

# REGROUNDING OUR RESPONSE

The Regrounding Our Response is a Maryland Department of Health initiative that supports a multi-disciplinary network of Master Presenters across the state trained in five core concepts. Each concept is crucial to addressing stigma around substance use. The training network is committed to raising awareness about public health approaches to the opioid overdose crisis in Maryland.

Topics can be delivered as a series or as a stand-alone training:

## STAGES OF CHANGE

Understand how intentional behavior change happens, how to support people through the process of change and the importance of providing interventions that are appropriate for the stage each person is in.

## ADVERSE CHILDHOOD EXPERIENCES

Learn how toxic stress changes the physiology of early brain development, recognize the connection between substance use and trauma, discuss protective factors and how to build resilient, self-healing communities.

## SOCIAL DETERMINANTS OF HEALTH

Identify social determinants of health and how they affect an individual and community, review factors influencing change such as health equity and bias and discuss upstream and downstream approaches to the overdose crisis.

## MEDICATIONS FOR ADDICTION TREATMENT (MAT) AS OVERDOSE PREVENTION

Understand medications for opioid use disorder and how they can improve lives, review how medications can prevent overdose death, and discuss how stigma creates barriers to effective treatment.

## COMPREHENSIVE HEALTH FRAMEWORK FOR PEOPLE WHO USE DRUGS

Learn more about how stigma impacts health, review key harm reduction strategies and protective factors for infectious disease, and how to apply a drug user health framework in your organization.