

WEBVTT

1 "Russell, Wanda" (2068654848)

00:00:07.017 --> 00:00:13.679

Hello, and thank you for joining us today for sickness substance, use disorder awareness series.

2 "Russell, Wanda" (2068654848)

00:00:13.679 --> 00:00:18.359

My name is Wanda Russell and along with my coworkers Stephanie.

3 "Russell, Wanda" (2068654848)

00:00:18.359 --> 00:00:23.160

Jordan Nielsen and Carrie. Max, we appreciate you for joining us today.

4 "Russell, Wanda" (2068654848)

00:00:23.160 --> 00:00:30.810

We are a team of nurses and behavioral clinicians for the substance use disorder team here at ever North, which is part of Sigma.

5 "Russell, Wanda" (2068654848)

00:00:30.810 --> 00:00:38.640

During due to the format of this seminar, you will not be able to ask questions during our presentation.

6 "Russell, Wanda" (2068654848)

00:00:38.640 --> 00:00:43.500

You are however able to add questions at any time in the Q and a section.

7 "Russell, Wanda" (2068654848)

00:00:43.500 --> 00:00:53.280

Found at the lower right side of your screen. We will try to address as many questions as time permits during the last 15 minutes of our hour together.

8 "Russell, Wanda" (2068654848)

00:00:53.280 --> 00:00:57.150

Please limit your questions to the seminar topics.

9 "Russell, Wanda" (2068654848)

00:00:57.150 --> 00:01:03.330

And if you have specific questions regarding substance use disorder, or your signal policy.

10 "Russell, Wanda" (2068654848)

00:01:03.330 --> 00:01:09.000

Please contact me or 1 of my team members, and our contact information can be found.

11 "Russell, Wanda" (2068654848)

00:01:09.000 --> 00:01:14.160

On the last slide of the PowerPoint, today's PowerPoint.

12 "Russell, Wanda" (2068654848)

00:01:14.160 --> 00:01:17.400

Will be part of the presentation here in the Webex.

13 "Russell, Wanda" (2068654848)

00:01:17.400 --> 00:01:23.820

Or you can click the link found in the chat section near the Q and a section as well to follow along.

14 "Russell, Wanda" (2068654848)

00:01:23.820 --> 00:01:32.580

Today I have the pleasure of introducing Joey piano for our April webinar on no attic left behind.

15 "Russell, Wanda" (2068654848)

00:01:32.580 --> 00:01:39.240

Understanding stigma, dogma and harm reduction in addiction recovery and treatment.

16 "Russell, Wanda" (2068654848)

00:01:39.240 --> 00:01:43.200

Joey is a master's level.

17 "Russell, Wanda" (2068654848)

00:01:43.200 --> 00:01:52.290

Social license, social worker and certified recovery support specialist. He is also pursuing his doctor of social work degree.

18 "Russell, Wanda" (2068654848)

00:01:52.290 --> 00:01:56.550

Which focuses on addiction, stigma and harm reduction.

19 "Russell, Wanda" (2068654848)

00:01:56.550 --> 00:02:06.360

Joey is the number 1 bestselling author and recovery advocate as well and with well, over a decade working in addiction and social work.

20 "Russell, Wanda" (2068654848)

00:02:06.360 --> 00:02:13.020

He is a Pulitzer Prize nominee known for his book. No attic left behind.

21 "Russell, Wanda" (2068654848)

00:02:13.020 --> 00:02:16.890

Joe has expertise in motivational interviewing.

22 "Russell, Wanda" (2068654848)

00:02:16.890 --> 00:02:25.440

Trauma informed practice and the American society on addiction medicine criteria, places him at the forefront of his field.

23 "Russell, Wanda" (2068654848)

00:02:25.440 --> 00:02:29.940

Jelly supervises a center of excellence treatment organization.

24 "Russell, Wanda" (2068654848)

00:02:29.940 --> 00:02:36.510

Coordinating care for over 550 clients, grappling with opioid use disorder and mental illness.

25 "Russell, Wanda" (2068654848)

00:02:36.510 --> 00:02:45.180

A devoted clinician and harm reductionist. Joey empathy shines in his work as a therapist and educator.

26 "Russell, Wanda" (2068654848)

00:02:45.180 --> 00:02:48.990

Julie also teams up with his wife Jodi.

27 "Russell, Wanda" (2068654848)

00:02:48.990 --> 00:02:54.690

As the traveling social workers, and together, they deliver global insights through talks.

28 "Russell, Wanda" (2068654848)

00:02:54.690 --> 00:03:07.560

Trainings and Co authored projects, they are eagerly awaiting anticipating their next book from scars to stars do out in less than a month. May 14th.

29 "Russell, Wanda" (2068654848)

00:03:07.560 --> 00:03:14.125

Now, without further delay, I will turn it over to our presenter Julie piano.

30 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:03:14.125 --> 00:03:21.900

Hello, thank you. 1 for that introduction I'm glad to be here and be able to present here with Cigna.

31 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:03:21.900 --> 00:03:41.900

And our training today is called no attic, left behind, wanting to covered kind of a lot of the hats that I wear, and, you know, educate or a therapist and author and licensed social worker. And it's just,

you know, this, this training is just deeply committed to to improving addiction.

32 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:03:41.900 --> 00:04:01.900

We support, so it's going to blend my personal recovery journey with professional expertise. I've designed this training to inspire will say a shift towards a more compassionate and effective recovery support. So, our focus today is going to be understanding and tackling.

33 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:04:01.900 --> 00:04:14.700

The challenge is an addiction and recovery while we aim to enhance the collective approach. So we're going to embark on this together and let's get right into this. I'm going to go right to the.

34 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:04:14.700 --> 00:04:19.920

Take me the 2nd slide. All right. Um, and as you can see the.

35 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:04:19.920 --> 00:04:39.920

The significance and terminology of our aims here. So I want you to rethink addiction recovery language. Like, today, we're going to spotlight how terms like attic it can unintentionally foster stereotypes, right? Hinder and meaningful support and.

36 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:04:39.920 --> 00:04:59.920

Understanding for those in need, and that's going to be based on insights from experts such as a lot of the researches that I've, I've listed in this and and I list them right at the end. Some of them include 14 of all call Gordon and cube, which all focus on that. And as we delve into the.

37 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:04:59.920 --> 00:05:19.920

Historical context of the word addict and its effect on present day recovery conversations and I want to highlight research from Omaha and Brian at all. And it's going to discuss how mindful language selection can positively transform our approach.

