



Watch or listen to Lesson 1 and work through these self-reflection questions at your own pace on your own or with your colleagues.

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REFLECTION ON STIGMA IN RELATIONSHIPS:

Heather and Joshua's relationship has faced significant stigma due to their experiences with addiction and recovery. What are some of the common misconceptions about relationships involving addiction, and how can we challenge these biases in our communities?

LEARNING FROM INDIGENOUS KNOWLEDGE AND EXPERIENCE:

KANDU is an Indigenous-led peer support network founded by individuals with lived experience. How can healthcare providers and educators incorporate Indigenous perspectives and the wisdom of lived experience into stigma-reduction strategies?

PERSONAL AND COMMUNITY RESILIENCE:

In the video, both Heather and Joshua exemplify resilience in the face of personal and societal challenges. How can stories of resilience help to reduce stigma surrounding addiction and recovery in healthcare and community settings?

CHALLENGING THE LEGACY OF COLONIALISM IN HEALTHCARE:

Colonialism has often imposed a one-size-fits-all approach to healthcare and support systems, disregarding cultural and individual needs. How does this video demonstrate the importance of embracing diverse approaches, such as those informed by Indigenous knowledge and lived experience, to address addiction and recovery? How can this shift help reduce stigma and improve outcomes?

BLENDING ADDICTION AND RECOVERY:

Heather and Joshua's journey highlights the complexities of blending addiction and recovery within a shared life. What unique challenges and opportunities arise when addiction and recovery coexist, and how can we use their story to promote understanding and reduce stigma in similar situations?

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