

Iceland
Liechtenstein
Norway grants



PÄRNU NAISTE VARJUPAIK



NTTK

Vägivallast on
väljapääs!



ühendus
vägivallavaba
elu kaitseks



The Root - Rótin

Services for Women with PSU

“Trained specialists help to reduce domestic violence in Estonia”. –
Tallinn, Estonia, 2 June 2022

Kristín I. Pálsdóttir and Þórunn Sif Böðvarsdóttir



WOMEN AND SUBSTANCE USE

What treatment models for substance use are used in Estonia?



WOMEN AND SUBSTANCE USE

- Men and women have different trajectories in their drug use initiation and progression
- Women's substance use intersects with wider social factors such as the development of intimate relationships with men (Cornier et al. 2004)
- More likely than men to have experienced physical or sexual abuse (UNODC, 2004).



WOMEN AND VIOLENCE

- Women are more likely than men to have experienced traumatic events
- Overwhelming global burden of IPV is borne by women
- Worldwide, 27% of ever-partnered women aged 15-49 have been subjected to some form of physical and/or sexual violence by their intimate partner

(Sardinha et al. 2018)



WOMEN AND SUBSTANCE USE

- In the 1970s research about women was a 'non-field' (Kalant, 1980)
- Two co-existing modes of knowledge: *the classical* and *the postmodern* (Ettorre, 2004)
- **Postmodern mode**: gender-sensitive and feminist orientated, emancipatory and anti-oppressive
- **Classical mode**: obsolete and overly essentialist both towards drug effects and groups of substance users



CLASSICAL MODE

- Disease aspects of substance use and misuse
- Focus on the disease 'addiction' and use individualistic explanations
- Gender, class, sex, age, ethnicity or racial differences tend to be overlooked
- Abstinence based not harm reduction



POSTMODERN MODE

- Deals more effectively with persistent systems of social inequalities
- Social differences based on class, gender, ethnicity, ability are recognized
- Focuses on drug use as a social issue that is culturally shaped into a social problem and reflective of 'disreputable pleasures'
- Focus on safer sex and harm minimization strategies
- Human rights are not contingent on whether or not using drug

(Ettorre 2004)



EPISTEMOLOGIES OF IGNORANCE

- The general field of drug studies has been 'resistant to gender-sensitive approaches. It has been argued that this has led to a lack of comprehensive data on the prevalence of women's use.
- Disease regimes of addiction have made the field resistant to gendered, classed, and radicalized power differentials that structure the lives of drug-using women.
- In a feminist analysis of women drugs users, the notion of power differentials as well as bodies must be placed at the core.

(Campbell and Ettore 2011)



WOMEN'S SUBSTANCE USE TRAJECTORIES

- Research has demonstrated that women's initiation to drug use takes place at a younger age.
- It is also evident that women's substance use intersects with wider social factors, including intimate relationships with men.
- Women who use substances are also more likely than men to have experienced physical or sexual abuse.
- Intimate partner violence, physical and sexual abuse, and other childhood issues have been found to be key features of women's substance use trajectories.

(Arpa 2017, Fagan et al. 2008)



OLD MODEL VERSUS TRAUMA INFORMED MODEL

Focus on trauma or addiction	Focus on addiction and trauma
Addiction is the focus or trauma is the focus, not both	If you have both, you can get help for both
"One size fits all" - there's one right way to heal	"Many roads, one journey" - there are many ways to heal
Attend on type of treatment	Embrace all the help you can
Work on addictions now and trauma later	Work on both at the same time
With addiction recovery you'll feel better and better	Trauma problems may flare up as you maintain addiction recovery; this needs attention too
If you heal trauma, the addiction will go away on its own	Healing trauma alone is not enough
If you work on trauma and addiction at the same time, you'll get worse	It's how you work on it that matters. Working on both shows positive results if it's done well
Addiction is just due to genes (biology)	Addiction is typically due to genes and environment (including trauma)
Lack of focus on gender and culture	Gender and culture play a role in trauma and addiction
Addictive behaviour is an attempt to <i>avoid</i> trauma memories	There are many reasons why people have addictive behavior

(Najavits 2019)



“One of the big moments in recovery is when you can see how trauma and addiction are linked if you have both issues. You open your heart and find ways to move forward. You tell a new story of who you are.”

(Najavits 2019, p. 7)



Retraumatization – What hurts?

