

# In the Moment Anti-Racist Teaching Tools for Educators in Addiction Medicine

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# Disclosure Information

In the Moment Anti-Racist Teaching Tools for Educators in  
Addiction Medicine

April 14, 2023, 10:15 AM

Anika Alvanzo, MD, MS, DFASAM, FACP

◆ No Disclosures



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# Learning Objectives

- ◆ After the workshop, participants will be able to:
  1. Discuss the impact of racism on patients with addiction and Addiction Medicine
  2. Recognize opportunities to address race and racism in the clinical addiction treatment setting
  3. Utilize and teach tools to respond to the use of race, racism, micro-aggressions and stigmatizing/racist language in the clinical environment
  4. Discuss integration of “in the moment” teaching tools into longitudinal anti-racism medical curricula

# Setting the Stage

*“Race is the child of racism; not the father.”*

-Ta-Nehisi Coates, Author and Journalist

# Definitions

- ◆ **Race:** “social classification of people based on phenotype” – “the societal box into which others put you based on your physical features”
- ◆ **Racism:** the belief that all members of a purported race possess characteristics, abilities or qualities specific to race and is a particular form of prejudice directed toward a person or group of people based on their membership of a particular racial or ethnic group
- ◆ **Structural Racism:** Public policies, institutional practices, cultural representations, and other societal norms that contribute and perpetuate racial group inequity

# Definitions

- ◆ **Structural Competency:** a paradigm for medical education in which inequalities in health are conceptualized in relation to the institutions and social conditions that determine health related resources.
- ◆ **Antiracism:** strategies, theories, actions, and practices that challenge and counter racism, inequalities, prejudices, and discrimination based on race.
- ◆ **BIPOC/BIPoC:** Black, Indigenous and People of Color



# Social Determinants of Health (SDOH)



- Availability of resources to meet daily needs
- Access to quality educational, economic, and employment opportunities
- Access to health care services
- Transportation options
- Opportunities for recreational activities
- Exposure to crime, violence, and social disorder
- Socioeconomic conditions
- Social norms
  - (e.g., structural racism)
- Access to mass media and emerging technologies
  - (e.g., telehealth)

# Structural Racism → SDOH

- ◆ Redlining/residential segregation
- ◆ Unequal educational opportunity
- ◆ Employment discrimination
- ◆ Unequal access to healthcare
- ◆ Disparate criminal legal enforcement and prosecution
- ◆ Consistent diminution of opportunities

# Overview

- ◆ Intersection of racism and substance use and use disorders
  - ◆ Drug policy
  - ◆ Media portrayals
  - ◆ Healthcare disparities

# Racism and Substance Use in the US

- ◆ For millennia mind-altering substances have been used for a variety of medicinal, religious/spiritual, cultural, and recreational purposes
- ◆ In the US, substance use has often been associated with groups of marginalized and stigmatized “others”, despite comparable or greater rates of use by Whites.
  - ◆ Almost always the "others" are people of color

# Drug Policy



# Events Linking Racism to US Drug Policy

- ◆ San Francisco's Opium Den Ordinance of 1875
- ◆ Harrison Narcotics Act of 1914
- ◆ Marihuana Tax Act of 1937
- ◆ “War on Drugs” in 1970's
- ◆ Anti-Drug Abuse Act of 1986

# Anti-Drug Abuse Act of 1986

- ◆ 5g of crack cocaine/500g of powder cocaine = 5-year mandatory minimum sentence in federal prison
- ◆ 1988- 1993:
  - ◆ Arrest disparity: Blacks 5X more likely to be arrested than Whites
  - ◆ Sentencing disparity: Average federal drug sentence for Blacks ↑ from 11% longer than Whites in 1986 to 49% longer in 1990
- ◆ *“On average, under the 100:1 regime, African Americans served virtually as much time in prison for non-violent drug offenses as whites did for violent offenses.”*

# U.S. Drug Policy Assigns Criminality to Personal Drug Use

- For more than a century, drug policy in the United States of America (U.S.) has labeled possession of certain drugs for personal use as a crime, thereby designating people who use those drugs (and people who engage in drug use due to a chronic illness) as deviants and criminals. **It is through policies and practice that society perpetuates this stigma.**
- The label of “criminal” carries with it negative stereotypes, perceived license for punishment and social isolation, ongoing discrimination and disenfranchisement, and “us-versus-them” narratives. The criminal designation of possession of certain drugs for personal use **justifies the “othering” of people who use those drugs.**
- Overly punitive drug policies, including drug paraphernalia laws, have exacted **substantial collateral harm** upon the lives of people who use illegal drugs, the functioning of their families, and their broader communities.

