

# BABBLE BOX

An anti-stigma card game designed to encourage conversations.  
working on 3 levels

## **PERCEPTION**

This level leads us to explore our own perceptions and bias that can lead to stereotypes and prejudice against people in addiction and recovery.

## **LEARNING**

This level offers insight into the hopes and dreams of people with lived experience, myth-busting and some accurate facts.

## **REFLECTION**

The final level encourages reflection on what was learnt during the game, how feelings have changed and how to take that forwards.

## **HOW TO PLAY**

Find a willing partner, the game can be played with one or more people, take it in turns to draw a card and ask each other questions, work your way through the 3 levels and enjoy :)

## PERCEPTION

When you are really struggling, what makes you feel better and why?



## PERCEPTION

What do you hope future generations learn about society? What is our role in helping them understand?



## PERCEPTION

Has anyone ever stereotyped you? Why and how did you feel?



## PERCEPTION

How do you think we can make society fairer?



## PERCEPTION

Have you felt shame? Explain...



## PERCEPTION

Have you ever tried to quit something?



## PERCEPTION

Do you ever feel you have to hide parts of yourself and why?



## PERCEPTION

What is something others would never guess about you?



## PERCEPTION

Just by looking at you I would think

---



## PERCEPTION

Share a time something happened that you felt you didn't deserve.



## PERCEPTION

Admit something...



## PERCEPTION

How are you really?



## PERCEPTION

What is a dream you have let go of?



## PERCEPTION

What is a dream you are holding on to?



## PERCEPTION

As a child what do you think I wanted to be...



## PERCEPTION

When you hear the word 'addiction' what do you feel?



## PERCEPTION

What would you say to your best friend struggling with addiction and dependency?



## PERCEPTION

What have you always wondered but been too afraid to ask about addiction and dependency?



## PERCEPTION

How do you feel about people that use drugs or alcohol?



## PERCEPTION

What would you say to your best friend struggling with addiction?



## PERCEPTION

When you hear the word 'addiction' what do you feel?



## PERCEPTION

Has addiction touched your life?



## PERCEPTION

Share a time you felt left out.



## PERCEPTION

Does Addiction scare you?



## PERCEPTION

Tell me about a time when you have felt lonely.



## PERCEPTION

Have you ever felt excluded?  
How did this make you feel?



## PERCEPTION

Reaching out for help; courageous or shameful?



## PERCEPTION

What did the people that raised you teach you about discrimination?



## PERCEPTION

What are you most proud of?



## PERCEPTION

Tell me what you are most scared of?



## PERCEPTION

Tell me what you are most scared of?



## DID YOU KNOW?

### WHAT IS THE BIOPSYCHOSOCIAL MODEL OF ADDICTION?

Rather than one cause, numerous biological, psychological, and social factors increase or decrease the risk of addiction among individuals.



## DID YOU KNOW?

### WE ASKED PEOPLE USING OUR SERVICES WHAT THEY WANTED FOR THEIR FUTURE;

"I just want to be a mum to my little boy. I want to do the school run, take him to his hobbies, enjoy life" said Chelsea "I hate the word normal, but I want a bit of normality. I want to be a mummy!"



## DID YOU KNOW?

### WE ASKED PEOPLE USING OUR SERVICES WHAT THEY WANTED FOR THEIR FUTURE;

"I want a normal life. Go on holidays, make a business, hold my head up high as I walk down the street. I feel free."



## DID YOU KNOW?

### WE ASKED PEOPLE USING OUR SERVICES WHAT THEY WANTED FOR THEIR FUTURE;

"I always say I'm one of the lucky ones. I really mean that, now I have goals, I have aspirations, a belief system, integrity, morals."



## DID YOU KNOW?

### WE ASKED PEOPLE USING OUR SERVICES WHAT THEY WANTED FOR THEIR FUTURE;

"I want to have a beautiful family, earn my own money. I want to use my experience, my story to help people."