38 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:05:19.920 --> 00:05:39.920

Addiction, you know, I feel that impacts everything right from individual support and that goes all the way to clinical practices. So this session no attic left behind it symbolizes our commitment to the shifting perspectives and that's from.

39 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:05:39.920 --> 00:05:52.529

Tising labels to a more once again, empathetic understanding of addiction and this change ultimately aims to foster supportive environment for everyone.

40 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:05:52.529 --> 00:05:55.679

And that's especially the families.

41 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:05:55.679 --> 00:06:11.759

And the friends, so it will encourage a collective journey towards recovery with compassion and understanding and which is, it's just add is core, right? And that's what it needs to to get by.

42 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:06:11.759 --> 00:06:31.759

So, we're going to go right to the next slide and I'm going to show everybody the learning objectives for this training. Okay. And, you know, when we look at these learning objectives, I wanted to focus on expanding our understanding of addiction, treatment and recovery. So.

43 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:06:31.759 --> 00:06:37.859

We're going to explore the impact the stigma we're going to challenge traditional views on treatment.

44 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:06:37.859 --> 00:06:44.789

We're going to learn about harm reduction strategies and we're going to recognize the unique.

45 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:06:44.789 --> 00:06:48.269

Past the individuals take towards recovery.

46 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:06:48.269 --> 00:07:08.269

Now, this is going to include I'm sure a lot of people have heard of M. A. T and what that is, is medicated assisted treatment. So, it's going to go from abstinence all the way, the other end of the spectrum, which is, you know, like I said, MIT so this discussion which the training is.

47 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:07:08.269 --> 00:07:26.549

Is about is designed to provide a well rounded view so I incorporated research. I incorporated a personal experiences, and the latest therapeutic methods. So, by the end of this session, you're going to

be better equipped with knowledge.

48 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:07:26.549 --> 00:07:42.299

And empathy to support those on their recovery journey. So we're going to embark on this. We're going to continue the slideshow and I want to move right into on packing stigma into addiction.

49 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:07:42.299 --> 00:07:45.419

So, we're going to talk right about this now.

50 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:07:45.419 --> 00:08:04.709

Looking at stigma and addiction, and she's trying to tackle that. It's just a significant challenge especially today's day. You know, we see stigma on all different things in our country. Right especially stigma in addiction recovery. So stigma.

51 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:08:04.709 --> 00:08:19.799

You know, to me is often seen as an unseen barrier. Right? And sometimes you just can't see you can't see what's causing that. So, it, it, it creates that barrier, which plays a crucial role in shaping.

52 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:08:19.799 --> 00:08:39.799

The perceptions which can ultimately hinder individuals path to healing for them, you know, getting clean and sober getting to recovery. Right. There's many terms, but it's still that same route and for them to get there, they don't need stigma. And a stigma will just create that that invisible wall.

53 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:08:39.799 --> 00:09:01.369

So, this, this information on stigma I leaned on the insights of many of the research that I used, including ones that I've, I've already discussed a vocal and he wants to just he dives into the roots and the effects of stigma and addiction. So I.

54 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:09:01.369 --> 00:09:08.879

I looked even deeper because I wanted to discuss how stigma affects people's readiness to seek help.

55 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:09:08.879 --> 00:09:14.099

And the availability of treatment options.

56 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:09:14.099 --> 00:09:23.399

And lastly, the societal support, so, by looking at the examples and strategies from these studies.

57 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:09:23.399 --> 00:09:27.599

My aim is just to highlight ways to combat stigma.

58 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:09:27.599 --> 00:09:47.599

Right if their stigma I want to be able to get through that and so does a lot of other people seeking some recovery in some capacity. Okay. Then our objective is to create a more supportive environment for those battling addiction and they make their journey towards recovering, which is smoother.

59 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:09:47.599 --> 00:10:08.149

And more compassionate, so let's learn how we can help dismantle these barriers and ultimately promote a more empathetic approach to addiction recovery. Right? And so we, we talk about the, as we unpack the stigma, I'm going to go right into that domino.

60 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:10:08.149 --> 00:10:14.489

Fact, right the domino effect is is stigma to overdose.

61 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:10:14.489 --> 00:10:18.149

And as we look at this slide.

62 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:10:18.149 --> 00:10:28.769

And we see see this correlation because stigma is just connected to everything. It seems and stigma that's surrounding addiction.

63 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:10:28.769 --> 00:10:48.769

Doesn't merely affect individuals, internal struggles. It's just repercussions. They're just far reaching right? Profoundly influencing public public health outcomes. I see this every day at my work. I mean, particularly the risk of over senior affects that greatly. The research.

64 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:10:48.769 --> 00:10:55.679

Points to that this complex interplay between the societal judgment.

65 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:10:55.679 --> 00:11:05.819

And the health crisis, it just, it just underscores the urgent need for a paradigm shift and how right me.

66 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:05.819 --> 00:11:12.839

And all others need to need to perceive and how we perceive and address substance use disorders.

67 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:12.839 --> 00:11:16.799

But it's all connected in all affects each other.

68 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:16.799 --> 00:11:21.029

So, at an individual level, stigma can just manifest.

69 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:21.029 --> 00:11:26.009

As a deep seated sense of shame and isolation.

70 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:26.009 --> 00:11:39.329

It just makes it makes it significantly harder for the struggling with addiction to seek the help. They they need and they need to survive without that. You know, they might not make it another day.

71 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:39.329 --> 00:11:48.149

And at this individual level, that, that isolation that, that, you know, that's where they'll end up being.

72 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:48.149 --> 00:11:54.059

It just can lead to this dangerous cycle where the individuals are less likely.

73 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:11:54.059 --> 00:12:02.759

To access, health care services, particularly, and to participate in treatment programs or.

74 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:12:02.759 --> 00:12:16.169

To reach out to their support networks, and they have that fear of judgment that fear of discrimination that prejudiced it's all there. And the stigma just it just creates that cycle.

75 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:12:16.169 --> 00:12:22.679



So the broader societal impact, a stigma, it's just equally distressing.

76 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:12:22.679 --> 00:12:33.209

And just often results in policies and healthcare practices. We see those. I'm not going to.

77 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:12:33.209 --> 00:12:53.209

You know, go over all these different policies, but we see this whether it's a news, whether it's at your practice, we see those policies and healthcare practices that they fail to address or worse. They exacerbate the challenges faced by those with substance use disorders as you.

78 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:12:53.209 --> 00:13:11.579

So, the association of stigma with the increased risk of overdose and their risk factors for that, right such is using alone being an unsafe conditions. And this just increases dramatically.