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The U.S. Government Accountability Office noted at least 641 collateral consequences of a nonviolent drug conviction that include exclusions from employment, housing, loans, licensure, civic participation, family rights, and more.



# Media



# Substance Use and Addiction in Media

- ◆ Media is, for many, a key source of information, including health information
- ◆ Media plays a significant role in shaping attitudes
  - ◆ Demonize or humanize
- ◆ Notable disparities in media portrayals of persons with a substance use disorder



McGinty, E.E., Kennedy-Hendricks, A., Barry, C.L. (2019). Stigma of Addiction in the Media. In: Avery, J., Avery, J. (eds) The Stigma of Addiction. Springer, Cham.

# A Tale of Two Epidemics in the Media

## Crack Cocaine Epidemic of 1980's - 1990's

## Opioid Epidemic of 2016 - 2017

**Table 1** Top Words in the 1988–89 Crack Cocaine Sample (Unigram, Bigram, and Trigram)

Rank	Word	Frequency
1	drug	4650
2	cocaine	2584
3	police	2226
4	drugs	1924
5	crack	1764
6	people	1388
7	abuse	892
8	law	889
9	enforcement	841
10	crime	828

  

Rank	Word	Word	Frequency
1	law	enforcement	468
2	substance	abuse	406
3	substances	crime	369
4	controlled	substances	352
5	crack	cocaine	349
6	drug	trafficking	306
7	drug	dealers	263
8	drug	abuse	248
9	illegal	drugs	200
10	drug	policy	171

  

Rank	Word	Word	Word	Frequency
1	controlled	substances	crime	343
2	drug	enforcement	administration	113
3	special	investigative	forces	83
4	law	enforcement	officials	69
5	law	courts	tribunals	54
6	substance	abuse	treatment	43
7	students	student	life	39
8	national	football	league	38
9	substance	abuse	facilities	38
10	regional	local	governments	33

*Note: Language related to criminal justice flagged in dark gray.*

**Table 2** Top Words in the 2016–17 Opioid Sample (Unigram, Bigram, and Trigram)

Rank	Word	Frequency
1	health	10652
2	drug	8987
3	opioid	6955
4	people	6045
5	care	5817
6	trump	4580
7	drugs	4364
8	public	3975
9	law	3713
10	abuse	3625

  

Rank	Word	Word	Frequency
1	health	care	3444
2	substance	abuse	1846
3	public	health	1832
4	opioid	crisis	1227
5	law	enforcement	1143
6	presidential	candidates	1066
7	health	departments	945
8	opioid	epidemic	883
9	white	house	836
10	donald	trump	753

  

Rank	Word	Word	Word	Frequency
1	affordable	care	act	560
2	health	care	reform	454
3	public	health	administration	443
4	controlled	substances	crime	442
5	health	care	policy	365
6	health	care	professionals	359
7	substance	abuse	treatment	352
8	health	care	law	334
9	special	investigative	forces	246
10	drug	enforcement	administration	237

*Note: Language related to health and medicine flagged in light gray.*

police  
enforcement  
crime  
law  
enforcement

health  
care  
public  
health  
care



# The Opioid Epidemic in the Media

EXPLORE **People**

## Faces of an Epidemic: Stories of the Victims of America's Opioid Crisis — and the Fight to Save Lives

Newlyweds, honor students and executives are just a few of the lives lost to overdoses so far in 2017

By **Steve Helling** and **Alexandra Rockey Fleming** | August 09, 2017 08:00 AM

### News anchor shares personal story of loss to opioid epidemic

Four months ago, Angela lost her own daughter to the epidemic when she overdosed on the opioid fentanyl. When Angela returned to work this week, she shared her personal story with viewers.



Credit: ANGELA KENNEDY  
Angela Kennedy and her daughter Emily.



