



# You Can Make A Difference

By using the knowledge and tools you've gained throughout these five courses, you can be a leader promoting healthier workplaces and communities. Break the stigma by starting the conversation. Talk about people first and promote the need to view substance use through a lens focussed on the health of everyone.



## About CAPSA

CAPSA impacts health outcomes related to substance use through evidence, compassion and integrity, by delivering transformative education and training.



**Courses are available through the H2R Learning Academy**



[training@yourh2r.com](mailto:training@yourh2r.com)

**Contact CAPSA**



[training@capsa.ca](mailto:training@capsa.ca)



613-686-6657



# BRIDGING THE GAP

**Substance Use Stigma & Health**

**E-modules**





## On My Way to Wellness

### Module 2

Now that you've been introduced to how stigma affects society, it's time to look at your own attitudes and personal biases around substance use. Learn how the many pathways to increased health are not linear and dispel false beliefs through compassion and understanding.

## Building Momentum

### Module 1

Begin this journey through an introduction to the far-reaching and often silenced issue of stigma and how stigma has impacted friends, families and communities of the over 60,000 people who die from substance use in Canada each year. Learn how you can make a difference in reducing stigma today by becoming an ally.

## Flipping The Pyramid

### Module 3

Learn valuable insights on how societal stigma impacts health systems, creating barriers for people seeking care. Gain tangible tools to reduce stigma in the health system and support those impacted by substance use by widening the doorways for all those whose health needs care.

## More Than A Label

### Module 4

Here you will learn how stigma impacts our language and how labelling impacts people at many levels. Learn about how the use of person-first language eliminates stigma and how you can practice it in your workplace and in everyday life.

## Let's Talk About It: Substance Use Health

### Module 5

This last module introduces the principle of Substance Use Health, which reduces stigma at all levels, by reframing substance use beyond an illness, to its impacts on the health of the wider population.