79 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:13:11.579 --> 00:13:31.579

So, it's very, it's very important for me as a really, in all the hats I wear to understand this link between stigma and overdose. It's because it's crucial for developing effective interventions that I need every day.

80 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:13:31.579 --> 00:13:51.579

And there's no cookie cutter intervention, I could tell you what's right in the exam, and where they meet criteria and maybe what the insurance covers, but it's not the same for everybody, and the person has to be willing as well. Right? So, it calls for a comprehensive approach and that's just.

81 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:13:51.579 --> 00:13:59.009

Includes addressing what public education dismantle the myth surrounding addiction.

82 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:13:59.009 --> 00:14:11.879

And policy reform to ensure access to an availability of harm reduction services, and a shift in health care practices to prioritize empathy and support.

83 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:14:11.879 --> 00:14:15.809

Over judgment, and.

84 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:14:15.809 --> 00:14:28.619

These these areas are just so important because, you know, it's, it's it could help someone immensely just by being able to access the treatment they need when, and where.

85 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:14:28.619 --> 00:14:36.839

So, I want to go on to the next slide and as we talked about the domino effect, I wanna I want to talk about just challenging.

86 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:14:36.839 --> 00:14:40.229

The established views in recovery.

87 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:14:40.229 --> 00:15:02.329

Right. So, as as I look at the established views, and we, we have so many of them. Right? We have the implicit biases of what they view. We have prejudices. We have all these different perspectives of different populations and.

88 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:15:02.329 --> 00:15:22.329

You know, each, you know, it depends on where you live, you know, maybe how you view a recovery. So, as we look at this as like a spear, right. It's just, it's for me, it's, it's very common to encounter long standing beliefs and they're seldom screwed.

89 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:15:22.329 --> 00:15:25.649

And these entrenched.

90 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:15:25.649 --> 00:15:36.719

Views they, they often established with sometimes with positive intentions. Right? Some of the, the, the worst things that have happened.

91 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:15:36.719 --> 00:15:51.929

Sometimes I have been done with the greatest intentions and that's what sometimes happens. So they may not fully align with the current understanding of addiction in the recovery processes. So.

92 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:15:51.929 --> 00:16:07.229

I really as a clinician as a, especially as an educator, I have to

look at these, and I have to make people as best as I can educate and make them aware of all these processes. Right? So our challenge.

93 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:16:07.229 --> 00:16:21.329

Our challenge extends be on the merely adjusting the treatment protocols. It encompasses a broader shift in our collective mindset and that's towards these issues.

94 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:16:21.329 --> 00:16:26.579

So, I have to question these support strategies.

95 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:16:26.579 --> 00:16:37.799

I have to look at these and this is right this makes sense. Okay because I have to recognize that recovery is a deeply.

96 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:16:37.799 --> 00:16:45.209

Personal journey, and because it just underscores the importance of approaches that are flexible.

97 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:16:45.209 --> 00:17:05.209

Right. They're they're subjective. Recovery is not always objective, right? It bends. It's not the same for everybody. Okay. And and, like I said, I have to understand those and I have to understand I have to, as it underscores that importance every person has their distinct experiences. They.

98 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:17:05.209 --> 00:17:22.079

Their challenges they have, maybe a specific goal for that individual, and yet they might be using the same substance and might maybe the same rights. A lot of the demographics of that person is the same.

99 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:17:22.079 --> 00:17:42.079

But the treatment might be different, and I have to look at all those different things, and the person might only agree to to 1 sort of treatment and yet everything points to something else. And that person can be right? Like, I said very closely aligned with that demographics, but they want something.

100 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:17:42.079 --> 00:17:58.979

Completely different, so I have to look at all of that stuff and I have to realize that this mindful evolution in our right and our approach. It, it's not only respects, but it just also, which is so

important and empowers the individual.

101 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:17:58.979 --> 00:18:11.489

And especially that individual is navigating the path to their recovery might not be the 1st time. It might be right? And they've done it over and over and I need to make sure.

102 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:18:11.489 --> 00:18:17.219

That I foster a more inclusive and effective healing environment.

103 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:18:17.219 --> 00:18:37.219

And then it makes it easier. Right? It's it's how do I dismantle that stigma? How do I challenge that establish view that we have? Well, that's how we do it right? We'd be more inclusive. We make them feel a part of we empower them.

104 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:18:37.219 --> 00:18:41.579

So that is how I challenged some of those.

105 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:18:41.579 --> 00:18:45.479

And our next slide is I want to talk about.

106 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:18:45.479 --> 00:19:05.479

And as we talked about, I touched a little bit about the fixed beliefs right? Those entrenched I use those words, because that really what happens. I mean, it says implicit, it's just what they've done and some of them have been done with with good intentions. I want to go beyond that and go beyond.

107 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:19:05.479 --> 00:19:11.279

You know, going beyond the fixed beliefs I want to value those.

108 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:19:11.279 --> 00:19:17.069

Individual pass, so, as I look at this, um.

109 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:19:17.069 --> 00:19:37.069

You know, the fixed beliefs are just so important for me to look at and just to understand. So, because I have to navigate, I have to navigate addiction recovery. I have to navigate the pathways of treatment and everything is important. I got to believe.

110 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:19:37.069 --> 00:19:40.139

Not only is it important? It's unique.

111 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:19:40.139 --> 00:20:00.139

I have to understand that everybody's journey is unique and all those words, I specifically used prior in this in this training, you know, the respect to empower all those different things that just shows like their autonomy right them to be able to make some choices.

112 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:20:00.139 --> 00:20:07.559

Is very important to them. Okay. So I have to just understand that it is unique. So.

113 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:20:07.559 --> 00:20:12.719

Saying all that I got to remember that everyone.

114 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:20:12.719 --> 00:20:17.459

Everyone I meet in my practice everyone, I mean.

115 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:20:17.459 --> 00:20:37.459

And just, you know, we'll just say some part of recovery, right? They they bring their own experiences, and I mentioned how I mentioned 3 things I mentioned that they bring their own experiences, they bring their own challenges and they bring their own goals and those 3 things, right that the person's demographic.

116 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:20:37.459 --> 00:20:57.459

Might be completely the same, but they have all 3 different those things, right? Different experiences and, you know, and different challenges and their goals are completely different as well. So that just shows and it shows from, from what I said that how it's just so unique. So, I have.

117 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:20:57.459 --> 00:21:10.679

Have to recognize this diversity right? There's that word like, it's so important to just recognize unique diversity. It just means moving beyond a 1 size fits all.

