

Language Matters

You can help break down stigma that comes with substance use disorder by changing your language

Try This Rather Than This

A person with or suffering from substance use disorder	Abuser, Addict, Alcoholic
Individual in recovery	Clean
Negative toxicology results	Clean
Positive test results	Dirty
Resumed or experience recurrence	Lapse, Relapse, or Slip
Medications for treatment	Medication Assisted Treatment
Medications for treatment	Opioid Replacement Therapy
Nonmedical use of a psychoactive substance	Prescriptions Drug Misuse
Substance use or nonmedical use	Substance Misuse

Here are some additional terms that we would recommend not using... *Co-Dependency, Dope sick, Drug abuse, Dry drunk and Enabling.*

Abstinence is typically interpreted as complete abstinence but there are many different levels of abstinence including continuous abstinence, essentially abstinence, minimal abstinence, point-in-time abstinence, and complete abstinence.

Addiction is a primary, chronic, neurobiological disease with genetic, psychosocial, and environmental factors influencing its development and manifestation. Behaviors characterized by behaviors that include: Impaired control over drug use, compulsive use, continued use despite harm, and cravings.

Alcohol Use Disorder is a chronic brain disorder characterized by an impaired ability to stop or control alcohol use despite social, occupational or health consequences.

Harm Reduction refers to a range of services and policies that lessen the adverse consequences of drug use and protect public health. Harm Reduction acknowledges that many people are not able or willing to abstain from illicit drug use, and that abstinence should not be a precondition for help.

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. There are multiple paths to Recovery, as there are different paths of destruction. It is important to remember that Recovery is individualized.

Substance Use Disorder is a disease that affects a person's brain and behavior, leading to an inability to control the use of legal or illegal substance or medication.

For additional resources visit www.nqcc.org