Amid the opioid epidemic, white means victim, black means addict



*Brian Broome, for PublicSource  
The Guardian April 28, 2018*

# Health Inequities



# Inequities in Consequences of SUD

## ◆ Psychosocial Consequences

### ◆ Employment

- ◆ Increased work-related problems

### ◆ Family/Social

### ◆ Criminal Legal Problems

### ◆ Psychiatric comorbidity

- ◆ Posttraumatic stress disorder (PTSD)

- ◆ Higher prevalence of PTSD and comorbid AUD and PTSD

## ◆ Medical Consequences

- ◆ Nicotine-associated morbidity

- ◆ Alcohol –associated morbidity

- ◆ Liver cirrhosis

- ◆ Alcohol-associated cancers

- ◆ Head and neck, esophageal

- ◆ HIV transmission

- ◆ Alcohol-associated injuries

- ◆ Racial and ethnic differences in alcohol-related mortality

- ◆ Opioid-related deaths

White, A.M., Castle, I.-J.P., Hingson, R.W. and Powell, P.A. (2020), Alcohol Clin Exp Res; Witbrodt, J., Mulia, N., Zemore, S.E. and Kerr, W.C. (2014), Alcohol Clin Exp Res,

# Overdose Deaths Inequities

HEALTHCITY

Home Policy and Industry Popula

POPULATION HEALTH

## Progress Against the Opioid Epidemic Is Not Reaching Black Americans

Treatment and harm reduction approaches for opioid use disorder have failed to effectively meet the needs of people of color, experts say.



By Caitlin White February 08, 2021



Caitlin White, HealthCity Newsletter  
Feb 8, 2021



# Access to Addiction Medications Disparities

- ◆ Segregation of methadone and buprenorphine clinics
  - ◆ Black resident: Each 1% ↓ in probability of interaction with a White resident was associated with 0.6 more facilities providing methadone
  - ◆ White resident: Each 1% ↓ in the probability of interaction with a Black resident was associated with 8.17 more facilities providing buprenorphine
- ◆ Disparities in access to buprenorphine
  - ◆ Black patients with an opioid use disorder were 72% less likely to be prescribed buprenorphine when compared to Whites.
- ◆ Medications for alcohol use disorder (MAUD) disparities
  - ◆ Blacks less likely than Whites to be prescribed MAUD (OR 0.68)





# Other Treatment and Services Disparities

- ◆ Telehealth
  - ◆ Black patients less likely to have access to technology for telemedicine
    - ◆ Particularly synchronous audio-visual visits
- ◆ Mental Health (MH) treatment
  - ◆ MH/SUD visits pre-pandemic, during surge, clinic re-opening
    - ◆ Non-Hispanic Whites increased by 10.5% relative to pre-pandemic
    - ◆ Blacks decreased by 33.0% and Hispanics decreased by 24.6%
- ◆ Harm Reduction
  - ◆ Racial/ethnic minorities less able to access syringe exchange services (OR 7.8) and naloxone (OR 9.9)

# ASAM Course on the Intersection of Racism and Substance Use

- ◆ Found in ASAM's eLearning Center
- ◆ **Module 1: Setting the Stage: Racism in the History of Substance Use and Addiction**
  - ◆ <https://elearning.asam.org/products/setting-the-stage-racism-in-the-history-of-substance-use-and-addiction>
- ◆ **Module 2: Health Disparities in Substance Use Disorder**
  - ◆ <https://elearning.asam.org/products/health-disparities-in-substance-use-disorder>

# Identifying Racism

- ◆ A microaggression is a comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group
- ◆ What microaggressions do you observe in this video?
- ◆ <https://www.youtube.com/watch?v=qokQ22I29TE>

# Your Experiences

- ◆ Where have you observed or experienced racism in your clinical practice?

