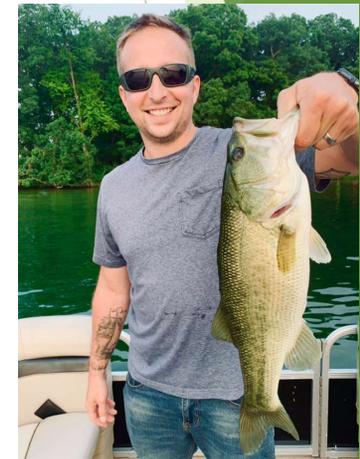


# The Language of Recovery

Stefanie Robinson

## A little about me...



# ADDICTION IS NOT A CHOICE OR MORAL FLAW IT'S A CHRONIC DISEASE

ADDICTION IS AN ILLNESS OF  
THE MIND AND BODY THAT IS  
CHRONIC, PROGRESSIVE, AND  
FATAL IF LEFT UNTREATED

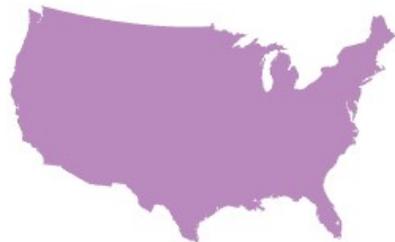


It is considered a brain disease because drugs & alcohol change the brain; they change its structure and how it works

It's also characterized by compulsive behavior there are some that are instead addicted to gambling, betting, video games, etc

# ADDICTION

A MENTAL DISORDER CHARACTERIZED BY  
COMPULSIVE ENGAGEMENT IN REWARDING  
STIMULI DESPITE NEGATIVE CONSEQUENCES



About **40 million** Americans are addicted to some kind of mind or mood-altering substance



**1 in 10** people in the United States over **12** years old are hooked on an illegal substance

# **ADDICTION IS A DISEASE**

It has been nearly 70 years since the science and medical community have defined addiction as a chronic brain disease. Still today, many think it is a moral failing.

**Addiction is not a moral failing.** It is a chronic disease that requires medical and professional help.

**Addiction is a brain disease. This is not a moral failing. This is not about bad people who are choosing to continue to use drugs because they lack willpower.**

