Social Class Bias and the Negative Impact on Treatment Outcomes

Welcome, your facilitator will be:
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Social Class Bias and the Negative Impact on Treatment Outcomes
Social Class Bias and the Negative Impact on Client Treatment Outcomes

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Content of this Presentation

- Definition
- Intergenerational Poverty
- Neurological implications
- Psychological implications
- Wealth & Privilege
- Implications for Clinicians
- Structures for Support/Change Agents
- Resources
### What is Social Class?

- An expression of socioeconomic status (SES)
- An expression of identity for every human being regardless of country of origin, ethnicity, or culture
- An undeniable reality with its implicit and overt rules of behavior as well as its social ramifications for breaching these conventions (Belmi et al., 2019; Borrego, 2003; Dubois et al., 2015; Fast, Sivanathan, Mayer, & Galinsky, 2012; Ishitani, 2003; Kraus et al., 2009; Wells & Zinn, 2004; Yeskel, 2008)

### Implications of Social Class

- Social class in an inherent aspect of ‘being’
- Social class carries with it implicit and overt rules of behavior
- Boundaries and social ramifications for members of that particular class group
- “Social class is one of the least discussed-most significant-issues in American life. Although rarely mentioned, perceptions of one’s social class status strongly affect how people feel about themselves, about others, and about their families” (Ross, 1995, p. 338)
- Commodification of individuals
- Cultural mismatch theory
Manifestation of Classism within the Individual

Internalized Classism
- Individual feels myriad of negative cognitive and emotional experiences related to fear of failure to maintain one's social class standing

Upward Classism
- Thoughts or feelings directed at those assumed to be at a higher social class
- May be viewed as “uppity” “snobby” or “bougie”

Downward Classism
- Thoughts or feelings directed at those perceived to be in a lower class
- May be viewed as “lazy” “trashy” or “unworthy”

Lateral Classism
- Those who are perceived as a similar social class, maintenance of homeostasis.
- “Keeping up with the Joneses”
- Accompanying fear of losing status

Keeping up with the Joneses

How comfortable do you feel sharing the following?
- Your income
- Your debt
- Talking about your student loan debt
- Kind of beer you drink
- Kind of wine you drink
- Are you behind on bills
- What is your credit score
- Have you ever been bankrupt
- What is your zip code
- What is your school district
- Do you buy generic
- Do you buy boxed/canned foods
- What does your house cost
- Where do you shop for groceries
- Where did you go to school
- Neighborhood you grew up in
- What kind of car do you drive
- What brands are you wearing now
- How sophisticated is your lexicon
- What restaurants do you frequent
- Do you vacation
- Where do you vacation to and how often
- Can you purchase something big or do you need to wait
- Do you live paycheck to paycheck
- Do you bring lunch to work
Identity

- Individuals from high SES positions view themselves more favorably
- Feel they have more power
- Score higher on self-esteem & narcissism scales
- Demonstrate over precision

(Belmi et al., 2019; Dubois et al., 2015; Fast, Sivanathan, Mayer, & Galinsky, 2012; Judge, & Hurst, 2007; Kraus, & Park, 2014; Martin, Cote, & Woodruff, 2016; Piff, 2014)

Intergenerational Poverty

- Poverty as a risk factor
  - Academic failure
  - Substance use
  - Antisocial behavior
  - Depression
  - Teenage pregnancy

- Outcomes Mediated by
  - Adverse social environments
  - Family
Neurological Implications of Poverty

- HPA Axis & Cortisol (Hypothalamic-Pituitary-Adrenal Axis)
- Brain Development under stress—children
- Cognitive abilities such as self-regulation also play a key role in the intergenerational cycle of poverty.

Psychological Implications of Poverty

- ACE Score
- Trauma/Stress Response “allostatic load”
- Substance Use
- Antisocial Behavior
- Education
Wealth & Privilege

**Overprecision**

or having an excessive faith in knowing the truth in the absence of said knowledge

**Overt & Covert Behaviors**

Social Class Bias and the Negative Impact on Treatment Outcomes
Polling question 1
What are some traits associated with this group

A. They are well read
B. They eat healthy
C. They own reliable transportation
D. They own their own home
E. They are reliable and trustworthy
Polling question 2
What are some traits associated with this group

A. They are well read
B. They eat healthy
C. They own reliable transportation
D. They own their own home
E. They are reliable and trustworthy
Polling question 3
What are some traits associated with this group

A. They are well read
B. They eat healthy
C. They own reliable transportation
D. They own their own home
E. They are reliable and trustworthy
DRUGS

• Name the first population that comes to mind when you hear a prompt.
  • Cocaine
  • Crack
  • Methamphetamine
  • Heroin
  • Krokodil
  • Marijuana
  • Rx opioids
  • Inhalants
  • Benzodiazepines

Polling question 4
What SES is associated with wine

A. Low/working class
B. Middle
C. Upper
Polling question 5
What SES is associated with prescription pills

A. Low/working class
B. Middle
C. Upper

Implications of Bias in Legislation

"The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and black people...You understand what I'm saying? We knew we couldn't make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin. And then criminalizing both heavily, we could disrupt those communities,...We could arrest their leaders. raid their homes, break up their meetings, and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course we did."
War on Drugs

- Cocaine/Crack
  - Brought through US communities through governmental activities (Iran-Contra Scandal)
- Media representation of inner-city communities as criminals and drug addicts
  - Making crack synonymous with black communities & cocaine synonymous with white communities
- 1986 Anti-Drug Abuse Act
  - Mandatory minimums