# Small Group Work

- ◆ We will divide you into 3 groups
- ◆ Each group will have 20 minutes to review the case and references/tools
- ◆ At the end of 20 minutes, each group will demonstrate a role-play using their tool/reference
  - ◆ You will have 5 minutes to demonstrate and we will take 10-15 minutes for large group discussion of each case

# Case 1

- ◆ Mr. Grey is a 45 year old man with a history of severe opioid use disorder, hypertension, and chronic knee pain who presents to the outpatient addiction clinic for treatment of his opioid use disorder. Mr. Grey is black. He has previously been treated with methadone, but self-tapered because he felt “drugged up” when taking it. He has been seen in two different primary care and pain clinics in the past year seeking treatment for knee pain. You are the attending physician or psychologist. Before seeing the patient, the nurse notes to you and your intern that the patient is “angry” and “demanding.”
- ◆ The intern has interviewed the patient and returns to discuss the case with you. The intern reports that Mr. Grey is “a really angry guy.” They say “it seems like he’s really not going to be happy with anything we have to offer him. He’s already failed other treatments. He’s just a difficult patient” Mr. Grey has made no verbal or physical threats to staff.
- ◆ You are concerned that Mr. Grey being perceived as “angry” and “difficult” is a microaggression. What can you do?

# One Minute Preceptor

1. Get a commitment (about one aspect of the case)
2. Probe for supporting evidence (by asking the learner to explain his/her reasoning)
3. Reinforce what was done well
4. Give guidance about errors and omissions
5. Teach a general principle



# Using OMP for Social Determinants of Health

Step	For Example, Say
<b>Get a commitment</b>	“What part of this patient’s life may be affecting his ability to seek or adhere to treatment?” “What part of this patient’s experiences do you think have led to him feeling this way?”
<b>Probe</b>	“I hear you say that Mr. Grey appears ‘angry.’ How did you come to that conclusion?” “What do you know or have you observed about this patient that makes you feel this way?”





# Using OMP for Social Determinants of Health

Step	For Example, Say
<p><b>Teach General Rule of Principle</b> Customize to learner based on whether probe step demonstrates that they:</p> <ul style="list-style-type: none"><li>-Acknowledge</li><li>-Empathize</li><li>-Activate</li><li>-Engage</li></ul>	<p>-Acknowledge “Have we considered the societal or structural issues that may led Mr. Grey to feel this way, including racism?”</p> <p>-Empathize “When I find myself thinking of a patient as ‘difficult,’ I feel it is a good opportunity to examine my own experiences and biases. Can we take a moment to consider how this visit feels for Mr. Grey?”</p> <p>“Do you think Mr. Grey may be frustrated by the barriers that may have prevented him seeking care for his substance use?”</p>

# Using OMP for Social Determinants of Health

Step	For Example, Say
<p><b>Teach General Rule of Principle</b> Customize to learner based on whether probe step demonstrates that they:</p> <ul style="list-style-type: none"><li>-Acknowledge</li><li>-Empathize</li><li>-Activate</li><li>-Engage</li></ul>	<p>-Activate “We can use the Structural Vulnerability Assessment Tool to help us understand the power relationships and hierarchies that could exacerbate Mr. Grey’s health problems”</p> <p>-Engage “With his structural vulnerabilities in mind, let’s create a treatment plan for his substance use that includes working with our social work team.”</p>

# Using OMP for Social Determinants of Health

Step	For Example, Say
Reinforce What Was Right	“I’m very impressed that you took a moment to consider our privilege and bias in the care of this patient.” “Taking time to explore this patient’s structural vulnerabilities made a big difference to his treatment today.”
Fill in Gaps/Advance Stage	“Let’s be sensitive to this patient’s experience of racism.” “There are far fewer options to buprenorphine therapy than methadone in this patient’s neighborhood. Let’s keep that disparity in mind when we’re creating a treatment plan for this patient.”

**Table 13.2** Structural Vulnerability Assessment Tool

Domain	Screening questions
Financial Security	Do you have enough money to live comfortably – pay rent, get food, pay utilities, telephone?
Residence	Do you have a safe, stable place to sleep and store your possessions?
Risk environments	Do the places where you spend your time each day feel safe and healthy?
Food access	Do you have adequate nutrition and access to healthy food?
Social network	Do you have friends, family, or other people who help you when you need it?
Legal status	Do you have any legal problems?
Education	Can you read?
Discrimination	Have you experienced discrimination (being treated differently)? Do some service providers (including me) make you feel unwelcome or make it hard for you to access treatment?

Directly from: Jordan, A., (2021). Incorporating a Race Equity Framework into Opioid Use Disorder Treatment. Treating Opioid Use Disorder in General Medical Settings. Springer, Cham.