118 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:21:10.679 --> 00:21:30.679

And I know a lot of the evidence based literature, right? I work with counselors that write that say, oh, they need this, but the points to

this and right. So they're clinical teachings point them to, like, 1 way for that person. Well, guess what the person might not want to.

119 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:21:30.679 --> 00:21:37.529

To write to start their recovery journey on the path with that person picked and we just don't give up on him.

120 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:21:37.529 --> 00:21:51.179

I have to realize and you have to respect them. I have to respect their autonomy. Right? I have to meet them where they're at. There's not 1 size fits all. So looking at that mindset.

121 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:21:51.179 --> 00:22:05.159

When when I encounter someone seeking recovery, all right I just like the slide says I need to value their individual past. No matter what the path is no matter what and see by valuing their path.

122 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:22:05.159 --> 00:22:09.689

We tailor our approach to meet each person.

123 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:22:09.689 --> 00:22:29.689

Where are they at right? Where they're at and, you know, I could I could talk about, like, how trauma informed care and that's, you know, that's part of it right? It's just meeting somewhere there and making them feel safe. Right? Empowering them. And all these things are just, you know, just wrapped up in there. It's just right.

124 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:22:29.689 --> 00:22:38.189

And that's, that's how we do that. I tailor it. Right the approach is just not it's not just about effectiveness.

125 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:22:38.189 --> 00:22:41.219

And once again, it's about respect.

126 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:22:41.219 --> 00:22:46.109

It's about empathy and empowerment.

127 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:22:46.109 --> 00:23:06.109

And with those 3 things, I can bridge gaps, I can reach people, especially some of the populations that, you know, maybe you have a child and maybe you have a client and whatever it is that no, 1 is

able to reach them. Well, when you're able to apply things, not uniformity, not governance, like, not.

128 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:23:06.109 --> 00:23:19.079

Like that, but, like, love by empathy by empowerment and yes. You know, some evidence space interventions, but when you encompass all those things, you can reach the people that can't be reached.

129 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:23:19.079 --> 00:23:29.759

Right and Taylor, our support ensures were not just addressing symptoms, but we are genuinely supporting each person's.

130 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:23:29.759 --> 00:23:32.819

Recovering Germany and that's important.

131 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:23:32.819 --> 00:23:41.729

So, as I went beyond the fixed police, we talked about value in their individual path.

132 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:23:41.729 --> 00:23:47.609

I mentioned this term several times and I want to I want to go deeper in it so.

133 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:23:47.609 --> 00:24:01.049

I want to unpack harm reduction, right? And we, I mentioned harm reduction. I, I don't know if everybody knows what that is. So, let's just talk about it. Let's go right in. So, as we unpack.

134 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:24:01.049 --> 00:24:17.339

Harm reduction I want to talk about a a term that is just use of so much in in recovery in treatment all these different, uh, fields of right uh, of medicine. So we talk about harm reduction. We want to focus.

135 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:24:17.339 --> 00:24:37.339

On minimizing serious risks and that could be overdoses. That could be there's I can put a lot of things in there. Right it's aligning with, with principles like dignity, like understanding and, uh, individual autonomy and this stuff's found in in social work.

136 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:24:37.339 --> 00:24:42.569

Practice right once again I minimize serious risks.

137 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:24:42.569 --> 00:25:01.799

Okay, so this approach is supported by I mean, a lot of the research that I used as my, as my source is talk a lot about harm reduction and its value in substance use disorder. Okay. It.

138 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:01.799 --> 00:25:08.939

And not only does it talk about how important it is? It also addresses the immediate health concerns.

139 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:08.939 --> 00:25:19.799

Right. Of all these issues we're talking about SD overdoses right? Because it embraces those core values. Like I was saying, and it also incorporates.

140 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:19.799 --> 00:25:38.909

Self determination theory, right and when I talk about that, I talk about a way of practicing. It's a theory. So it's very common to a social worker. Right? But I'll explain that is self determination theory. It just highlights the significance.

141 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:38.909 --> 00:25:43.679

Of just supporting someone's autonomy and competence.

142 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:43.679 --> 00:25:47.699

Okay, so it empowers that person.

143 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:47.699 --> 00:25:53.909

And that, like, once again that bridges that gap for Pete reaches people that are hard to reach.

144 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:25:53.909 --> 00:26:06.149

Okay, and thus harm reduction, it just acts as both a practical strategy and a compassionate pathway, because it ensures individuals are empowered.

145 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:26:06.149 --> 00:26:26.149

And valued on their path to improvement and that is that's vital. That's vital with my clients. That's fine. With students. I work with. Right. That's fine with. Right. I, I talked to my child about harm



reduction. Right? I mean, you know, another tangible way of harm reduction is right.

146 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:26:26.149 --> 00:26:48.379

In a car, and you're putting a seat belt on right? We're putting a seatbelt on it's harm reduction and minimize the risk. So you could see just looking at that. Compare the substance use disorder how important it is. Okay. I can't tell you when you need to stop using substances, maybe the law tells you that maybe a lot of other barrier.

147 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:26:48.379 --> 00:27:01.919

From your life, but you're ready when you're ready and I'm going to help you, but I'm going to empower you right with your autonomy while you're on the way using self determination theory and which encompasses harm reduction as a whole.

148 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:01.919 --> 00:27:10.709

Maybe I'll give you, which is in the logs, which is a life saving drug that helps prevent overdoses. Once again, it's harm reduction.

149 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:10.709 --> 00:27:15.359

So, as we unpacked harm reduction.

150 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:15.359 --> 00:27:35.359

I want to go right in the next slide, I'm going to go just a little bit deeper and once again harm reduction, I know in my practice, it's just it's an, every day, right? It's an everyday thing. It's very important right? Whether I'm there in my education role, maybe I'm in my nonprofit role. It's.

151 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:35.359 --> 00:27:43.559

You know, with clubs surrounded like, all those different roles still include some form of harm reduction every single day. So.

152 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:43.559 --> 00:27:52.229

As I unpacked it, I, I want to talk about the impact of harm reduction and its place in social work. Right? So.

153 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:52.229 --> 00:27:55.259

As I look at harm reduction, it offers.

154 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:27:55.259 --> 00:28:04.019

Concrete benefits and addiction recovery and that is just such as lowering HIV transmission.

155 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:28:04.019 --> 00:28:24.019

You know, that's another right that's another big. I'm a social worker. That's a that's a big social. There's social issues right there and you can see harm reduction works in all these areas. Right? And lowers that. It reduces overdoses and that boosts individuals. Independence.

156 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:28:24.019 --> 00:28:35.069

And these proven outcomes, they highlight harm reduction is crucial role, because it improves lives and it improves our public health.