## DID YOU KNOW?

We function best when all members of our community come together to use our shared resources to deal with problems. When we share responsibility for the health of our communities, this connects us and allows us to better deal with problems, like addiction.



## DID YOU KNOW?

Living in an unequal society is like some of us riding up escalators to get to where we want to go, while others of us often only have down escalators in our path and have to run up them.



## DID YOU KNOW?

When we provide the right care and support many people that are dependent on drugs or alcohol make a full recovery and go on to lead happy and healthy lives. On average over the last 4 years 65% of the people that use our residential rehab services successfully complete their treatment.

Phoenix Futures Local Outcomes Analysis Report



## DID YOU KNOW?

Research has demonstrated that access to health care is a major determinant of good health. Moreover, being able to disclose identities, behaviours, and concerns to health providers in order to have honest conversations has been demonstrated to be a crucial piece of the collaboration between patients and their providers (Hoffman, et al., 2009). Stigma and fear of judgment often prevents people with drug and alcohol problems being open about their condition and behaviours.

Better Health Briefing 41, Race Equality Foundation 2018, ([www.raceequalityfoundation.org.uk](http://www.raceequalityfoundation.org.uk))



## DID YOU KNOW?

The most deprived local authority areas have the highest number of people who use drugs problematically.

Alcohol and drug prevention treatment and recovery: why invest?, 2018 GOV.UK ([www.gov.uk](http://www.gov.uk))



## DID YOU KNOW?

People who use drugs are one of the most heavily stigmatised groups of people in the world. Stigma limits access to healthcare, it limits opportunities for people to get better and build happy lives for themselves and their families, because stigma creates a sense of shame that stops people reaching out for help and limits the funding available for vital services.



## DID YOU KNOW?

Transgender and non-binary Black, Asian and Minority Ethnic people experience higher rates of discrimination when trying to access support for mental health and drugs and alcohol use when compared to their white trans, non-binary counterparts.

Better Health Briefing 41, Race Equality Foundation 2018, ([www.raceequalityfoundation.org.uk](http://www.raceequalityfoundation.org.uk))



## DID YOU KNOW?

Black, Asian and people from Minority Ethnic Communities are underrepresented in residential rehab but research shows when people from minority communities are able to access residential rehabilitation treatment outcomes are as good as, if not better than, non B.A.M.E groups. Funding, assessment, and referral processes unfairly limit access to treatment for these groups - even if this is at an unconscious level. (\*\* (NDTMS\*) (Provider data\*\*).

Making Rehab Work, Phoenix Futures, 2021 ([www.phoenixfutures.org.uk](http://www.phoenixfutures.org.uk))



## DID YOU KNOW?

Inequalities in health start at an early age, with higher rates of diagnosed mental health conditions, chronic pain and alcohol problems starting to develop as early as the late teens and early twenties. These health inequalities then continue to grow and change across the lifecycle, through working age and into old age.

Quantifying health inequalities in England, 2022, ([www.thehealthfoundation.org.uk](http://www.thehealthfoundation.org.uk))



## DID YOU KNOW?

People living in poorer areas have greater levels of multiple diagnosed illness (multimorbidity). Large inequalities in the burden of disease are concentrated within a few diagnosed conditions, including chronic pain, diabetes, COPD, anxiety and depression, alcohol problems and cardiovascular disease.

Quantifying health inequalities in England, 2022. ([www.thehealthfoundation.org.uk](http://www.thehealthfoundation.org.uk))



## DID YOU KNOW?

### WE ASKED PEOPLE USING OUR SERVICES WHAT THEY WANTED FOR THEIR FUTURE:

"When I got to rehab, I was determined. I adhered myself to the programme. I put 100% in. I wasn't going back to that life. I couldn't say I wanted my life back. I never had a life. I wanted to start again."



## DID YOU KNOW?

The UK has evidenced based and highly effective solutions to treat addictions of all kinds, such as early intervention, talking therapies and programmes that have a strong focus on changing people's behaviour and patterns of thinking. When we provide the right care and support many thousands of people recover from addiction every year.