Michael Botticelli

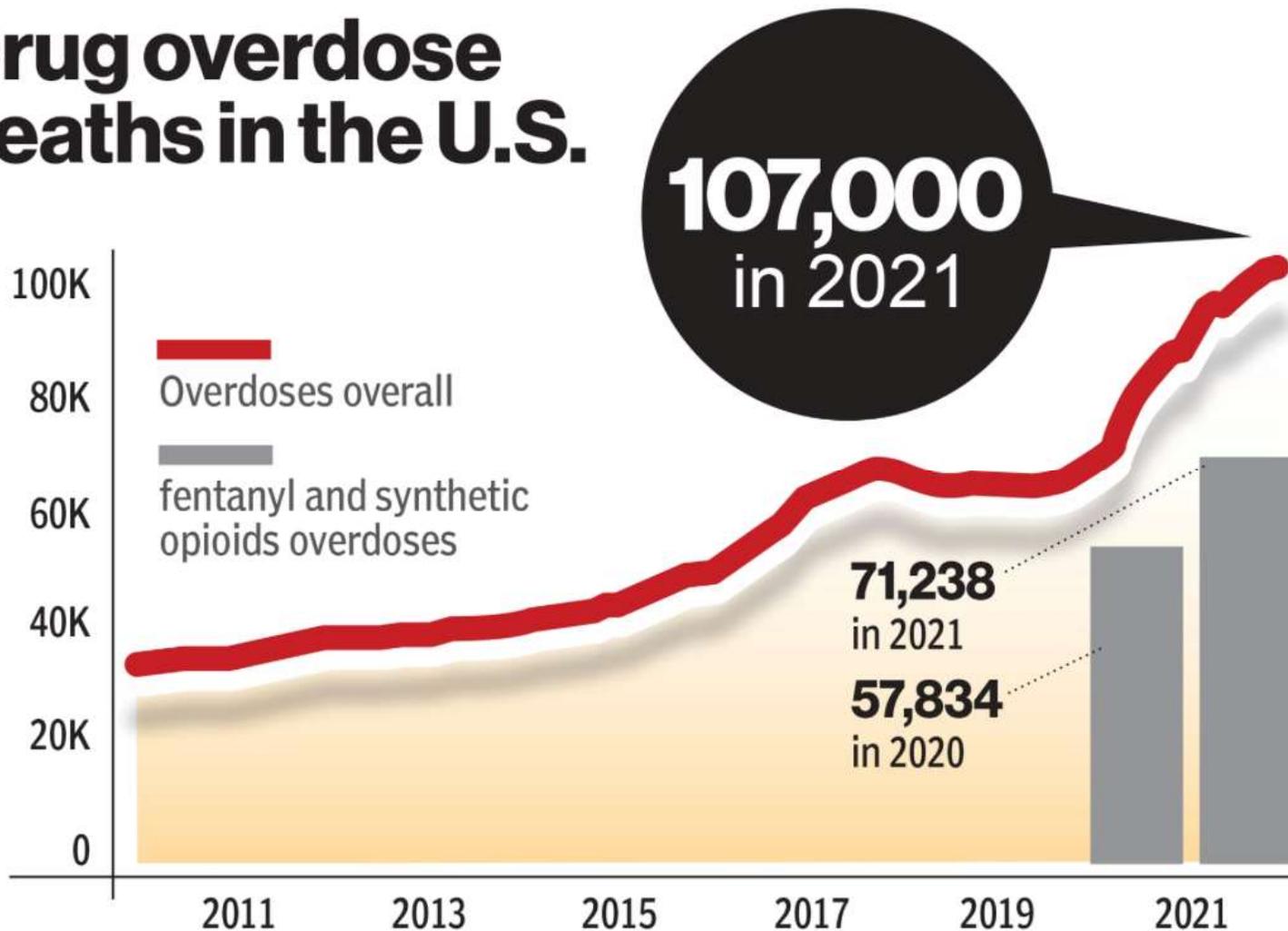
  
[www.idlehearts.com](http://www.idlehearts.com)

**“We blame patients for their disease. We also kick people out of treatment for having symptoms of their disease with addiction, which would honestly be malpractice if we did that with other conditions.”**

—Dr. Sarah Wakeman, who runs the Substance Use Disorders Initiative at MGH

wbur's  
**CommonHealth**

# Drug overdose deaths in the U.S.





**More than 140,000 people die  
from excessive alcohol use  
in the U.S. each year**

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central text. The overall aesthetic is clean and modern.