157 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:28:35.069 --> 00:28:55.069

And that's important, right? By integrating, like, principles in we talked about the previous slides self determination theory, this approach aligns with social work's goal of empowering people. It's so important. It's a lot easier for me to say.

158 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:28:55.069 --> 00:29:15.069

I'm talking to just say, I'm at my practice. I'm talking to a client. It's a lot easier for me to get them to move when we'll just say the, maybe there's 1 term. Maybe the person's in denial. They don't see an issue and we call that maybe in the clinical world. Maybe they're in Pre. Contemplation, right? They, they.

159 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:29:15.069 --> 00:29:35.069

They don't see there's an issue. Okay but it's a lot easier and makes it more possible to get them to to move to another. Right? They're not into now as much they could see maybe an issue where they can go to maybe contemplation. Right? They can move in those stages of change by to empower the.

160 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:29:35.069 --> 00:29:50.429

Individual, we do that by. I didn't talk about it too much, but, you know, wanted to talk a little bit about it. My intro about motivational interviewing, you know, it's, it's, you know, I have to empower them, you know, what do you think it's best.

161 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:29:50.429 --> 00:30:10.429

Okay, what do you think, and empowers them to make a decision and

sometimes people can change like that and you can see how like, harm reduction just takes its place in social work, which we think of social work, letting people be where they're at, you think of self determination is just right you think of all the.

162 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:10.429 --> 00:30:16.409

These all these principals dignity I mentioned a lot of this stuff meeting people where they're at.

163 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:16.409 --> 00:30:27.329

All right, uh, letting you talked about, like, letting them have their independence, but still helping at the same time. So it's, it's kind of like how harm reduction fits.

164 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:27.329 --> 00:30:31.499

In social work. Okay. And.

165 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:31.499 --> 00:30:36.689

And this is why I embrace harm reduction.

166 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:36.689 --> 00:30:46.919

Hi, this is why the literature that I that I focused on all the research pointed that the value of harm reduction, because it's more than short term solutions.

167 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:46.919 --> 00:30:59.069

I think if I had to say what it really is, and what a powerful statement I would say it's about fostering lasting changes and promoting a compassionate.

168 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:30:59.069 --> 00:31:02.819

Healthier society that's what harm reduction is.

169 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:02.819 --> 00:31:08.699

And this approach it, it's just, I, I, I said this as well it's just, it's not just effective.

170 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:08.699 --> 00:31:16.829

All right, it's just not effective. I can't I get more right? It's a testament to the power of supportive.

171 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:16.829 --> 00:31:19.919

Evidence based strategies.

172 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:19.919 --> 00:31:31.229

Because they make a real difference so you could see the importance of harm reduction in this all. And that's that's kind of where it fits in with social work.

173 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:31.229 --> 00:31:41.669

And as we, as we leave this slide, I want to go right into the next slide. That will give some clarity. It'll talk about boundaries. It'll talk about.

174 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:41.669 --> 00:31:58.169

The path to healing. Okay. So we talked about all these things that are happening in in the realm of social work of substance, use disorder, you know, all these different areas. And maybe, you know, we talked about how we challenge it. So.

175 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:31:58.169 --> 00:32:02.249

There's going to be there's going to need some healing to happen.

176 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:32:02.249 --> 00:32:05.579

Going through, like, all these different, you know, uh.

177 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:32:05.579 --> 00:32:09.899

Whatever they're and now, like, all these different stages of change and.

178 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:32:09.899 --> 00:32:19.379

Excuse me, whoever's going through them, right? Because everybody's affected in some capacity that's connected to this individual. So.

179 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:32:19.379 --> 00:32:27.449

As we look at this slide, and this is this slide I put this in there for family friends for loved ones.

180 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:32:27.449 --> 00:32:47.449

And it's most importantly that those battling addiction, their journey is just laying with its own set of hurdles. And it's a deep emotional

distress. I would say it extends beyond merely observing the afflicted individuals battles because I.

181 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:32:47.449 --> 00:33:07.449

I think what's involved it kind of like, you traversed through the complex web of feelings and there's obligations and there's choices and what brings what it brings about is it just travels through here and it's like a delicate balance. So you have the.

182 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:33:07.449 --> 00:33:27.449

Port, you have to support this person to say, you're that loved 1 and and yet, but you don't want to enable them and you don't want to you have to use words, like, discernment. Right? You have to you have to carefully judge whether something is healthy for you or not healthy. The need for clear understanding.

183 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:33:27.449 --> 00:33:30.809

And insight is just critical in these moments.

184 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:33:30.809 --> 00:33:48.389

So you have all this going on and you're grasping with the complexities of addiction and we'll say the ramifications of this, it enables love ones to navigate these waters more effectively because you want to make choices that are healthy for you and them.

185 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:33:48.389 --> 00:34:08.389

You know, I see a lot where, you know, that person can make healthy choices for for them, but, you know, that person the loved 1 kinda gets almost drawn in. Right and then there, right the whole relationships toxic. So you got to make these choices that safeguard both.

186 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:34:08.389 --> 00:34:15.239

Hey, to that person needs their well being as well so not just a person in recovery. So.

187 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:34:15.239 --> 00:34:35.239

These boundaries that are crafted from insight and compassion, they serve, not merely as barriers, but as as vital lifelines that preserve their emotional mental health and this is a missed chaos, you gotta have these boundaries. You gotta have all these things in place and it's.

188 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:34:35.239 --> 00:34:42.689

You know, it takes, it takes a while. So, moreover, just the knowledge that empowers families and friends to.

189 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:34:42.689 --> 00:34:54.989

Embark on, say their path towards healing it's characterized by empathy. Unwavering resilience will say and a hopeful vision for shared futures wellness.

190 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:34:54.989 --> 00:34:59.789

So, it's about fostering a supportive environment.

191 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:34:59.789 --> 00:35:03.809

Where the person in recovery feels seen.

192 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:35:03.809 --> 00:35:11.219

And supported, okay, not just in their struggle with the substance use, but as a whole individual.

193 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:35:11.219 --> 00:35:15.269

They, they still need, they still deserve a love and respect.

194 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:35:15.269 --> 00:35:35.269

And I know it's hard in these times, but they still do and that's important. So this journey of mutual healing and growth, it just strengthens bonds heals old wounds and it lays length. The foundation will say for a collective future that's filled with understanding.

195 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:35:35.269 --> 00:35:45.449

Health and joy, so through this process, love ones can learn to not just cope, but to thrive.

