



AODCCC

Alcohol and Other Drug
Consumer & Community Coalition

...beyond stigma



Acknowledgement of Country



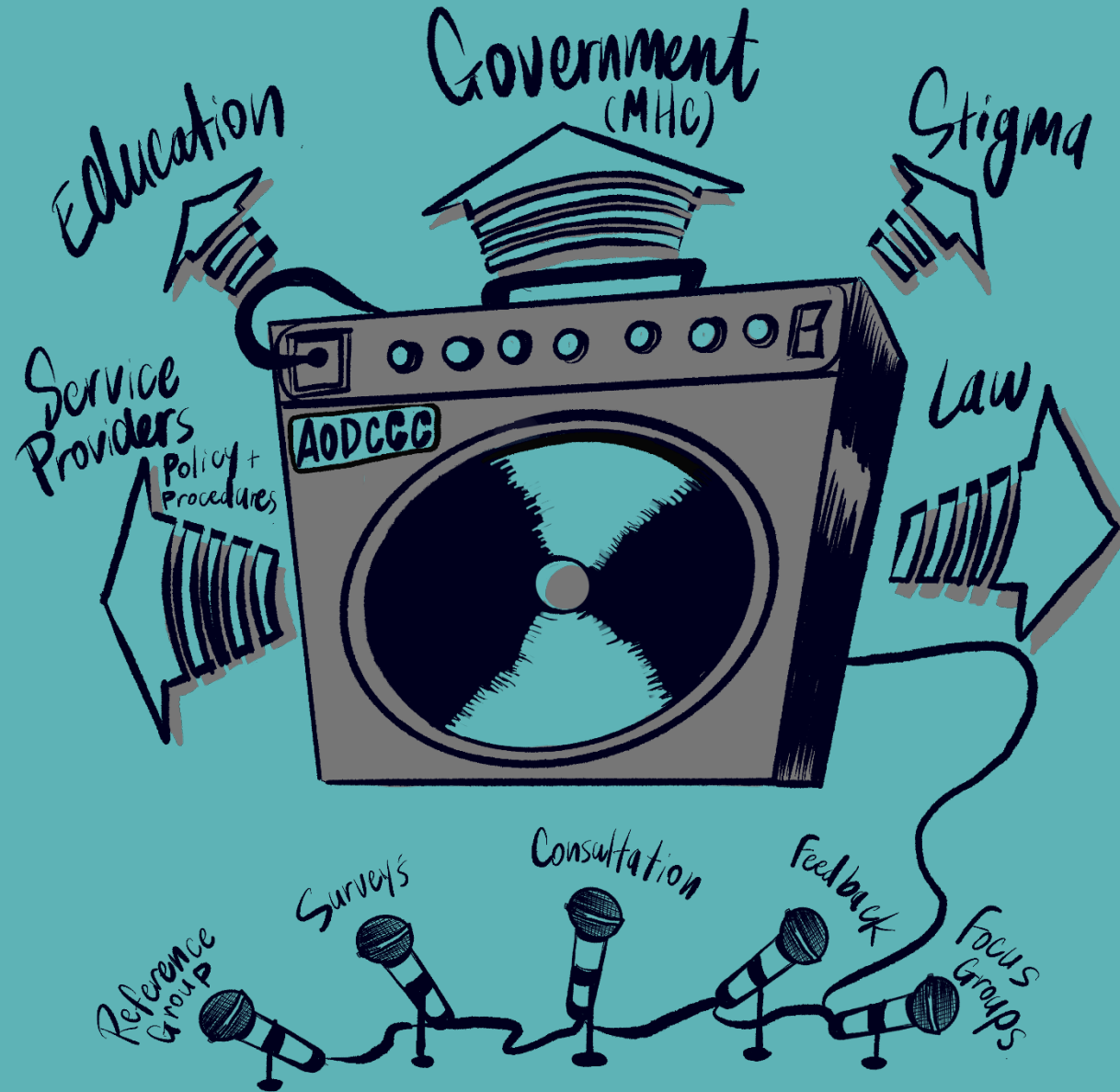
Artist: Iteka Ukarla Sanderson-Bromley

We recognise the individual and collective expertise of those with a lived or living experience of Alcohol and Other Drugs. We appreciate and respect the emotional labour and vulnerability that is present in this space.

We recognise the work of those who came before us to build the foundations to enable this work to take place.



