Annual Inter-faith Institute on Recovery

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www.eleanorhealth.com
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.

Deaths per 100,000 people by race or ethnicity

- Black or African American: 67
- American Indian or Alaska Native: 33
- Hispanic or Latino: 31
- Asian: 29
- White: 26
- Other: 26
- Native Hawaiian and Pacific Islander: 23
- Two or more races: 3

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

Systemic Factors

- Occupational Systems
- Educational Systems
- Criminal Justice Systems
- Healthcare Systems
- Economic Systems
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.

The average white American has...
- 91 white friends
- 1 black friend
- 1 Latino friend
- 1 Asian friend
- 1 mixed race friend
- 1 other race friend
- 3 friends of unknown race

The average black American has...
- 83 black friends
- 8 white friends
- 2 Latino friends
- 0 Asian friends
- 3 mixed race friends
- 1 other race friend
- 4 friends of unknown race

WASHINGTONPOST.COM/WONKBLOG
Source: Public Religion Research Institute
Basic Human Needs

- Understood
- Accepted
- Respected
BIAS - DEFINED

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

<table>
<thead>
<tr>
<th>EXPLICIT</th>
<th>IMPLICIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Conscious</td>
<td>• Unconscious</td>
</tr>
<tr>
<td>• Believed correct</td>
<td>• Unintentional</td>
</tr>
<tr>
<td>• Time &amp; motivation to act</td>
<td>• Quickly activated</td>
</tr>
<tr>
<td>• Has ↓ in health care</td>
<td>• Persists in healthcare</td>
</tr>
<tr>
<td></td>
<td>• Difficult to measure</td>
</tr>
<tr>
<td>Patient provider interactions</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>● Longer wait times</td>
<td></td>
</tr>
<tr>
<td>● More time spent with whites</td>
<td></td>
</tr>
<tr>
<td>● Preferential treatment for whites</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Quality of care</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Tone</td>
</tr>
<tr>
<td>● Proximity to patient</td>
</tr>
<tr>
<td>● Patient collaboration</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Patient treatment adherence</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Less likely to fill prescriptions</td>
</tr>
<tr>
<td>● Less like to follow recommendations</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Less integration</td>
</tr>
<tr>
<td>● More depression</td>
</tr>
<tr>
<td>● Decreased life satisfaction</td>
</tr>
</tbody>
</table>
Limbic System

- Amygdala
- Hippocampus
- Thalamus/Hypothalamus
- Prefrontal Cortex
Implicit Bias:
Attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner.
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.
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
IAT - Race

Bad
or
White people

Good
or
Black people

If you make a mistake, a red X will appear. Touch the other side to continue.
<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Preference Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zena</td>
<td>4 yo</td>
<td>Invalid Test</td>
</tr>
<tr>
<td>Zahir</td>
<td>11 yo</td>
<td>Mild automatic preference for white race</td>
</tr>
<tr>
<td>Katana</td>
<td>6 yo</td>
<td>No automatic preference</td>
</tr>
<tr>
<td>Akosua</td>
<td>33 yo</td>
<td>Mild automatic preference for Black race</td>
</tr>
<tr>
<td>Nasir</td>
<td>10 yo</td>
<td>Moderate automatic preference for Black race</td>
</tr>
<tr>
<td>Jane</td>
<td>68 yo</td>
<td>Moderate automatic preference for Black race</td>
</tr>
<tr>
<td>Nzinga</td>
<td>40 yo</td>
<td>Strong automatic preference for Black race</td>
</tr>
</tbody>
</table>
WHAT ARE OUR VALUES?

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

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

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.
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
3 STEPS TO ADDRESSING TRAUMA

Grounding and Physiological Regulation
- Create space from distressing feelings
- Physical techniques
- Mental techniques

Create a Safe Space
- Physical safety
- Emotional safety
- Social Connections

ACTION
- 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

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>Follows Treatment Recommendations</th>
<th>RELAPSE RATE (1 YR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction</td>
<td>40-60%</td>
<td>40-60%</td>
</tr>
<tr>
<td>Asthma</td>
<td>&lt;40% meds</td>
<td>&gt;60%</td>
</tr>
<tr>
<td></td>
<td>&lt;30% lifestyle</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td>&lt;60% meds</td>
<td>30-50%</td>
</tr>
<tr>
<td></td>
<td>&lt;30% lifestyle</td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>&lt;40% meds</td>
<td>50-70%</td>
</tr>
<tr>
<td></td>
<td>&lt;30% lifestyle</td>
<td></td>
</tr>
</tbody>
</table>
- **Limbic System**
  - Mood Disorders
  - Anxiety Disorders
  - ADHD
  - Psychotic Disorders

- **Dopamine System**
  - Addiction
  - Psychotic Disorders
The Motivation Pathway

- Natural Rewards
  - FOOD
  - WATER
  - SEX
  - NURTURING

- Supernatural Rewards
  - DRUGS
Craving

The Memory of Drugs

Front of Brain

Amygdala not lit up

Back of Brain

Amygdala activated

Nature Video

Cocaine Video
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
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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## Ask Yourself

### Start with Values
- **INDIVIDUALS**: Who does this policy help? Who does this policy hurt?

### Biology
- **INDIVIDUALS**: Does this policy improve the biology of the illness? Does this policy worsen the biology of the illness?

### Psychology
- **INDIVIDUALS**: Does this policy mitigate the psychological causes of this illness? Does this policy exacerbate the psychological causes of this illness?

### Sociocultural
- **INDIVIDUALS**: Is this policy developed from a position of privilege? Who does this policy marginalize?

### ACES
- **INDIVIDUALS**: Does this policy reduce risk of ACES? Does this policy increase risk of ACES?