SYSTEM - (Policies, Procedures, "The way things are done")	RELATIONSHIPS - (Power, Control, Subversiveness)
Having to continually tell their story	Not being seen/heard
Being treated as a number	Violating trust
Procedures that require disrobing	Failure to ensure emotional safety
Being seen as their label (e.g., Addict, Schizophrenic)	Non collaborative
No choice in service treatment	Does things for rather than with
No opportunity to give feedback about their experience with the service delivery	Use of punitive treatment, coercive practices and oppressive language

(Buffalo Center for Social Research)



GENDER-TRANSFORMATIVE APPROACHES

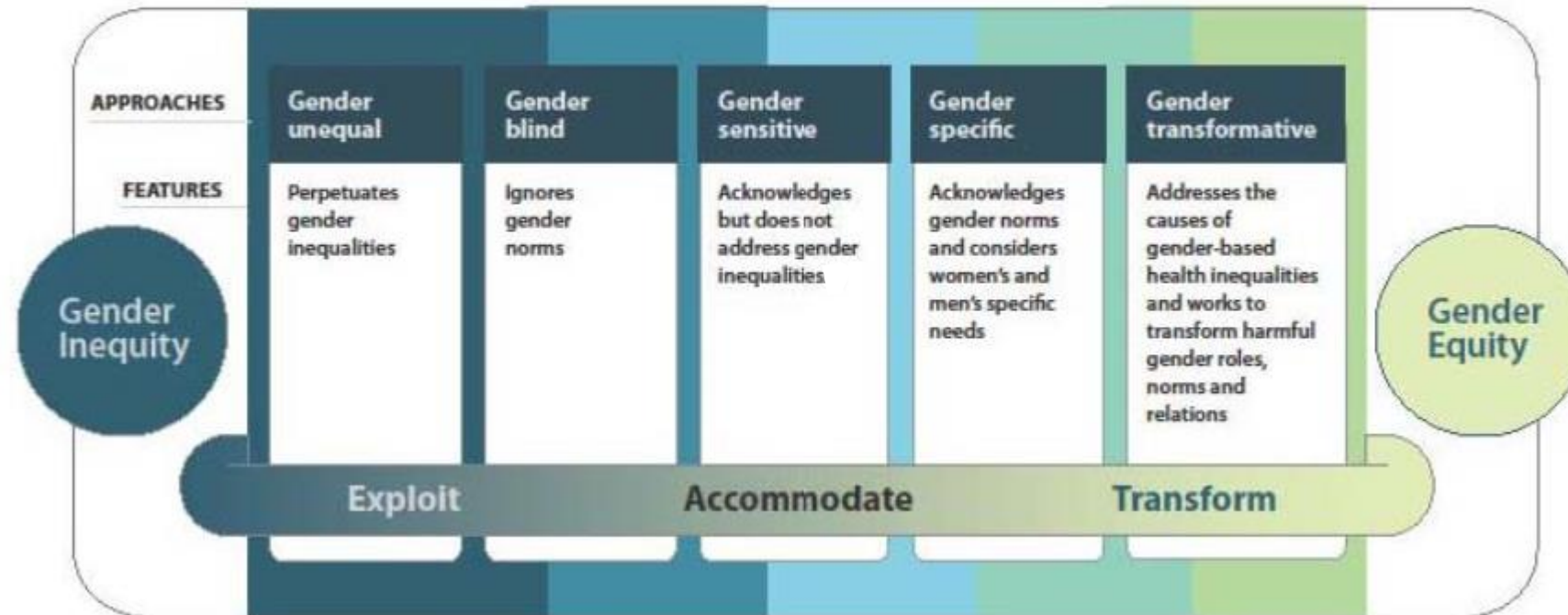
Gender-transformative approaches actively strive to examine, question, and change rigid gender norms and imbalance of power as a means of reaching health as well as gender equity objectives.

(Rottach, S.R. Schuler, and K. Hardee 2009).



GENDER-TRANSFORMATIVE APPROACHES

A Continuum of Approaches to Action on Gender and Health



(Greaves, Pederson & Poole 2014)



IMPLEMENTING A GENDER APPROACH IN DRUG POLICIES: PREVENTION, TREATMENT AND CRIMINAL JUSTICE



Carine Mutatayi, Sarah Morton,
Nadia Robles Soto, Kristín I. Pálsdóttir
and Cristiana Vale Pires

A handbook for practitioners
and decision makers



HANDBOOK PUBLISHED BY POMPIDOU
GROUP OF THE EUROPEAN COUNCIL
IN APRIL 2022

THE HANDBOOK IS AVAILABLE HERE:
[HTTPS://RM.COE.INT/2022-PPG-
IMPLEMENTING-A-GENDER-APPROACH-
IN-DRUG-POLICIES-A-PG-
HANDBOOK/1680A66835](https://rm.coe.int/2022-PPG-IMPLEMENTING-A-GENDER-APPROACH-IN-DRUG-POLICIES-A-PG-HANDBOOK/1680A66835)