Implications for Clinicians

- Recognizing poverty and intergenerational trauma effects on individuals, families, children
- Recognizing implicit bias
- Operation in silo vs systemically
- Family of Origin of therapist
  - FOO/SES with occupation/Population specialization/training
Social Class Bias and the Negative Impact on Treatment Outcomes
**RESTART Program**

- 60 days in jail, with group therapy
- IOP approx. 20 hrs of services per wk (UA, probation, indv tx, group tx)
- Breathalyzer, random UA, SCRAM
- Lose license for 1 year
- Interlock and car insurance
- Must be employed full time

**Access To Healthcare**
Mental Health

• According to SAMHSA
• In 2018 47.6 million adults were diagnosed with AMI
  • 9.2 million of these were diagnosed with a co-occurring disorder
• 4.7 million (51.4%) received treatment for their co-occurring disorders (mental health & substance)
• 4.5 million (48.6%) did not receive services

Unemployment Rates

• Currently there are 20,348,500 (seasonally adjusted) unemployed individuals in the United States.
• According to SAMHSA in 2013, rates of substance abuse among were higher among unemployed individuals.
• Adults on parole or supervised release had a prevalence of 34.3% vs. counterparts not on parole or supervised release 8.4%.
Structures Needed for Support

Children
- ACE
- Basic Needs

Schools
- Trauma-Informed Curricula
- Promoting Pro-Social Behavior

Families
- Resources

Social Class Bias and the Negative Impact on Treatment Outcomes
Let’s Practice

• The Game: Spent, make it through 30 frames
• Please take your phone and type the following address:
  • http://playspent.org/

Resources

PBS: Poor Kids:
http://www.pbs.org/wgbh/frontline/film/poor-kids/

TIP 57: Trauma Informed Care (SAMHSA)

Implicit Association Test:
https://implicit.harvard.edu/implicit/takeatest.html

Ardell wellness stress scale

Stress Reaction Inventory

ACE & Resiliency Scales

Columbia Suicide Severity Rating Scale
Questions & Discussion

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Thank You! Any Questions?

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Cultural Humility Series, Part II: Social Class Bias & the Negative Impact on Treatment Outcomes

Wednesday, July 15, 2020 @ 3:00pm ET (2CT/1MT/12PT)

Watch: On-Demand Recording (coming soon...)
Download: PowerPoint Slides (coming soon...)
CE Credit: Online CE Quiz (coming soon...)
Instructions: Access to Online CE Quiz and Certificate Instructions
Answers: Live Event Q & A (coming soon...)

UPCOMING WEBINARS

July 17th, 2020
Cultural Humility Series, Part III: Do You Know Who You Are and For Whom You Provide Services?
By: Janice E. Stevenson, PhD

July 22nd, 2020
Measurement Based Care: An Essential Component of High-Quality Behavioral Healthcare
By: Julia S. Finken, RN, MBA, CSSBB, CPHQ

July 29th, 2020
Cultural Humility Series, Part IV: Critical Issues in LGBTQIA Patient Care
By: Allison (Alli) Schad, LCSW, LCAS, SEP & Peter Pennington, LPC, NCC

August 5th, 2020
Increasing Effective Clinical Supervision for SUD Treatment Providers
By: James Campbell, LPC, LAC, MAC, CAC II and Celeste H. Hutchinson, MA, LPC, NCP, MAC

www.naadac.org/webinars
Social Class Bias and the Negative Impact on Treatment Outcomes

Cultural Humility Series

- Cultural Humility Series, Part I: Understanding SUD Disparities Among LGBTQIA People
  By: De’An Roper, PhD, LCSW-S

- Cultural Humility Series, Part II: Social Class Bias and the Negative Impact on Client Treatment Outcomes
  By: Anthony Rivas, EdD, LMFT, LAC, MAC, SAP and Bita Rivas, EdD, LPC, LMFT, LAC,

- Cultural Humility Series, Part III: Do You Know Who You Are and For Whom You Provide Services?
  By: Janice Stevenson, PhD

- Cultural Humility Series, Part IV: Critical Issues in LGBTQIA Patient Care
  By: Allison (Alli) Schad, LVSW, LCAS, SEP and Peter Pennington, LPC, NCC

- Cultural Humility Series, Part V: Race, Ethnicity and Immigration: SUD Treatment for Latinx Communities
  By: Pierluigi Mancini, PhD, MAC, NCAC II

- Cultural Humility Series, Part VI: Why It Matters Now More Than Ever
  By: Miguel E. Gallardo, Psy.D.

MORE FROM NAADAC

EMERGENCY RESPONSE WEBINARS:

- COVID-19: Telehealth for Opioid Addiction Interventions
  By: Marlene M. Maheu, PhD

- The Impact of Disaster on Recovery: The Perfect Storm
  By: Timothy Legg, PhD, PsyD, PMHNP-BC, MAC

- Psychological First Aid During COVID-19
  By: Fredrick Dombrowski, PhD, LMHC, MAC, CASAC

- Virtual Town Hall: Understanding the Impact of COVID-19 on the Addiction Profession
  By: Thomas P. Brion, DrPH, LPC, LCAS, ACS, Lisa Dinhofer, MA, CT, and Andrew Kolodny, MD

- Telehealth During COVID-19 and Beyond: Integrative Treatment for Co-Occurring Disorders
  By: Fredrick Dombrowski, PhD, LMHC, MAC, CASAC

- Virtual Workplace Wellness: Successfully Managing Change and Reducing Stress
  By: Percilla Zeno, CCHW, CPRS

COVID-19 Resources

www.naadac.org/covid-19-resources
Cultural Humility Series, Part II

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