The Disease is the issue...not  
the people who have the  
disease



It all starts with us...  
Right here...right now

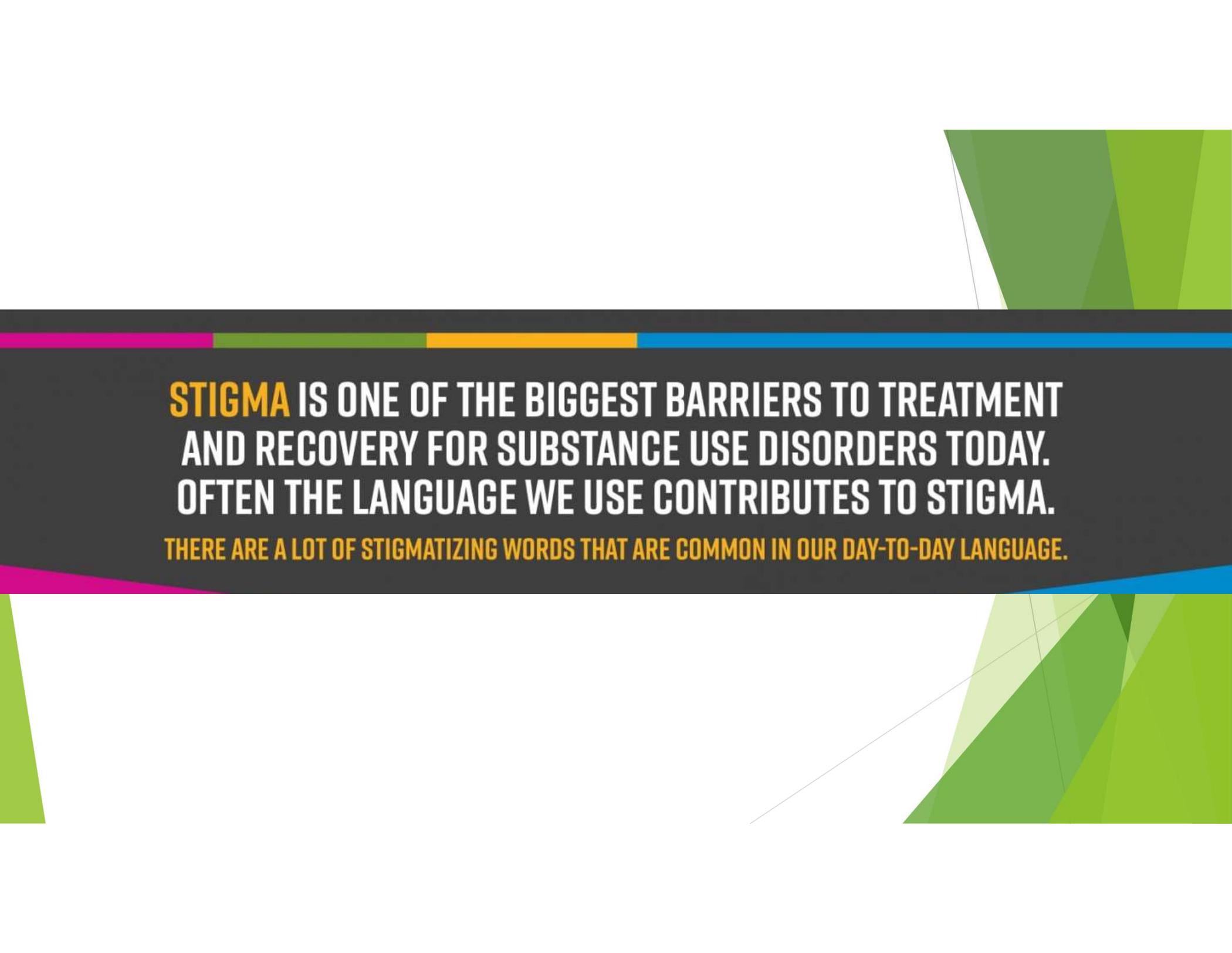


**BE PART  
OF THE  
SOLUTION,  
NOT THE  
PROBLEM**

# Language Matters

- ▶ Does it matter how we talk about people with substance use disorder? Research finds powerful experimental evidence that exposure to certain terms at random actually induces systematic cognitive biases that may affect clinical judgements and quality of care.