Adapted from: Bourgois Acad Med 2017



# Role Play Demonstration

## ◆ Group 1

# Case 2

- ◆ You are a medical student on an Inpatient Substance Use Consult Service. You are following a 29 year-old woman, Ms. Green, with opioid use disorder, admitted for mitral valve endocarditis. Ms. Green is currently on buprenorphine therapy for OUD and is interested in attending residential treatment after hospital discharge. Given the large size of Ms. Green's vegetation and continued signs of sepsis and bacteremia despite optimal antibiotic therapy, the medical team consulted Cardiothoracic Surgery to seek surgical management. After evaluation, the surgical team declined intervention, though Ms. Green has now clinically worsened and is now in the ICU. You know that earlier in the week, another patient (who is white and from an affluent family) received a valve replacement for endocarditis. When you ask the surgical team why they chose not to operate on Ms. Green, the surgical resident replies, "I know you haven't seen this much, but we see people like her come in all the time, then they just end up right back in here with endocarditis again. There's only so many resources to go around!"
- ◆ You are worried that Ms. Green is not being offered the same care because she is a black woman and not in a position of power.
- ◆ As a medical student, how can you respond to this?

# The Five D's



DIRECT



DELEGATE



DISTRACT



DISPLAY  
DISCOMFORT



DELAY

# The Five D's- DIRECT

STEP 1: OBJECTIVE – State the facts of what you heard or saw.



STEP 2: SUBJECTIVE – Share your interpretation and how this affected you. Use “I” statements

**DIRECT**

STEP 3: LISTEN – Be open to hearing what the other person has to say in response to your feedback

York M, MedEdPORTAL. 2021

\*Adapted framework, the 5 D's, developed by Kimberly Manning, MD, of Emory University



# Role Play Demonstration

◆ Group 2

# Case 3

You are an attending physician in a residential substance use treatment center with medically supervised withdrawal. You have a medical student (who is a Hispanic woman) rotating with you at the center. While entering a treatment room, you observe a colleague (who has not met the student yet) asking the medical student to empty the trash of the room next door due to the smell. The student looks confused and leaves the room.

# PEARLS Framework

- ◆ P=Partnership. The function is for joint problem solving.
- ◆ E=Empathy. The function is to show understanding and compassion.
- ◆ A=Apology. The function is to show concern for errors and hurts. Say “I’m sorry” for hurting/offending you (or for how you observed them being hurt/offended)
- ◆ R=Respect. The function is to value the person’s choices, traits, behaviors and special qualities.
- ◆ L=Legitimation. The function is to let the person know that their response is normal and respected. Validate their response.
- ◆ S=Support. The function is to let the person know that you are not abandoning them and you will be there to help them.

# Role Play Demonstration

◆ Group 3

# Continuing to Learn

- ◆ MedEd PORTAL Anti-Racism Collection: <https://www.mededportal.org/anti-racism>
- ◆ Emory SOM Bystander Training: <https://www.youtube.com/watch?v=VdyxaffeM1Y>
- ◆ AAMC Anti-racism resources: <https://www.aamc.org/about-us/equity-diversity-inclusion/anti-racism-resources>

# Continuing to Learn

- ◆ ASAM Resources
- ◆ Found in ASAM's eLearning Center
- ◆ **Module 1: Setting the Stage: Racism in the History of Substance Use and Addiction**
  - ◆ <https://elearning.asam.org/products/setting-the-stage-racism-in-the-history-of-substance-use-and-addiction>
- ◆ **Module 2: Health Disparities in Substance Use Disorder**
  - ◆ <https://elearning.asam.org/products/health-disparities-in-substance-use-disorder>
- ◆ **ASAM Racial Justice Policy Series**
  - ◆ <https://www.asam.org/advocacy/national-advocacy/justice>

# Continuing to Learn

- ◆ Incorporating tools into your curricula
- ◆ How will you utilize these tools and resources?

# Final Takeaways/Summary

- ◆ Racism is a public health crisis which directly affects our patients with addiction
- ◆ Structured tools can assist in directly addressing racism in the clinical environment including:
  - ◆ The One Minute Preceptor for assessing a patient's SDoH
  - ◆ The 5D Framework to address a microaggression
  - ◆ The PEARLS framework to support someone affected by racism
- ◆ Anti-racism is a duty and ongoing process of learning for all healthcare providers



# Questions and Discussion



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