matt Bell



# Biopsychosocial Model

- Treatment approach used in all areas of medicine
- Considers the biological, psychological and social factors that affect a person's health
- A multidisciplinary approach that includes medical professionals, social workers, families, communities, governments, faith communities, YOU

# BIOPSYCHOSOCIAL CONCEPT



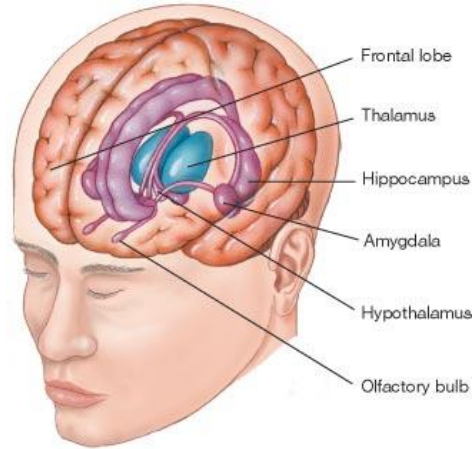
- **BIOLOGICAL**
  - Genetic
  - Acquired
- **PSYCHOLOGICAL**
  - Life experiences
  - Worldview
  - Adverse Childhood Experiences (ACE)
- **SOCIAL**
  - Ongoing stressors
- **CULTURO-POLITICAL**
  - Stigma
  - Racism
  - Discrimination
  - Marginalization
  - Criminalization

# MH AND SUD ARE CHRONIC MEDICAL CONDITIONS

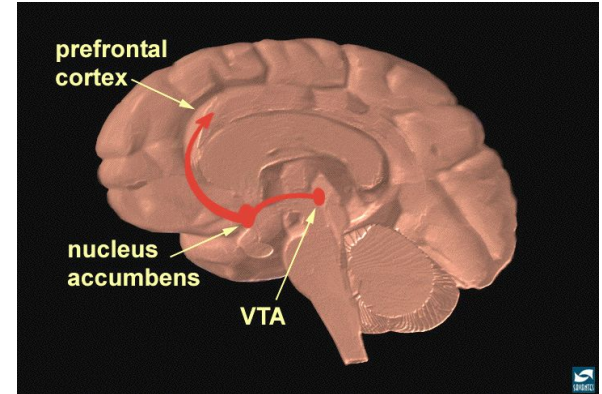
ILLNESS	Follows Treatment Recommendations	RELAPSE RATE (1 YR)
Addiction	40-60%	40-60%
Asthma	<40% meds <30% lifestyle	>60%
Diabetes	<60% meds <30% lifestyle	30-50%
Hypertension	<40% meds <30% lifestyle	50-70%

# SUD AND MH - NEUROBIOLOGY

- Limbic System
  - Mood Disorders
  - Anxiety Disorders
  - ADHD
  - Psychotic Disorders
- Dopamine System
  - Addiction
  - Psychotic Disorders