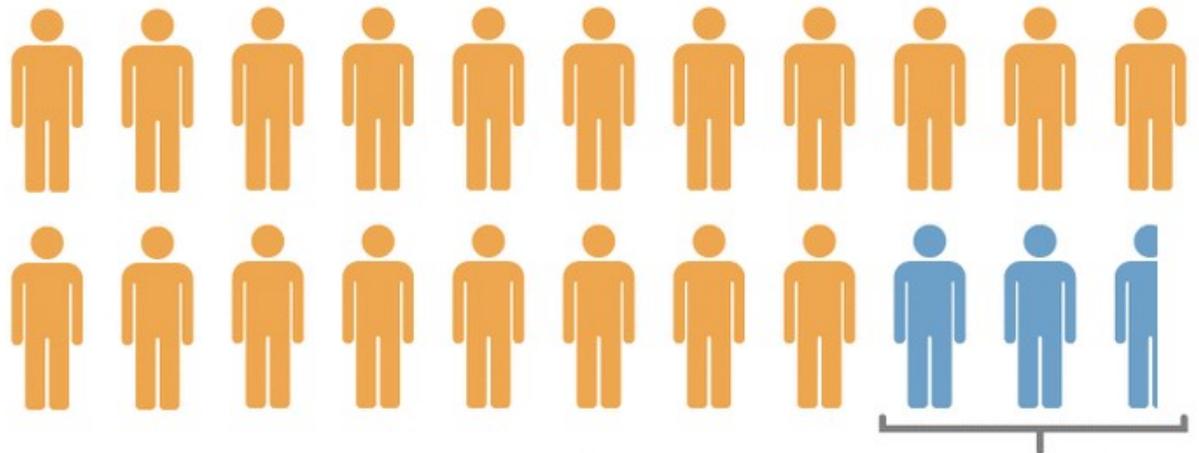
**STIGMA** IS ONE OF THE BIGGEST BARRIERS TO TREATMENT AND RECOVERY FOR SUBSTANCE USE DISORDERS TODAY. OFTEN THE LANGUAGE WE USE CONTRIBUTES TO STIGMA.

THERE ARE A LOT OF STIGMATIZING WORDS THAT ARE COMMON IN OUR DAY-TO-DAY LANGUAGE.

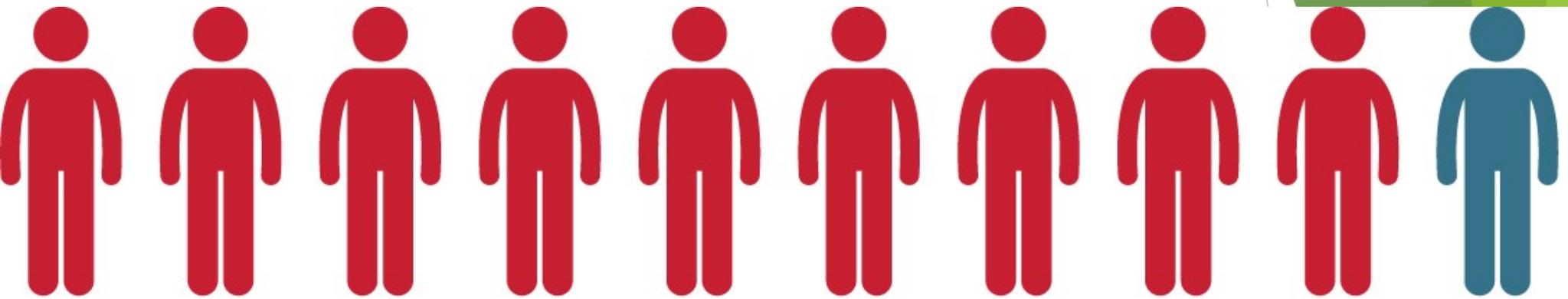
# Most Who Need Treatment for Substance Use Disorders Don't Receive Any

1 million people

In 2019, 21.6 million people needed treatment...



but just 2.6 million received any.



90%

of people with a substance use disorder did not receive treatment in the past year.

# The Real Stigma of Substance Use Disorders



In a study by the Recovery Research Institute, participants were asked how they felt about two people  
*"actively using drugs and alcohol."*

One person was referred to as a  
**"substance abuser"**



The other person as  
**"having a substance use disorder"**



No further information was given about these hypothetical individuals.

## THE STUDY DISCOVERED THAT PARTICIPANTS FELT THE **"SUBSTANCE ABUSER" WAS:**

- less likely to benefit from treatment
- more likely to benefit from punishment
- more likely to be socially threatening
- more likely to be blamed for their substance related difficulties and less likely that their problem was the result of an innate dysfunction over which they had no control
- they were more able to control their substance use without help

