



LIFE IS DISAPPOINTING & OTHER INSPIRING THOUGHTS:

Coping Skills for Reducing Burnout, Stress, and Combating Stigma

**JEREMY BULLOCK SAFE SCHOOL SUMMIT
AUGUST 8, 2023**



RONNA YABLONSKI

Senior Director
SAFE Choices

ronna@safeproject.us



GOALS FOR OUR TIME TOGETHER



#NOSHAME - NO SHAME MOVEMENT

Increase understanding of the impact caused by stigma

Identify resources to combat stigma

Call to Action - Joining the No Shame Movement



WHAT IS STIGMA?

THE TYPES OF STIGMA

1

**PUBLIC
(SOCIENTAL)**



2

**INDIVIDUAL
(SELF)**



3

INSTITUTIONAL



Deep rooted teachings and lessons that lead to beliefs, thoughts, and misunderstandings.



WHAT IS THE RESULTING IMPACT OF STIGMA?

Silence perpetuates stigma

THE NO SHAME MOVEMENT AND EDUCATION PROGRAM ARE TOOLS TO HELP!

Together, we can break the barrier for:

- ◆ 46.3 million Americans with a substance use disorder
- ◆ 1 in 5 U.S. adults affected by a mental health condition
- ◆ 1 in 6 U.S. youth (ages 6-17) affected by a mental health condition

*DATA SOURCE: SAMHSA





A BIT OF HISTORY
**NO SHAME MOVEMENT &
EDUCATION PROGRAM**

THE NO SHAME MOVEMENT: THE PLEDGE PRINCIPLES

SAFE Project's No Shame Pledge: *A movement to combat stigma.*

I UNDERSTAND THAT ADDICTION IS A DISEASE,
and I pledge to eliminate the stigma for individuals experiencing it.

I COMMIT TO LEARNING MORE ABOUT THE DISEASE OF ADDICTION,
the mental health challenges that contribute to it, and to changing the
conversation surrounding it.

I WILL ENCOURAGE INDIVIDUALS TO SEEK THE HELP AND TREATMENT NEEDED
to address addiction and mental health challenges by providing a
shame-free environment.

FOR INDIVIDUALS IN RECOVERY, I PLEDGE TO
support them through their lifelong journey to a self-directed, safe,
productive, and successful life.

→ **Join the No Shame Movement!**



safeproject.us/noshame

#NoShame

**#NOSHAME
MOVEMENT**

THE NO SHAME MOVEMENT: THE PLEDGE STATEMENT



I TOOK THE NO SHAME PLEDGE!

I have committed to doing my part to stop the stigma surrounding addiction and mental health challenges by empowering others while encouraging care, treatment, and recovery.



**#NOSHAME
MOVEMENT**



NO SHAME MOVEMENT

THE EDUCATION PROGRAM

Increases Confidence and Understanding of the Principles in the No Shame Pledge

NO SHAME EDUCATION PROGRAM

FACILITATOR'S GUIDE



#NOSHAME



PREPARING FOR PROGRAM IMPLEMENTATION

Layout of Facilitator's Guide

Structure & Fidelity Guidelines

Supplemental Resources

Pre/Post-Assessments

Facilitator Assessment

Hurdles and Hiccups



NO SHAME EDUCATION PROGRAM: IMPLEMENTATION & INCORPORATION

Engage Your School & Community - Break the Silence

- 1 Use content to bridge a conversation with a friend or family member
- 2 Team teach with school health teacher, school nurse, counselor
- 3 Present to coaches and youth athletes
- 4 Volunteer to present at a youth center, club, or troop



NO SHAME EDUCATION PROGRAM: IMPLEMENTATION & INCORPORATION

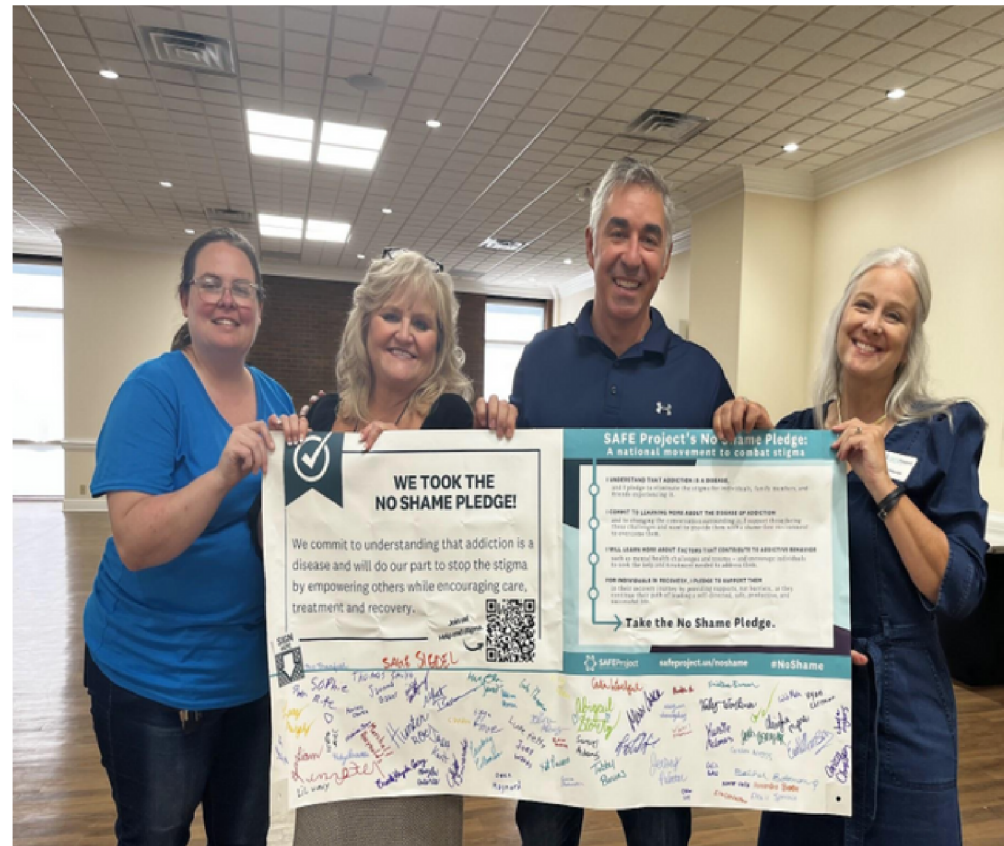
Engage Your School & Community - Break the Silence

- 5 Schedule presentations with a community coalition
- 6 Teach in collaboration with community prevention professionals
- 7 Engage the treatment and recovery communities to bridge prevention & recovery



CALL TO ACTION: JOIN THE NO SHAME MOVEMENT TODAY!





TIME FOR QUESTIONS





**Don't forget
to take our
SURVEY!**

THANK YOU!

CONTACT

RONNA YABLONSKI

ronna@safeproject.us

