

**STOP
THE
STIGMA**

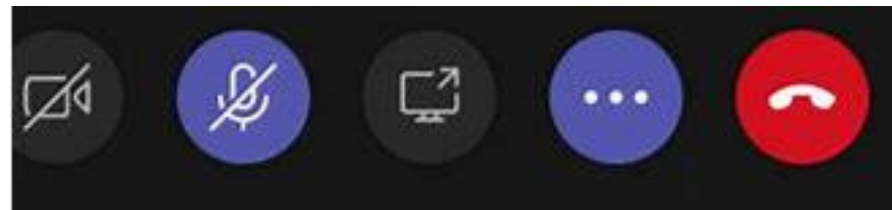
Understanding the
Impact of Stigma and
How You Can Remove It

#AntiStigmaAberdeen Webinar
23 September 2021



Community Planning
Aberdeen

Welcome and Housekeeping



#AntiStigmaAberdeen Campaign

- August 2021 campaign & beyond!
- Stigma in Media ; Your employer ? Your street ? Your family network ?
- Main Speakers
 - Dermot Craig, Vice Chair of the Alcohol and Drugs Partnership and Aberdeen in Recovery Development Manager
 - Penny Gillies, Public Health Practitioner, NHS Grampian
 - Davie Donaldson, Scottish Traveller, Advocate and Social Justice campaigner
- How can you play your part
- Share your ideas on how we can challenge and remove stigma
- Close 1pm

Dermot Craig, Vice Chair of the Alcohol and Drugs Partnership and Aberdeen in Recovery Development Manager



I would like to open by posing
you a Question.

Are you, or have you ever been, guilty of
making pre-judgements?

To help you answer I would
offer you the following

If when seeking support to address problematic substance use and prior to a referral being made to a specialist service, the following is a fairly accurate list of the type of information that you may be asked to provide

Questions	Disclosed Detail (Factual)
Name	John Smith (pseudonym)
Age	43
Address	No fixed Abode
Gender Sexual Orientation	Male. Heterosexual
Marital Status	Separated Pending Divorce Proceedings
Employment Status	No regular paid employment in last three years (admits to working for cash in hand)
Presenting Health Issues	Obese \ Very poor diet \ Heavy smoker \ Bronchial issues \ Irritable Bowel Syndrome
Current Mental Health Issues	Clinical Depression \ Insomnia \ High levels of anxiety \ Panic attacks
Alcohol / Drug Consumption	Heavy daily use of alcohol and cannabis. Occasional Amphetamine / Cocaine
A.U.D.I.T. Score	32/40. Discloses alcohol consumption of between 160 – 200 units weekly (25+ daily)
Risks to Self / Others	Suicidal ideation and self harm
Risks to be aware of / Aggression	Discloses being quick tempered and violent when under the influence
Criminal Convictions / Stat Orders	Past convictions for DUI. Assault. Severe Assault to permanent injury
Medications Prescribed	Anti depressants / Sleep medication / Valium
Service or Intervention History	GP Support and formal Counselling

So in hearing Johns disclosed information i.e.

- Unemployed or unemployable (admits to dodging tax)
- Heavy Smoker, over weight with a very poor diet
- Admits to daily consumption of around 25 units of alcohol plus 6-8 three skin spliffs every day.
- Long term history of heavy alcohol use resulting in criminal convictions.
- No disclosure of domestic abuse but admits to being violent when drunk and is now separated from his wife and has been made to leave the marital home.

Are you starting to form a mental image ?

It would be pretty hard not too

Is that image, in any way, forming along the lines of this chap ?



Would you care to meet Mr Smith ?
Let me introduce him



To make pre-judgements is a form of prejudice. This being a preconceived opinion that is not based on reason or actual experience.

This prejudice can give rise to someone expressing a biased opinion

On varying levels this bias can often be driven unconsciously and could be described as a lesser or milder form of racism

Racism is defined by Prejudice, discrimination or antagonism by an individual, community or institution against a person on the basis of their belonging to a particular group typically one that is a minority or marginalised

All of the above, consciously or not, are all antagonists and all play a part in the continuation of

STIGMA

It is an individual moral obligation to actively change our inbred pre-judgement and state that it is no longer societally acceptable to shame others



Interested in how you can do your bit to banish Stigma?

If so, we'd love to hear from you! Please connect with us on the following



01224 638342 / 07936 008808



info@aberdeeninrecovery.org



[republic_AiR](#)



www.aberdeeninrecovery.org



[AberdeeninRecovery](#)



[republic_AiR](#)



[Aberdeen in Recovery](#)



Recovery on AiR
Thursday @ 2pm on shmu 99.8FM



[Recovery Matters](#)