## DID YOU KNOW?

We hear story after story of desperate people trying to get help and not finding it or not getting it quickly enough. Stigma limits access to health care and limits funds available for vital services. Stigma kills.

Deaths Related to Drug Poisoning England and Wales: 2021 Registrations ([www.ons.gov.uk](http://www.ons.gov.uk))



## DID YOU KNOW?

Poverty, inadequate housing, unemployment, and lack of social support all make it harder for people to recover from drug and alcohol problems. Stigma stops many people who are trying to recover from addiction accessing the essential things we all need to live healthy and happy lives.



## DID YOU KNOW?

"Insecurity, deprivation, the loss of possibilities, the lack of belonging, hopelessness, and social maladjustment lead to negative emotions including loneliness, unhappiness, worry, and stress that in turn lead individuals to, in part, experience more pain and pain sensitivity both physical and psychological."

Deaths of Despair 2020



## DID YOU KNOW?

Addiction, clinically referred to as Substance Use Disorder, is a complex yet treatable chronic relapsing health condition that involves compulsive use of one or more substances despite serious health and social consequences.



## DID YOU KNOW?

87% of the people who use Phoenix Residential Care Services have experienced a traumatic life experience. Often multiple traumas and often severe and chronic abuse as a child.

Phoenix Futures Footprints Report, 2021. ([www.phoenixfutures.org.uk](http://www.phoenixfutures.org.uk))



## DID YOU KNOW?

The developing brain can be disrupted by chronic stressful conditions such as extreme poverty, abuse, or neglect - this can lead to lifelong difficulties in learning, memory, and self-regulation. We know that children who are exposed to serious early stress develop an exaggerated stress response that, over time, weakens their defence system against diseases, from heart disease to diabetes, depression, and addiction.

Talking about addiction, A Frameworks Message Memo, 2012 ([www.frameworksinstitute.org](http://www.frameworksinstitute.org))



## DID YOU KNOW?

Drug related deaths across the UK in 2021 were at the highest level since records began and have risen 60% in the last decade whilst funding for adequate treatment has declined.

Deaths related to drug poisoning in England and Wales: 2021 registrations. 2022 ([www.ons.gov.uk](http://www.ons.gov.uk))



## DID YOU KNOW?

In England it has become increasingly difficult for people to access residential rehab which is a specialist lifesaving treatment offering enhanced safety, support, and care for some of the most vulnerable people with addiction problems. In 2020-21 less than 1% of the treatment population in England and Wales received Residential Rehabilitation as an intervention. The European average is 11%. (EMCDDA).

Making Rehab Work. Phoenix Futures. 2021 ([www.phoenixfutures.org.uk](http://www.phoenixfutures.org.uk))



## DID YOU KNOW?

The principles of recovery focus on the central ideas of hope, choice, freedom and aspiration that are experienced rather than diagnosed and occur in real life settings rather than in the rarefied atmosphere of clinical settings. Recovery is a process rather than an end state, with the goal being an ongoing quest for a better life. Recovery capital refers to the sum of resources that may facilitate the process. It is made up of Social capital, Physical capital, Human capital, Cultural capital.

(The Potential of Recovery Capital. The RSA)



## REFLECTION

How did this game make you feel?



## REFLECTION

In one word how would you describe this experience?



## REFLECTION

What is a lesson you will take away from this game?



## REFLECTION

What was the most surprising thing you learned?



## REFLECTION

How do you think this experience will change the way you talk about and treat people who use or have used substances?



## REFLECTION

What is your biggest takeaway from this experience?





## REFLECTION

How would you explain recovery to a child?



## REFLECTION

In one word describe how you feel right now...



## REFLECTION

What question was the hardest for you to answer?



## REFLECTION

What do you admire most about people struggling with addiction?



## REFLECTION

Has this game taught you anything about yourself?

If so, what?

