

# REGROUNDING OUR RESPONSE

Regrounding our Response is a series developed by the Maryland Department of Health to remove the stigma attached to substance use and raise public awareness of substance use disorders.

## STAGES OF CHANGE

Understand the Transtheoretical Model of Change to understand how intentional behavioral change happens, and how to best support people through the process of change depending on the stage they are in.

## SOCIAL DETERMINANTS OF HEALTH



Identify the determining factors that can affect an individual and community's wellness, and explore what can be done to improve health outcomes, health equity, support, and anti-stigma at all levels.

## HEALTH FRAMEWORK FOR PEOPLE WHO USE DRUGS

Understand the effects of stigma on health while looking at harm reduction strategies, infectious disease prevention, and how to implement a drug user health framework in your community.



Targeting Caroline, Dorchester, Kent, Garrett, and Talbot Counties

## ADVERSE CHILDHOOD EXPERIENCES



Recognize how early toxic stress alters the physiology of early brain development contributing to the relationship between trauma and substance use, as well as the role of protective factors and community resilience.

## MAT AS OVERDOSE PREVENTION

Examine the data behind medication-assisted treatment (MAT) for those with opioid use disorders and learn how it can decrease stigma and numbers of overdose deaths.

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