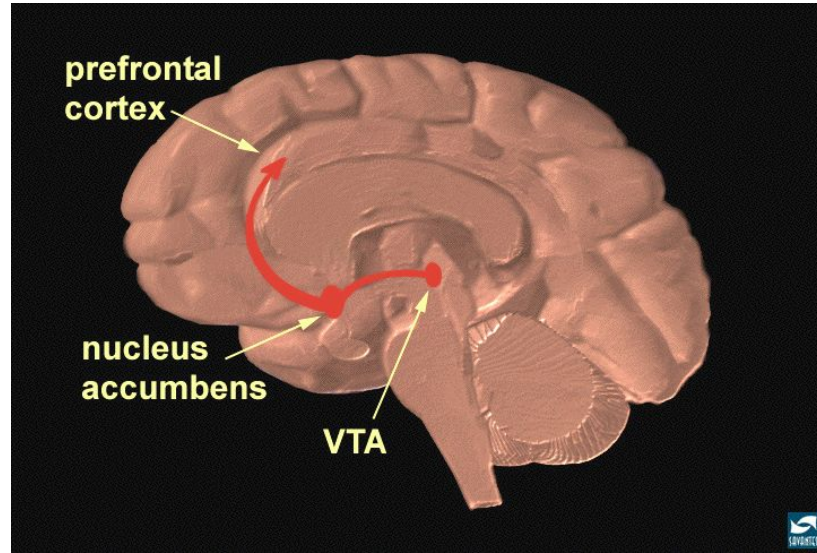
Limbic System



Dopamine Pathway

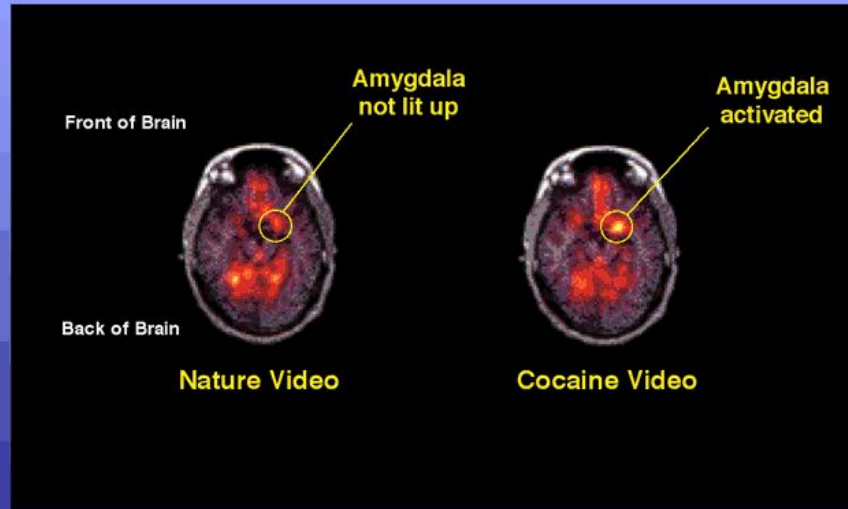
# The Motivation Pathway

- Natural Rewards
  - FOOD
  - WATER
  - SEX
  - NURTURING
- Supernatural Rewards
  - DRUGS