## SUBSCALES COMPARING THE SUBSTANCE ABUSER & SUBSTANCE USE DISORDER DESCRIPTIVE LABELS

■ Substance Abuser ■ Substance Use Disorder



## WHAT YOU SAY

ABUSER  
DRUG HABIT  
ADDICT  
DRUG USER

VS

## WHAT PEOPLE HEAR

IT'S MY FAULT  
IT'S MY CHOICE  
THERE'S NO HOPE  
I'M A CRIMINAL

**BY CHOOSING ALTERNATE LANGUAGE, YOU CAN HELP BREAK DOWN THE NEGATIVE STEREOTYPE ASSOCIATED WITH SUBSTANCE USE DISORDER.**

## **INSTEAD OF**

**ABUSER, ADDICT  
DRUG HABIT  
FORMER/REFORMED ADDICT**

## **TRY**

**PERSON WITH A SUBSTANCE USE DISORDER  
REGULAR SUBSTANCE USE, SUBSTANCE USE DISORDER  
PERSON IN RECOVERY/LONG-TERM RECOVERY**

# SAY THIS

# NOT THAT

Person with a substance use disorder

Person living in recovery

Person living with an addiction

Person arrested for drug violation

Chooses not to at this point

Medication is a treatment tool

Had a setback

Maintained recovery

Positive drug screen

Addict, junkie, druggie

Ex-addict

Battling/suffering from an addiction

Drug offender

Non-compliant/bombed out

Medication is a crutch

Relapsed

Stayed clean

Dirty drug screen



## A few more to avoid:

- Broken
- Drug of choice
- Substance Abuse
- Alcoholic
- Drug Addict
- Clean/Dirty

# Language Matters

- ▶ Illicit drug use disorder is the most stigmatized health condition in the world, with alcohol use disorder not far behind at fourth in the world, among a list of 18 of the most stigmatized conditions internationally.
- ▶ Importantly, degree of stigma is related to the perceived cause of the condition (if perceived not to be someone's fault, stigma is lower) and perceived control over the condition (if perceived not to be under someone's control, stigma is lower).