IMPLEMENTING GENDER APPROACHES IN DRUG POLICY

Contents

ACKNOWLEDGEMENTS	5
ABOUT THE AUTHORS	6
PREFACE	7
TESTIMONY	9
INTRODUCTION – IMPROVING GENDER SENSITIVITY WITHIN DRUG POLICY	11
CHAPTER 1 – CURRENT EVIDENCE ON THE GENDER DIMENSION OF SUBSTANCE USE, RELATED HARMS AND RESPONSES	19
CHAPTER 2 – GUIDANCE FOR POLICY MAKERS	37
CHAPTER 3 – GUIDANCE FOR PRACTITIONERS	53
CONCLUSIONS AND RECOMMENDATIONS: TOWARDS GENDER MAINSTREAMING IN DRUG RESPONSES	81
GLOSSARY	85
REFERENCES	95
APPENDIX 1 – EXAMPLES OF PREVENTION, CRIMINAL JUSTICE AND TREATMENT AND INTERVENTION PROJECTS	121
APPENDIX 2 – LIST OF EXPERTS	159



IMPLEMENTING GENDER APPROACHES IN DRUG POLICY

- Provides policy makers and practitioners in the drug field with evidence-based and operational recommendations to develop and implement policies and interventions that better integrate specific gender needs (gender-sensitive approach)
- Support more gender equity (gender-transformative approach) for people concerned with the provision of drug-related prevention and care (risk and harm reduction, treatment, reintegration), including in the criminal justice system.



IMPLEMENTING GENDER APPROACHES IN DRUG POLICY

“Gender equality is a fundamental human right, but gender inequality persists everywhere and has always been present. Uneven relations between men and women, gender stereotypes and discrimination affect all societies (United Nations 2020a). For many women and girls, inequality starts at birth and unequal gender status affects their lives as it “shapes the contexts in which they evolve” (Covington 2008). Violence and drug-related harms affect women who use drugs in a very specific way (Liquori O’Neil and Lucas 2015; UNODC 2017a).”



References

Arpa, Sharon. 2017. Women who use drugs: Issues, needs, responses, challenges and implications for policy and practice. EMCDDA commissioned paper: https://www.emcdda.europa.eu/document-library/women-who-use-drugs-issues-needs-responses-challenges-and-implications-policy-and-practice_en.

Buffalo Center for Social Research. University at Buffalo. [2022]. What is Trauma-Informed Care? See: <http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care>.

Campbell, Nancy and Elizabeth Ettore. 2011. Gendering Addiction: The Politics of Drug Treatment in a Neurochemical World. Palgrave Macmillan.

Cormier, Renée A, Colleen Anne Dell and Nancy Poole. 2004. Women and Substance Abuse Problems. 4(Suppl 1): S8. Published online 2004 Aug 25. doi: 10.1186/1472-6874-4-S1-S8. PMCID: PMC2096682 PMID: 15345071. See: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2096682/>.

Ettore, E. 2004, "Revisioning women and drug use: gender sensitivity, embodiment and reducing harm", International Journal of Drug Policy, 15:5, pp. 327-335. See: <https://www.sciencedirect.com/science/article/pii/S0955395904000623>.



References

- Fagan A.A., Hanson K, Hawkins J.D., Arthur M.W. 2008. Bridging science to practice: achieving prevention program implementation fidelity in the community youth development study. *Am J Community Psychol.* 2008 Jun;41(3-4):235-49. doi: 10.1007/s10464-008-9176-x. PMID: 18302016. See: <https://pubmed.ncbi.nlm.nih.gov/18302016/>.
- Greaves, L., Pederson, A., & Poole, N. (Eds.). 2014. *Making it Better: Gender-Transformative Health Promotion*. Toronto, ON: Canadian Scholars Press, p. 22
- Kalant, O.J. (Ed.). 1980. *Alcohol and drug problems in women*. Plenum Press, NY. (Research advances in alcohol and drug problems, vol. 5).
- Rottach, E., S.R. Schuler, and K. Hardee. 2009. *Gender Perspectives Improve Reproductive Health Outcomes: New Evidence*.
- Sardinha, Lynnmarie, Mathieu Maheu-Giroux, Heidi Stöckl, Sarah Rachel Meyer, Claudia García-Moreno. Global, regional, and national prevalence estimates of physical or sexual, or both, intimate partner violence against women in 2018. *The Lancet*, 2022; 399 (10327): 803 DOI: 10.1016/S0140-6736(21)02664-7. See: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)02664-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)02664-7/fulltext). .
- UNODC, 2004, “Substance abuse treatment and care for women: case studies and lessons learned”, United Nations, New York. See: https://www.unodc.org/pdf/report_2004-08-30_1.pdf.



THANK YOU!

Rótin – The Root

Kristín I. Pálsdóttir, MA Editorship and
Theory of publication, Professional
Certificate Women and Substance Use

www.rotin.is
rotin@rotin.is
facebook.com/rotin.felag
twitter.com/rotin_felag
instagram.com/rotin_felag