196 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:35:45.449 --> 00:36:05.449

Alongside those daycare for, and this creates a cycle of, we'll see positive change and recovery that will benefit everyone involved. And I could talk for days on that. It's a long process. It's, you know, there's so many things that are important, you know, that I have to watch.

197 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:36:05.449 --> 00:36:13.349

For with boundaries, and it's I got to take care of me. I can't feed you unless I'm fit.

198 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:36:13.349 --> 00:36:19.109

And that's kinda how I look at it the last slide. Um.

199 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:36:19.109 --> 00:36:29.789

It's kinda like a culmination of all the, you know, the whole training we'll say, and I want to just to put 1 in here and just recap the main insights and.

200 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:36:29.789 --> 00:36:49.789

Just go over what we talked about, that covered all the learning objectives for today. So I want to dive right into it. And as we, as, we dive into this slide in this realm of, we'll say addiction recovery. There's there's like a landscape and it and it's as we've seen because a lot of the slides I tried to show people.

201 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:36:49.789 --> 00:37:09.789

It just is all these areas of addiction that are, I mean, they're vital to me and my practice so I'm sure that that a lot of us they're vital to you, they're filled with challenges they're filled with these complexities. How do I navigate through this? But personal stories, they intersect.

202 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:37:09.789 --> 00:37:31.819

With a broader societal issues so this journey transcends into a simple cessation of substance use adventures in the deep waters of emotional healing mental well, being and societal re, integration its path that acknowledges the multifaceted nature of addiction.

203 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:37:31.819 --> 00:37:51.819

It's important to just just recognize, right? Recognize is a condition and it's influenced by, you know, this, this, if I had to come up with a good tangible picture, it's just like a tapestry. Right? And then this tap history there's like the biological. There's the physiological. There's a society.

204 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:37:51.819 --> 00:38:11.819

Sociological elements, all these elements on this tapestry right? And they need a transformative reproach. And that transformative approach is just going it goes beyond mere detoxification for that person. It's just I mean, there's so many areas that are important.

205 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:38:11.819 --> 00:38:20.610

It's an all encompassing process, and it seeks to rehabilitate the individual on multiple fronts.

206 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:38:20.610 --> 00:38:27.930

And that's the important thing and that's that's just a big takeaway though it was for me, right? And I can't just.

207 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:38:27.930 --> 00:38:45.330

He talks them all right and this also addresses the emotional scars, the mental health challenges, and the social stigmas that often accompany addiction. So I have to be able to navigate this complex journey effectively.

208 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:38:45.330 --> 00:38:57.600

And I need, I need a dual approach and this tool approach I needed 1 that marries the gentle hand of compassion, right? With the solid ground.

209 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:38:57.600 --> 00:39:04.470

Of evidence based practice and this is essential. I know this, because I use this.

210 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:04.470 --> 00:39:17.130

And I have much experience just with this kind of approach compassion acts as a beacon of hope and understanding it offers the emotional support and empathy that the person deserves.

211 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:17.130 --> 00:39:21.090

Right there in recovery, they, they desperately need that.

212 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:21.090 --> 00:39:25.950

It's about seeing the person beyond their addiction, acknowledging their struggles.

213 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:25.950 --> 00:39:31.050

And reinforcing their worth and the potential for change.

214 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:31.050 --> 00:39:36.060



I have to have all that to to help that person.

215 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:36.060 --> 00:39:56.060

So, on the other hand, when I look at it from the clinician view, when I look at evidence based strategies, it just provides a roadmap for recovery will say that it's scientifically sound and proven the yield results. And the methodologies is methodologies that that I use. Um.

216 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:39:56.060 --> 00:40:16.100

You know, I, I gotta make sure they're not rigid and, you know, they're not just rigid prescriptions, but but adaptable frameworks that can be tailored because I need them to meet the needs of that person. I'm helping. Right? And it's not, it's also dictated by the circumstances of that, that individual, which once again is unique.

217 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:40:16.100 --> 00:40:36.100

So by grounding my approach in research, which I try to always do, and my best practices along with, with everything, right? In this door approach, I ensure that the support offered is not only heartfelt, but also effective. Right? And that's what I said before, it just just can't be.

218 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:40:36.100 --> 00:40:48.270

Active so it has to be heartfelt, but effective right? Both right. So, moreover, as I integrate those 2 important elements with your, uh.

219 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:40:48.270 --> 00:41:08.270

Compassion and science right. Ensures the holistic treatment of addiction, and this integration allows us to not only alleviate the symptoms of addiction, but also to address the root causes. And I know that, you know, from a clinical perspective, that could take a take it takes a long time but that's kind of the frameworks that.

220 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:41:08.270 --> 00:41:28.270

I work, that's where I start my practice at and, you know, whatever client that's how I look at it right? It all plays a role involves diving into the individual's history understanding their triggers the vulnerabilities the socio economic factors.

221 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:41:28.270 --> 00:41:48.120

It all plays a role, right? And just seeing the person as a whole. Right? You know, with with their dreams, they have fears, they have aspirations. That's all important. So, ultimately, when compassion and

when compassion meets science will say this, you know.

222 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:41:48.120 --> 00:42:08.120

2 important words, I think it just fades away for a recovery process and I think it's meaningful and I think it's effective. Okay. I think that's a important synergy that, that it just creates a nurturing environment because the individual feels valued feels understood and ultimately encourage.

223 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:42:08.120 --> 00:42:28.120

Is their commitment to the healing process? It's a journey that not only aim for sobriety, but it just restores that person's dignity. And it gives them some hope, and, and most importantly a sense of belonging in society, you know, and because in this way, we not only help the individual, reclaim their life.

224 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:42:28.120 --> 00:42:36.900

Addiction, but it just contributes to, we'll say, building a more compassionate and understanding world, which is, that's why I'm here.

225 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:42:36.900 --> 00:42:56.900

You know, so I like to thank you for this slideshow and my next slide is, uh, where to contact me if you, if you look on this slide, you could see I have listed. I have my my website on there. I have my 2 books, 1 that she explained.

226 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:42:56.900 --> 00:43:16.994

I have my neurotic left behind, which is available now and then I have my from scars and stars, which comes up may 14th and Amazon and different places and also my, my social media handles. So if you need to get, hold of me, just please contact me. And and thank you again.

227 "Gissal, Stephanie" (1690220032)

00:43:16.994 --> 00:43:29.010

Thank you for the great information we are now going to move into our Q and a portion of the presentation. You can continue to submit questions and.

228 "Gissal, Stephanie" (1690220032)

00:43:29.010 --> 00:43:32.490

And we will answer as many as time permits.