# Language Matters

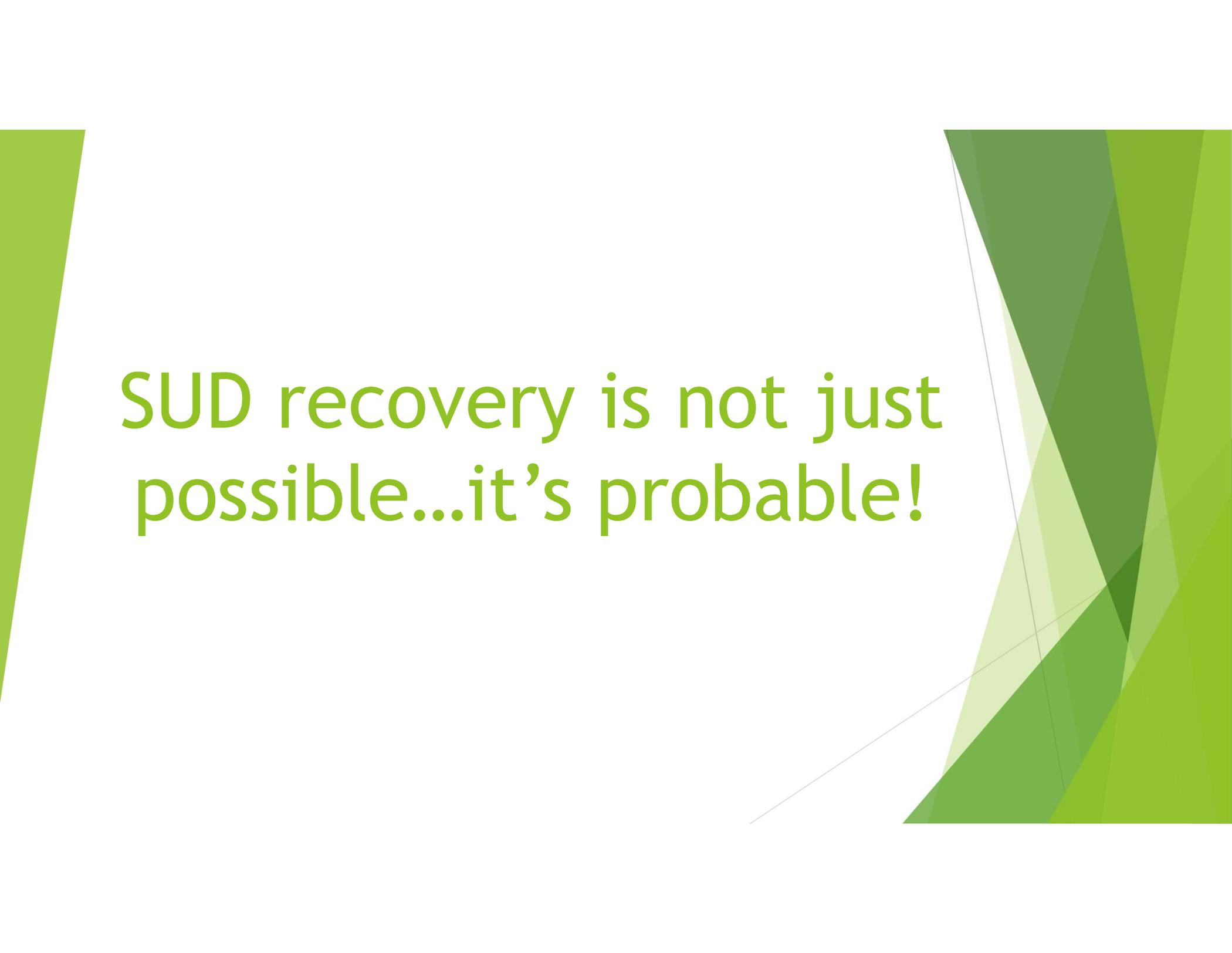
- ▶ **For individuals & families seeking recovery:** Language matters. With less stigma surrounding alcohol and other drug use disorders, individuals with these conditions may be more likely to seek help, stay in treatment, and achieve long-term remission
- ▶ **For scientists:** Language matters. Research provides important evidence cautioning against the use of “abuser” and “abuse” terminology on which to build.
- ▶ **For policy makers:** Language matters. Research suggests that the words “abuser” and “abuse” can evoke automatic negative thoughts about individuals with substance related problems. With less stigma surrounding alcohol and other drug use disorders, individuals with these conditions may be more likely to seek help. In a related sense, experts have used these types of studies in support of a public health, rather than a criminal justice, [approach to addressing societal harms related to substance use disorders](#).
- ▶ **For treatment professionals and treatment systems:** Language matters. Research suggests that the words “abuser” and “abuse” can evoke automatic negative thoughts about individuals with substance-related problems, even among individuals working in the health care field. With less stigma surrounding alcohol and other drug use disorders, individuals with these conditions may be more likely to seek treatment.

## TIPS:

- ▶ Use non-stigmatizing language that reflects an accurate, science-based understanding of SUD and is consistent with your professional role
- ▶ Get educated and take all steps necessary to reduce the potential for stigma and negative bias
- ▶ Use person-first language and let individuals choose how they are described. Person-first language maintains the integrity of an individual as whole human beings- by removing language that equates people to their condition or negative connotations.



**THINK BEFORE YOU SPEAK. HELP REMOVE THE STIGMA.**

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central text. The overall aesthetic is clean and modern.

SUD recovery is not just possible...it's probable!

# ADDICTION RECOVERY

**23.5 million** adults (ages 18+) are in recovery from alcohol or drug addictions

That's 10% of the U.S. population!



Most never receive the help they need.  
• Only **11.2%** received help for their addiction in a specialized facility

01 700,000 Americans seek drug addiction treatment every day



At least **1/3** of those addicted to alcohol will fully recover

05



There are more than **25,000** Narcotics Anonymous groups in the world

04

5

## RECOVERY STATS THAT WILL GIVE YOU HOPE



02

About **80%** of Americans have positive feelings about recovery



80%

03

Alcoholics Anonymous has an estimated **1.25 million** members in the US





What is recovery?

