

Module 5: Recovery and peer support

Reducing stigma



LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY

Objective n° 2

IMPROVING THE QUALITY OF LIFE AND PROMOTING SOCIAL INCLUSION

Implement initiatives that reduce stigma and discrimination associated with substance use disorders, thereby improving the quality of life and promoting social inclusion for individuals struggling with addiction.

Objective n° 1

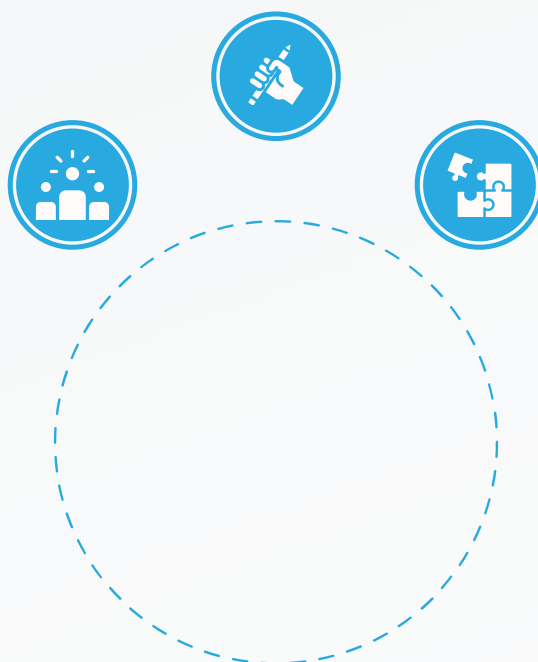
FEEL SAFE AND ACCEPTED

Create an environment where individuals with substance use disorders feel safe and accepted, enabling them to openly discuss their challenges and seek help when needed

Objective n° 3

SUPPORT INDIVIDUALS STRUGGLING WITH ADDICTION

Increase public awareness about substance use disorders, promote open dialogue about this issue, and equip people with the skills to effectively support individuals struggling with addiction



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description

1. Target group – adult educators, mentors, people with addictions stigma, best 15– 20 persons.
2. Time – 1–2 hour.

1. Mobile phones with access to internet,
2. Comfortable space for group discussions

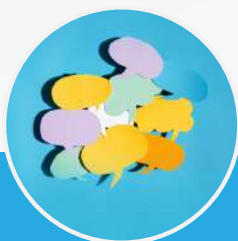
Materials

METHODOLOGY USED FOR THIS ACTIVITY



ROLE-PLAYING

Role-playing involves participants taking on specific roles and acting out scenarios to explore different perspectives and behaviors. In this activity, participants assume the roles described in the empathy scenarios, immersing themselves in the experiences and emotions of their characters.



REFLECTIVE DISCUSSION

Reflective discussion involves guided conversations that encourage participants to think deeply about their experiences and insights. After role-playing, participants engage in group discussions to reflect on their experiences, share their feelings, and discuss what they learned about empathy.



NEWSPAPER BASED SCENARIO

Newspaper Theatre methodology requires participants to create their own stories based on newspaper articles. Participants choose an article that inspires them and create a character connected to that story. They improvise dialogues and actions, embodying their characters and exploring their emotions and motivations. This process fosters empathy, creativity, and the ability to create authentic stories.



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ACTIVITY DESCRIPTION

1. Introduction

Begin by discussing the impact of stigma on individuals struggling with substance use disorders. Explain how stigma can hinder recovery and lead to social isolation. Introduce the concept of empathy and its importance in building supportive relationships.

2. Newspaper Selection

Provide participants with a variety of newspaper articles related to substance use, or provide participants with other tools that will allow them to access various news articles. These articles should cover a range of topics, such as addiction, recovery, and the challenges faced by individuals and their families.

3. Character Creation

Ask participants to choose an article that resonates with them. Encourage them to create a character based on a person mentioned in the article or to develop an original character inspired by the story.

4. Improvisation

Divide participants into small groups. Have each group improvise a scene based on their chosen article and character. Encourage them to explore the character's emotions, motivations, and challenges.

5. Performance and Discussion

Each group performs their scene for the rest of the group. After each performance, facilitate a group discussion using questions like:

How did the character feel?

What challenges did they face?

What were their hopes and dreams?

How did the character's experiences make you feel?

What did you learn about the impact of substance use and stigma?

6. Reflection and Sharing

Conclude the session by inviting participants to share their personal reflections on the activity. Discuss the importance of empathy, compassion, and non-judgmental attitudes in addressing substance use disorders. Encourage participants to consider how they can apply what they have learned to their own lives and interactions with others.