Recognition of Lived Experience



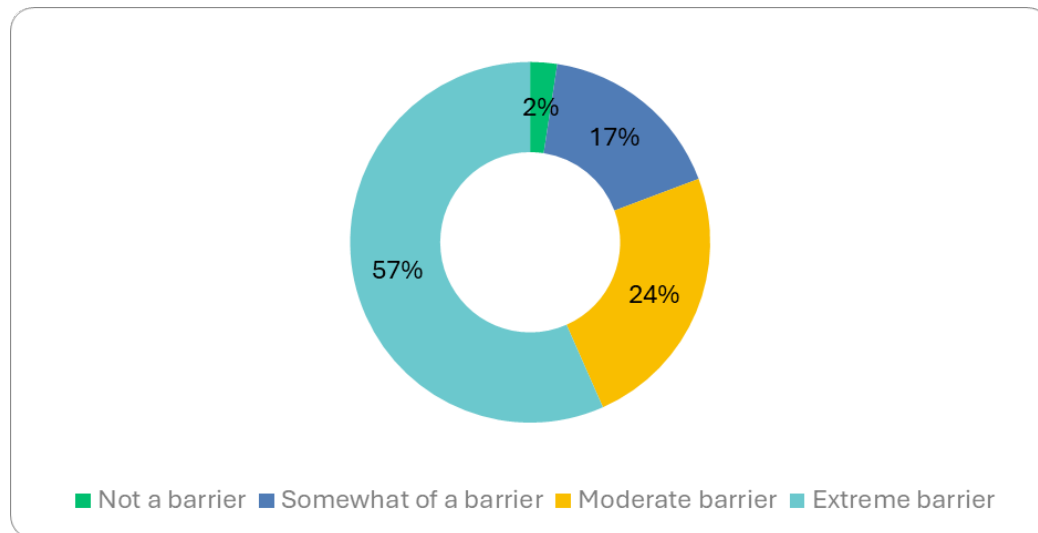
Moving Beyond Stigma...

- **Stigma** is a common and complex problem for people who consume alcohol and other drugs, and it is a key challenge in minimising the harms associated with alcohol and other drug use.
- The AODCCC seeks to address stigma through education and the sharing of peoples lived experience, normalising the nature of alcohol and other drug use that is present in every strata of society.
- Our Annual Membership Survey allows our members to actively participate in the organisation and provides the AODCCC with in-depth and expert knowledge in relation to our members lived and or living experience of alcohol and other drugs.
- **87** people participated in the survey in this reporting period.



Stigma, Discrimination & Shame

- **80%** of our members reported they had experienced stigma, discrimination or shame because of a lived/living experience of alcohol & other drugs.
- Does stigma, discrimination or shame act as a **barrier** for people accessing support in relation to their alcohol and other drug use?



Facets of stigma barriers:

Discrimination in medical settings

Reluctance to seek help

Access to services

Intergenerational stigma

Employment & Housing

Family & Relationships

Shame & Isolation

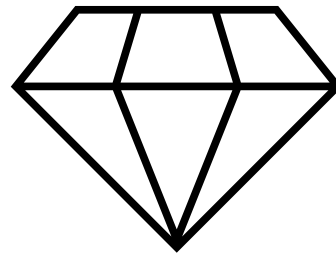
Self-esteem

Bias in legal systems

Support Systems

Quality of life

Recovery Journey



Strategies, Resources & Activities

AODCCC members shared and outlined many strategies, resources, and activities that have supported their journey of health and wellness:

- **Support Systems:** Having a strong network of supportive family, friends, and community members.
- **Counselling & Therapy:** Access to individual and group counselling, cognitive-behavioural therapy (CBT), and psychotherapy.
- **Peer Support:** Engaging with peer support and learning from others with lived experience.
- **Education & Training:** Participating in educational programs and training opportunities to gain knowledge and skills.
- **Rehabilitation programs:** Utilising residential rehabilitation centres and medically assisted treatments.
- **Community Engagement:** Connecting with community groups and participating in volunteer work.



- **Medical Support:** Accessing healthcare providers, mental health services, and medication-assisted treatments.
- **Holistic Approaches:** Combining various methods such as counselling, peer support, and physical activities to support overall well-being.
- **Professional Support:** Access to non-judgmental mental and physical health professionals, private inpatient treatment, outpatient group therapy, one-on-one psychology, and psychiatric medication.
- **Social Support:** Surrounding oneself with supportive friends, family, and community, and building a safe circle of support.
- **Healthy Lifestyle:** Maintaining a healthy diet, exercising, and adopting a balanced lifestyle
- **Crisis Support:** Calling lifeline and other crisis support services when needed.
- **Boundaries & Self-care:** Setting boundaries, practicing self-care, and engaging in meaningful activities to prevent social isolation. Engaging in activities like running, arts, and crafts, mindfulness, surfing, being in nature and journaling.



Challenging Stigma Through Education

Scroll through some thought-provoking statistics about Alcohol and Other Drugs in the Australian and Western Australian community.

The following statistics can also be viewed in a pdf factsheet [HERE](#).

Alcohol is estimated to cost the Australian community nearly **\$67 billion a year** in health, workplace and other costs.¹

Alcohol in WA...

WA Emergency Departments see almost **10,000 alcohol related presentations per year**.¹

Alcohol related Emergency Department presentations to Royal Perth Hospital, cost the WA community **\$7.5 million per year**.¹



Any Questions?



...beyond stigma



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