# SAMHSA DEFINITION OF **RECOVERY**

“Recovery from mental disorders and substance use disorders 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.”



# FOUR DIMENSIONS OF RECOVERY



## COMMUNITY

Have relationships and social networks that provide support, friendship, love, and hope.



## HEALTH

Make informed, healthy choices that support physical and emotional well-being.



## HOME

Have a stable and safe place to live.



## PURPOSE

Have meaningful daily activities and independence, income, and resources to participate in society.



**pennsylvania**

DEPARTMENT OF DRUG AND  
ALCOHOL PROGRAMS

Source: SAMHSA.gov

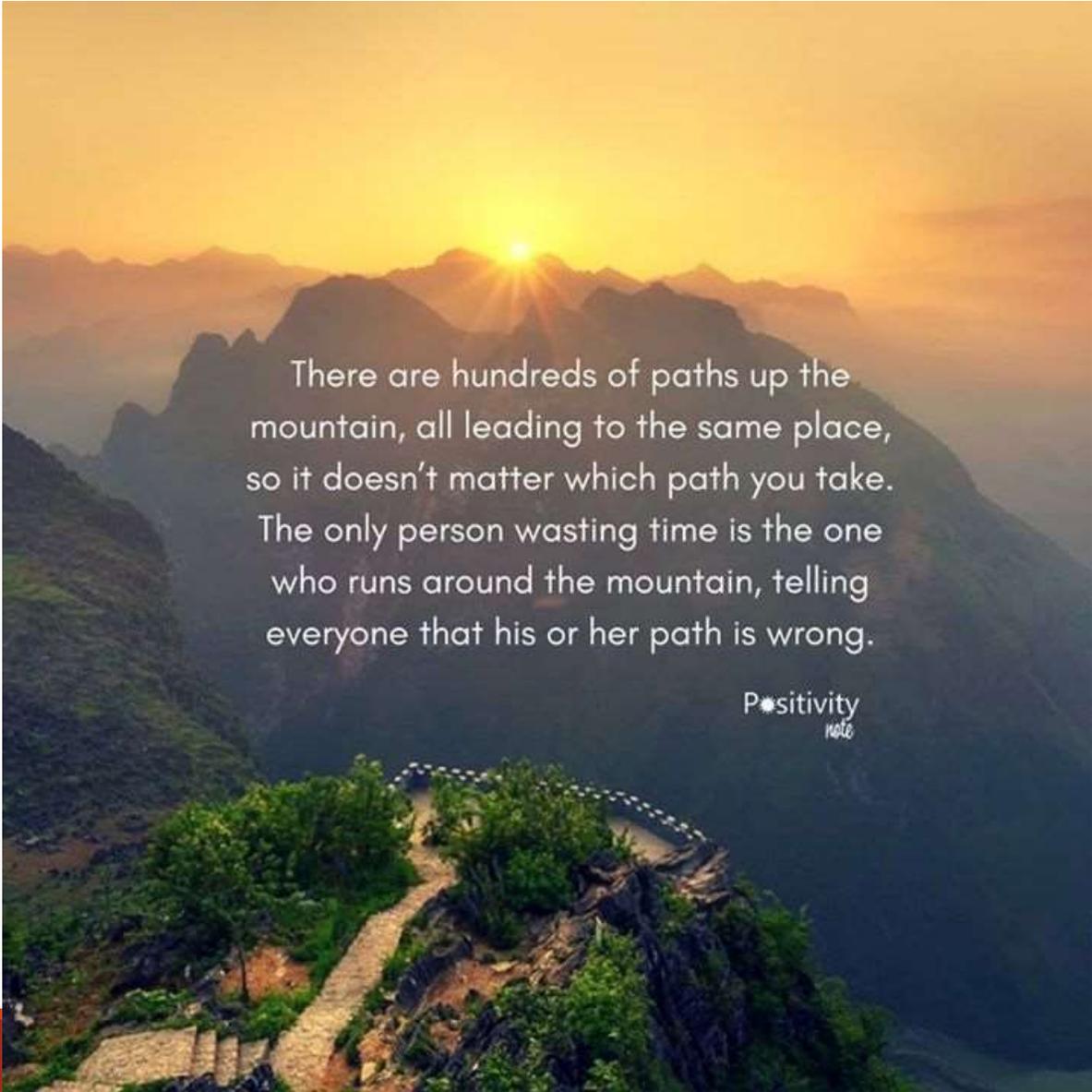




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There are multiple pathways  
of addiction recovery and all  
are a cause of celebration

