

Practices

- **Stigma: recognizing it, addressing it, and reducing it**
 - Stigma involves judgement (the beliefs we hold about what is “good”, and what is “bad”) about another person based on their actions, appearance, choices, etc. Those judgements are then often tied to beliefs about what people do or do not “deserve”.
 - When it comes to behavioral health issues, stigma can be a major influence on whether or not people are treated with respect, dignity, and compassion, and whether or not they are provided with needed supports and access to services to reduce harms and improve their health and wellbeing. Harm Reduction takes direct strategies to reduce stigma.
 - [Respect to Connect: Undoing Stigma](#)
- **Motivational Interviewing**
 - [MI Resources](#)
- **Unconditional Positive Regard**
 - Working from the assumption that the individual who is experiencing harm is competent and capable of making their own decisions about what is best for their health, and that they are the experts in understanding the complex needs and experiences that influence their behaviors and choices.
 - Respecting an individual’s right and need to make their own decisions, and valuing and accepting them irrespective of the decisions they make.
 - Embracing an attitude of caring and acceptance that acknowledges that every individual is doing the best they can with the resources that are available to them.

For more information please contact: Katie McMullan katherine.mcmullan@ct.gov