229 "Gissal, Stephanie" (1690220032)

00:43:32.490 --> 00:43:36.990

So, um, our 1st question is, um.

230 "Gissal, Stephanie" (1690220032)

00:43:36.990 --> 00:43:48.765

As a parent, as an adult, having issues with substances, can you speak to ways to avoid them from feeling judged or shamed?

231 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:43:48.765 --> 00:43:54.480

Oh, well, that's it's it's really hard. It's really hard and.

232 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:43:54.480 --> 00:43:58.140

I talked I talked a little bit about that is.

233 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:43:58.140 --> 00:44:06.780

Is to just spend time with them and, you know, I found the just have some meaningful conversations because.

234 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:44:06.780 --> 00:44:11.610

Remember I use the words it's a delicate balance and you want to.

235 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:44:11.610 --> 00:44:27.000

Be there in the moment and meet them where they're at. But also at the same time, you have to discern will say whether whatever's happening in your situation is healthy or not healthy, because you don't want to enable them.

236 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:44:27.000 --> 00:44:32.160

But at the same time, it's like to say they were ready for treatment and they said, hey, I'm.

237 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:44:32.160 --> 00:44:37.800

You know, I'm ready for treatment, you want to help them in that moment, but, you know.

238 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:44:37.800 --> 00:44:57.800

At the same time is, you don't want to go above because when you go go above and you start enabling that, and then it just it just hurts it hurts the relationship. And then it kind of like, it's almost like, sucks you in and then, like, your well being is now at risk.

239 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:44:57.800 --> 00:45:19.478

It's really hard, because, you know, once once they're in active

addiction, it's hard and they play a lot of cards and you just have to be like I said, it costly alert and constantly, like watching the situation and learning and then just using discernment, right through those. So.

240 "Gissal, Stephanie" (1690220032)

00:45:19.478 --> 00:45:27.000

Thank you. Mm. Hmm. Um, another 1, some people feel that offering is a measure of harm. We done.

241 "Gissal, Stephanie" (1690220032)

00:45:27.000 --> 00:45:33.750

Reduction why others feel it is giving a opiod users a free pass or.

242 "Gissal, Stephanie" (1690220032)

00:45:33.750 --> 00:45:37.179

To use more thoughts on that.

243 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:45:37.179 --> 00:45:45.150

It's, I mean, to me, I'll always give and I believe we will always to me.

244 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:45:45.150 --> 00:46:05.150

Is harm reduction, and it is just so vital to to give out and it just save lives and I'll do that. I'll continue to save lives. And there will always be those. There'll always be people that that disagree like your question said. But, you know, I'm I don't know, I kind of get.

245 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:46:05.150 --> 00:46:25.150

Used to it, and I just keep giving up. I think that's that never ending battle where it's I talked a little bit about, like, we have stigma and, you know, we have stigma where, you know, we have to challenge those preconceived notions. I forget how I put it, but there is some.

246 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:46:25.150 --> 00:46:29.400

Those preconceived notions, implicit biases and and I.

247 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:46:29.400 --> 00:46:33.870

Right I can understand where they're going the people that believe that it's.

248 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:46:33.870 --> 00:46:53.870

You know, it's enabling, but I'll always give it. I'll always give it no matter how many times because, like I said, that person might get right they might answer sobriety. Maybe the 9th time. Maybe the 10th time, and able to like, stay clean and sober after.

249 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:46:53.870 --> 00:47:03.660

So, I really, I don't know, I don't think we'll ever get through that fully, but it's up to us as a.

250 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:47:03.660 --> 00:47:11.259

I think humans to continue practicing harm reduction, methods, methods.

251 "Gissal, Stephanie" (1690220032)

00:47:11.259 --> 00:47:21.810

Thank you for that. Um, this 1 is there is a view that using Matt while in recovery means you are still using.

252 "Gissal, Stephanie" (1690220032)

00:47:21.810 --> 00:47:31.095

How would you address family and friends who have this view to help them better? Understand the importance of math options in recovery.

253 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:47:31.095 --> 00:47:37.110

I've had many conversations with parents will say parents that the exact.

254 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:47:37.110 --> 00:47:41.460

Exact statement and I tell them listen.

255 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:47:41.460 --> 00:48:01.460

There's I think I, I talked a little bit about this, there's all meet clients and when that client to say, he he might come to me and say, listen, like, I don't want to not use anything right now but I need I need some kind of, you know, I'm not ready for absence. Right?

256 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:48:01.460 --> 00:48:07.830

Now, but I need some kind of treatment right now to help me to get to where I want to go. So.

257 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:48:07.830 --> 00:48:12.270

I try to explain that to, you know, 2 parents where.

258 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:48:12.270 --> 00:48:32.270

You know, you have to be able to support that person wherever they're at, you know, I can't change them and there's always the stigma has always, I mean, I'm kind of used to the stigma I fight the stigma challenge the societal views. But the only way to help that person or say, help that parent.

259 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:48:32.270 --> 00:48:53.180

Um, able to see them and understand it more is just to understand that listen, that's where their, that's where their child is and you have to it's a delicate balance, just to support them right there and encourage them. Because, you know, as a clinician looking at that continuum of care, you know, maybe at the end of that.

260 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:48:53.180 --> 00:48:56.550

Be as abstinence, and maybe they're going to get there, but.

261 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:48:56.550 --> 00:49:09.900

You know, for them to get there, it's not going to be by me to judge them and to yell at them and to tell them all these, you know, what, you know, throw my views on them, though it's about to support them not enable them.

262 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:49:09.900 --> 00:49:13.020

Right and and to get them on their way and and.

263 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:49:13.020 --> 00:49:22.620

It's an ideal deal with that every day, but we just got to be here to support. Thank you. Mm. Hmm. Um.

264 "Gissal, Stephanie" (1690220032)

00:49:22.620 --> 00:49:26.910

This 1 is for people practicing harm reduction.

265 "Gissal, Stephanie" (1690220032)

00:49:26.910 --> 00:49:32.040

What resources are available for in person support? Like.

266 "Gissal, Stephanie" (1690220032)

00:49:32.040 --> 00:49:41.790

Meaning support group meetings since AA is absent base and then another question was since philosophy with alcohol and estimates.

267 "Gissal, Stephanie" (1690220032)

00:49:41.790 --> 00:49:48.153

Is there any research on success of moderation, or harm reduction with alcohol?

268 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:49:48.153 --> 00:49:53.550

I mean, with alcohol, there's.

269 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:49:53.550 --> 00:49:57.090

Oh, I'm just reading the question again.