# Craving

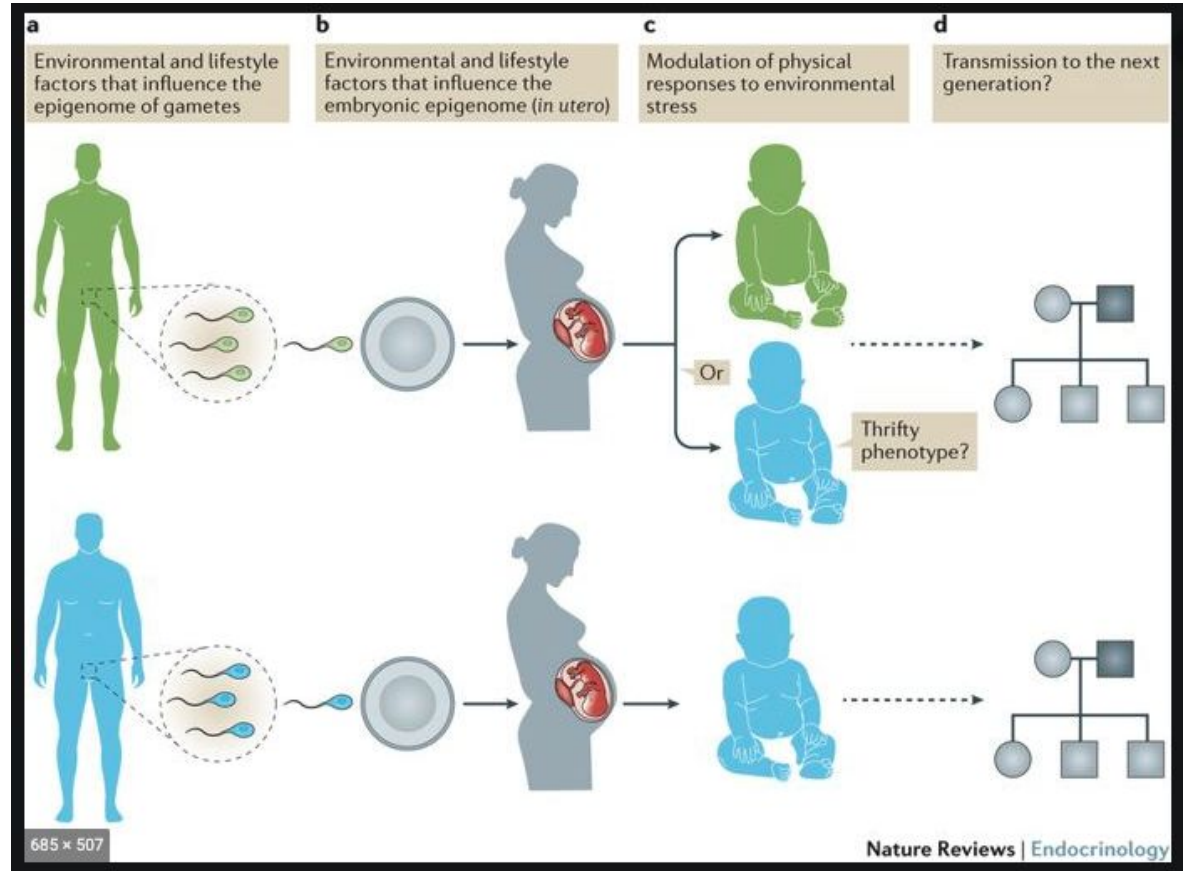
## The Memory of Drugs

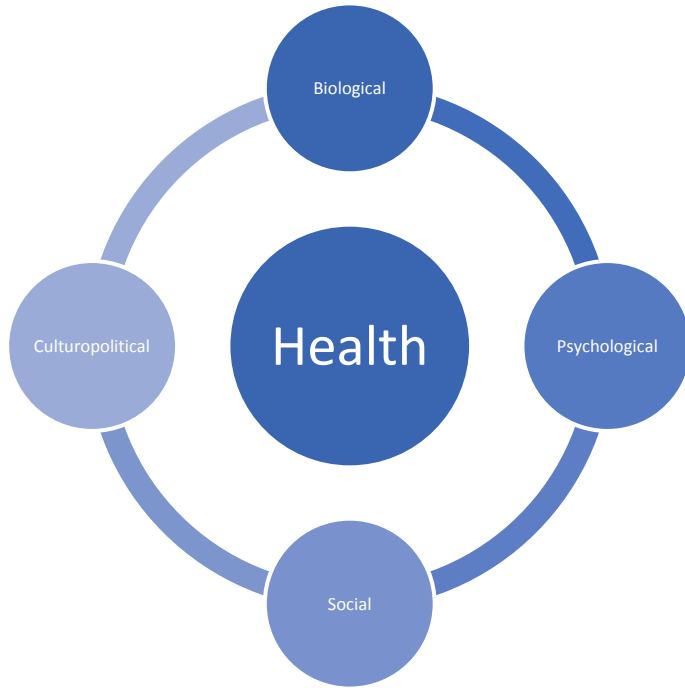




# Epigenetics

- Stress changes DNA
  - Changed DNA increases risk of MH and SUD
  - Changed DNA is transmitted to next generation
- ACEs
  - Socioeconomic
  - Racial/ethnic
  - Gender/sexuality
  - Homelessness
  - Marginalization





# Goal

To Intervene in All  
Four Areas For  
Individuals, Families,  
Communities and  
Generations

WHAT ARE  
OUR  
VALUES?

Harm reduction is the practice  
of unconditional love for  
people who use drugs.

-Monique Tula

# WHAT MAKES US REVOKE UNCONDITIONAL LOVE?

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Physical Abuse

---

Sexual Abuse

---

Emotional Abuse

---

Physical Neglect

---

Emotional Neglect

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Domestic Violence

---

Household SUD

---

Household MI

---

Parental Separation or Divorce

---

Incarcerated Household Member

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# ASK YOURSELF

INDIVIDUALS

FAMILIES

COMMUNITIES

Start with  
values

Who does this policy help?

Who does this policy hurt?

Biology

Does this policy improve the biology of the illness?

Does this policy worsen the biology of the illness?

Psychology

Does this policy mitigate the psychological causes of this illness?

Does this policy exacerbate the psychological causes of this illness?

Sociocultural

Is this policy developed from a position of privilege?

Who does this policy marginalize?

ACES

Does this policy reduce risk of ACES?

Does this policy increase risk of ACES?