Thank you 😊

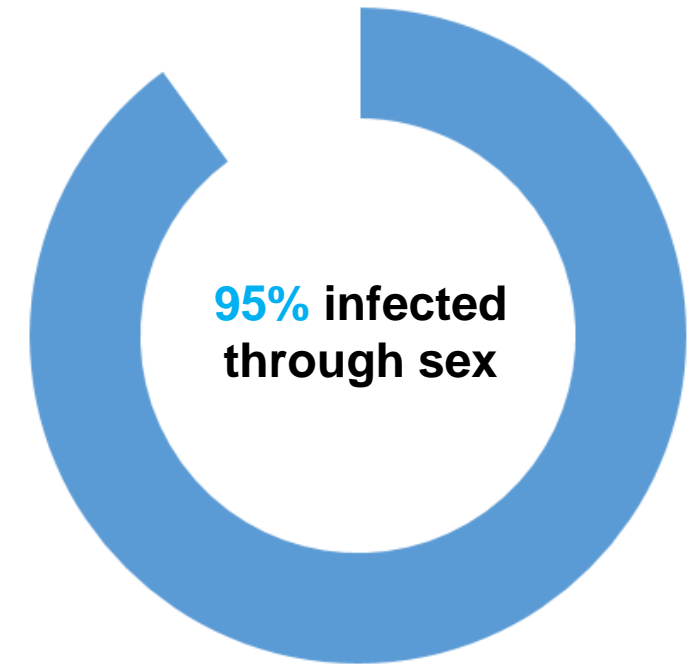
HIV stigma

Penny Gillies, Public Health Practitioner

What do you know about
HIV?

THE BASICS: WHAT EVERYONE SHOULD KNOW ABOUT HIV

- HIV is a long term health condition which is now very easy to manage. HIV stands for human immunodeficiency virus. The virus targets the immune system and if untreated, weakens your ability to fight infections and disease.
- Over 100,000 people living with HIV in UK
- In Grampian around half of people living with HIV have been exposed through heterosexual sex
- Over 95% of people with HIV have been infected through sex
- HIV is preventable



THE BASICS: WHAT EVERYONE SHOULD KNOW ABOUT HIV

- HIV treatment is extremely effective – life expectancy is unaffected.
- People on treatment have a very low level of virus in their body which means they are not infectious. **U=U**
- A third of people living with HIV have experienced stigma and discrimination, half within a healthcare setting.

Living with HIV



Experienced stigma



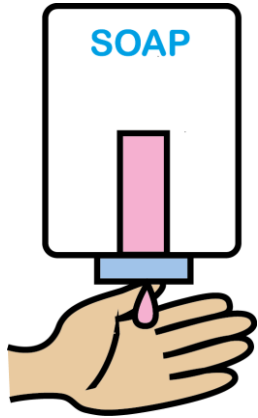
THE BASICS: WHAT EVERYONE SHOULD KNOW ABOUT HIV

You can't get HIV:

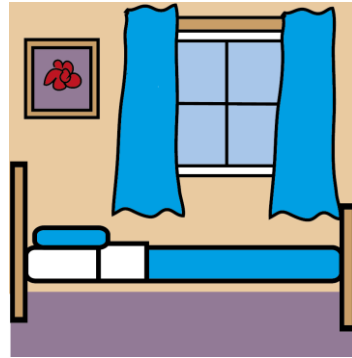
- From sharing food, cooking or eating utensils.
- From kissing.
- From shaking hands or hugging.
- From the toilet or swimming pools.
- From spitting or biting.
- From sneezing.

Video: How did it make you
feel?

STANDARD INFECTION CONTROL PRECAUTIONS



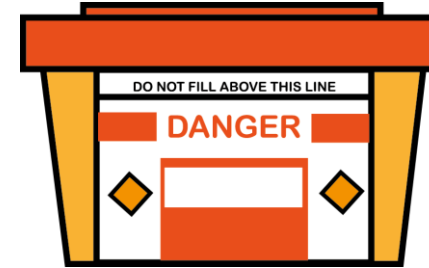
Hand Hygiene



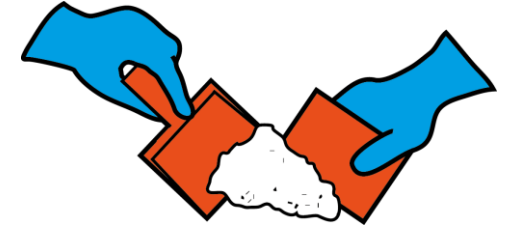
Patient Placement



Personal Protective Equipment



Occupational Exposure



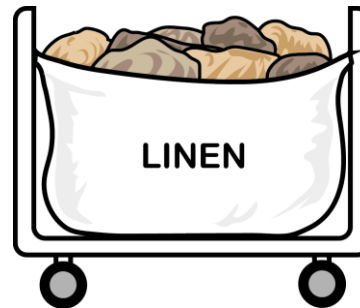
Management of Spillages



Respiratory Hygiene



Waste Disposal



Linen



Environmental Control



Patient Care Equipment

HIV- If someone is on effective treatment **they can't pass it on.**

U = U

Undetectable

Untransmittable

- When treatment is taken as prescribed - usually just one or two tablets a day - it can reduce the level of the HIV Virus in the blood to such a low level that it is **Undetectable**.
- When the virus level reaches an **Undetectable** level for six months the virus is **Untransmittable** - it can't be passed on to others.
- This is known as **U = U, Undetectable = Untransmittable**

Our positive voice...

GRAMPIAN

A local forum for HIV+ people

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For further information, contact:

@ info@ourpositivevoice.org 🌐 www.ourpositivevoice.org
☎ 01224 968468

CGO 210



Davie Donaldson, Scottish Traveller,
Advocate and Social Justice
campaigner

How You Can Play Your Part & Remove Stigma



For more information

Visit <https://communityplanningaberdeen.org.uk/anti-stigma-campaign/>

Email: CommunityPlanning@aberdeencity.gov.uk

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