



Ending the Stigma Surrounding Addiction, Clinician Self-Disclosure and Advocacy

Fay Zenoff, MBA
Executive Director, Open Recovery
Principal, Zenoff Consulting Associates

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Conflict of Interest Disclosure

I, Fay Zenoff, have nothing to disclose, and I will not be discussing "off label" use of drugs or devices in this presentation.



Educational Objectives

- Consider what more we can do to end stigma
 - personally
 - professionally
 - systemically
- Explore adopting openness as
 - a shared value
 - a component of wellness
 - an act of advocacy

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Open Recovery controversial?

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Doctors have unusually high risk of substance use disorders

Doctors face tremendous barriers to wellness (in crisis **and** in recovery)

Potential Consequences & Backlash from:

- Patients
- Colleagues
- Employers
- Board/Associations
- Legal
- Social

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Physician,
heal thyself

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Weighing the **risks & benefits** of self disclosure

Understanding the **dimensions & nuances** of self disclosure

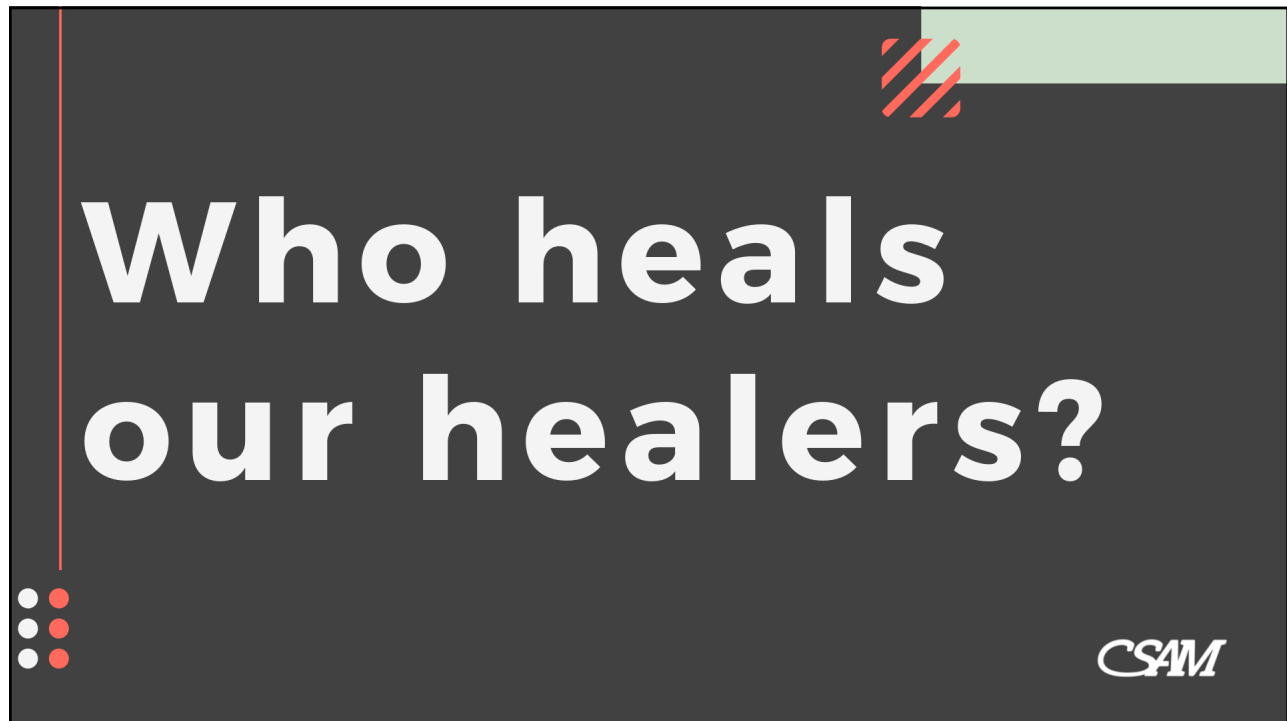
- Clinical
- Ethical
- Therapeutic
- Legal
- Regulatory
- Reputational

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Entrenched Stigma

Inadvertant Discrimination

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BEHIND THE CURTAIN: Recovery Advocacy

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential - SAMHSA

- **Identify Spheres of Influence: health, home, purpose/work, community**
- **Change the Narrative**
- **Hope, Value, Dignity, Respect, Opportunity**

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In Service of the Highest Good



A spectrum
illness



Embracing a
broader
understanding of
Recovery

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OPEN RECOVERY

- PARADIGM OF OPEN RECOVERY
- VALUE OF OPEN RECOVERY

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From:

How Dare You?

To:

Yes, Thank You!

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Q&A

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