270 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:49:57.090 --> 00:50:18.230

I mean, I know is absolute base, but, you know, so we have 12 step and 12 step is absence base, but, you know, even for someone in harm reduction, a 12 step allows you you no one's going to tell you. You can't, they shouldn't will say that shouldn't you can't go to that meeting. So, you know.

271 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:50:18.230 --> 00:50:25.080

I've sent people right if there's people on MIT and no matter what form of or maybe their.

272 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:50:25.080 --> 00:50:45.080

Drinking once a week and they're trying not to drink. Right I'll still tell them to go to a 12 step meeting. I'll tell them, you know, I'll still tell them that because what they're doing is they're trying they're trying harm reduction. They're trying to get to where they need to go, but I'm not going to judge them. Will there be some people that might judge them? There might be.

273 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:50:45.080 --> 00:50:53.790

And, like I said, well, I don't think we'll ever get rid of the stigma completely, but, you know, it's my job to just.

274 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:50:53.790 --> 00:51:05.400

You know, get them into a place where, where they can just feel welcome and some safe some safety will say. So, I would say, you know, continue to go there.

275 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:51:05.400 --> 00:51:25.400

If it was an opiate, you said, it was an opiate, and they were doing MIT, there's 12 step meetings called medicated, assisted treatment meetings and they could go to them. There's that as well. And there's,

you know, there's different online meetings that are for people with. And I've seen Facebook.

276 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:51:25.400 --> 00:51:42.777

Groups where harm reduction, Facebook groups, there's a lot of different platforms that are that are welcoming but, I mean, that's that's some of the ones that I that I think might be pertinent. Okay. Thank you. Mm. Hmm. Um, we know.

277 "Gissal, Stephanie" (1690220032)

00:51:42.777 --> 00:51:58.140

There's a stigma of substance abuse and those who have substance use disorders but how do we address the stigma within the recovery community itself? For example, the stigma about the different types of substances people use.

278 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:51:58.140 --> 00:52:02.070

Oh, wow. You know.

279 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:52:02.070 --> 00:52:14.370

I mean, that's a good question. I didn't talk about it too much, but 1 of the hats I wears on the vice president, clinical director of clubs. Serenity. So, what we are as is.

280 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:52:14.370 --> 00:52:28.200

Unless to click something is a nonprofit group, and we help reduce stigma. We have recovery houses. We have a lot of different things, right? But we ultimately, we try to reduce stigma. We have an outreach event.

281 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:52:28.200 --> 00:52:48.200

Be called the rock for recovery and where that sole purpose is to reduce the stigma. So we have a lot of the recovery community there and and, you know, there there is a big there was a big difference. And we'll just say there's some implicit biases with that as well as the other end. So I try.

282 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:52:48.200 --> 00:53:08.960

I will say myself, my wife and several others, we try to bring a lot of unity to that because I believe there's always going to be some kind of stigma even within the tightening recovery community and about different substances and all that. But it's up to me as a community member as well to just try to bring people together and.



283 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:53:08.960 --> 00:53:14.490

It goes back to educating, it goes back to making them aware. Um.

284 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:53:14.490 --> 00:53:27.270

You know, and as I'm able to do things like that, I'm able to get get those, get that unity in whatever situation I'm in. And it just helps them immensely.

285 "Gissal, Stephanie" (1690220032)

00:53:30.801 --> 00:53:37.200

Okay, we have another time for another question. I.

286 "Gissal, Stephanie" (1690220032)

00:53:37.200 --> 00:53:47.836

How do you handle a client who feels medical marijuana is 1 of their medications and that needed to abstain from recovery.

287 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:53:47.836 --> 00:53:57.060

Well, I mean, when you look at, I mean, you look at medical marijuana, you know, you look at a substance right now that is.

288 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:53:57.060 --> 00:54:04.290

It's legal and estate and not an illegal, I think, in in the federal level. So.

289 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:54:04.290 --> 00:54:23.460

Right now, it's not a legal form will say of MIT, but, like, you know, with my practice and where I work, you know, I will say I do have clients. Right? And I have clients. I have people that I know that are on t that use THC and I think it's right it's.

290 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:54:23.460 --> 00:54:43.460

My professional view is, it's okay if they're prescribed, they're doing it the right way and it works for them. That's fine. I'm not here once again. I'm not here to judge them. I'm just not here to judge them, you know, I see where even though it's not, we'll say a federally approved form of.

291 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:54:43.460 --> 00:54:51.180

Mit, I'm sure at some point, that will, I don't know, that's just my opinion that that comment, but I, it's just.

292 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:54:51.180 --> 00:55:11.180

I'm not here to judge them. I'm here to take the evidence based research that, you know, it helps and that's like, you know, some mixed views. But at the same time, as my personal views, I have where I just once again apply my social work background. I just meet the person where they're at and.

293 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:55:11.180 --> 00:55:31.180

You know, until there, maybe their end goal is to some absence base and maybe it isn't, but maybe it is I need to help them on their way to where they need to go and not judge them. So they don't get isolated and whatever happens. Right? It's like, when I judge them, I put up another barrier.

294 "Joey Pagano, MSW, LSW, CRS" (1564715264)

00:55:31.180 --> 00:55:36.766

And they can't get to where they're going. So I try not to do that.

295 "Gissal, Stephanie" (1690220032)

00:55:36.766 --> 00:55:56.930

So, we're approaching the top of the hour. We did have 1 comment for you. Thanks for being a cheerleader for harm reduction and dispelling the stigma around mental health and substance abuse much love to you and Jody. So, I just wanted to share that with.

296 "Gissal, Stephanie" (1690220032)

00:55:56.930 --> 00:56:00.060

Yeah, um.

297 "Gissal, Stephanie" (1690220032)

00:56:00.060 --> 00:56:20.060

So, thanks again, for the informative presentation, we do appreciate it. There is a 5 question survey on the side panel. We kindly ask our attendees to take a few moments to fill this out to help us keep our seminars relevant to you. And if you haven't already done.

298 "Gissal, Stephanie" (1690220032)

00:56:20.060 --> 00:56:24.930

So feel free to listen to the replays of any of the past seminars.

299 "Gissal, Stephanie" (1690220032)

00:56:24.930 --> 00:56:28.050

The web link to be able to listen to.

300 "Gissal, Stephanie" (1690220032)

00:56:28.050 --> 00:56:33.720

The past seminars was also put in your chat.

301 "Gissal, Stephanie" (1690220032)

00:56:33.720 --> 00:56:39.210

Um, so that you can have that, and thank you and have a great rest of your day.