



CENTER FOR HEALTH  
PRACTICE, POLICY  
& RESEARCH  
Sacramento State



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## CHPPR Think Tank Stop the Stigma Symposium 2021

The Sacramento State Center for Health Practice, Policy, and Research (CHPPR), in collaboration with the Counselor Education program and sponsored by the Center at Sierra Health Foundation, hosted an inaugural working symposium with the goal of making a difference in California. The symposium was held on February 11, 2021.

This symposium brought together professionals working in the Substance Use Disorder (SUD) continuum to address increasing overdose rates, gaps in access, and integration related to prevention and intervention of substance use disorders and its impact on California communities, with a focus on actions that can be implemented within our communities.

Currently in the United States, approximately 8.4 million Americans have co-occurring diagnoses (mental health & SUD), however only approximately 7.9 percent receive treatment for both, and 54 percent receive no treatment (NIDA, 2014; NIDA, 2018). Additionally 34 percent receive treatment for mental health diagnosis alone with 3.9 percent receiving SUD treatment alone (NIDA, 2018; NIDA 2014). Some causes noted by NIDA as barriers to care include: 52.2 percent could not afford treatment, 23.8 indicated not understanding how to access treatment, 23 percent believed they could go without treatment, 26 percent feared being committed or the social stigma around treatment (NIDA, 2018). Over the 12 months ending in May 2020, the United States experienced 81,000 overdose deaths (CDC NCHS, 2020). \*California experienced a 24.7 percent increase between May 2019 and May 2020. The Center for Disease Control and Prevention (CDC) reported 5,953 overdose deaths and predicted approximately 7,425 (CDC NCHS, 2020) for 2020. Within the same timeframe, the United States as a whole experienced an 18.0 percent increase in drug overdose deaths (CDC NCHS, 2020).

Based upon the demonstrated need for co-occurring treatment access in the United States, California, and within Sacramento, this symposium was intended to serve as a local action group. The Sacramento County Department of Health Services: Behavioral Health Services has laid the groundwork for the continuum of care at the county level with a focus on integrated services. While services are being provided within Sacramento and the State, we look to increase scale and visibility, as well as to address the stigma around substance use disorders and treatment. The symposium worked to create action partnerships to continue the work between this and future workshops in the series. Future plans include meeting twice annually to discuss our movement in the State and Sacramento Region. The symposium and future actions embrace a holistic approach to Substance Use Disorders to include harm reduction, prevention, and training of behavioral health workers that can treat co-occurring disorders, thus increasing access to services.

Join us to help make changes within our communities.