William L. White



There are hundreds of paths up the mountain, all leading to the same place, so it doesn't matter which path you take. The only person wasting time is the one who runs around the mountain, telling everyone that his or her path is wrong.

Positivity  
*note*

# Recovery Pathways

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- Clinical
- Nonclinical
- Self-Management
  
- Remember:
  - We each take our own journey
  - Individual short/long-term goals
  - Individual timelines/processes
  - Abstinence, Moderation, Harm Reduction
  - Lots of crossover

# Substance Use Relapse Rates



**This is not an  
indication of failure**

but rather means treatment may need to  
be adjusted to better suit the individual.

Statistic from  
NIDA

*Source:* [www.americanaddictioncenters.org](http://www.americanaddictioncenters.org)

# Clinical Pathways

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Recovery processes aided by the services of a healthcare provider, clinician, or other credentialed professional.

# Examples of clinical pathways

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- Levels of Clinical Addiction Care (Inpatient, Outpatient, Detox/Hospitalization)
- Pharmacology – Medication-Assisted Treatment
- Holistic-Based Recovery Services
- IOP Groups
- Case Management
- Cognitive Behavioral Approaches (CBT)
- Harm Reduction
- Relapse Prevention (RP/MBRP)
- Motivational Interviewing and Motivational Enhancement Therapies (MI/MET)
- Twelve-Step Facilitation (TSF)
- Peer Support
- Behavioral Couples Therapy // Family Therapy

# Nonclinical Pathways

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Recovery processes that do not involve a trained clinician, but are often community-based and utilize peer support.

# Examples of nonclinical pathways

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- Recovery Housing
- Recovery Community Organizations & Centers
- Peer-Based Recovery Support and meetings
- Education-Based Recovery Services
- Employment-Based Recovery Services
- Faith-Based Recovery Support
- Physical Activity- Based Recovery Support
- Harm Reduction

HOPE RECOVERY COMMUNITY

### Root 4 Recovery

Planting the seeds to long-term recovery!

Weekly garden chats // Tuesdays @ 3pm  
Zoom: 848 293 937

## BAGS OF HOPE

### MEN'S HEROIN ANONYMOUS

DISCUSSION MEETING

**- TUESDAY AT 7PM -**

HOPE RECOVERY COMMUNITY  
200 HIGHLAND DR. MEDINA, OH

## LIFE RIPS

### MEETING

SUNDAYS AT 11 AM  
AA MEETING - BASED ON THE PROMISES

HOPE RECOVERY COMMUNITY  
200 HIGHLAND DR.

## HOPE HIVE

### Honey Extraction Event!

Saturday, September 25th // 2pm

Dress to make a mess!  
We will be working hands on with the honey!

HOPE  
200 Highland Dr., Medina

### Hope Recovery Community

## SOFTBALL GAME

-Sunday, August 1st-  
PLAYOFF GAME

Game 1: 1:30pm

Walworth Memorial Park // 274 Granville Ave. Walworth, OH

## GET UP

Abuse & Agnostic Group

Friday Night // 8:30pm

Live & Zoom  
Zoom ID: 251 755 6292

Tell us! book club focusing on the 12-Steps for those who identify as atheist, agnostic, or unsure!

HOPE  
200 Highland Dr // Medina

## THE FIX

SATURDAYS 7PM (EST)  
OPEN AA LEAD MEETING

IN PERSON AT  
HOPE RECOVERY COMMUNITY  
200 HIGHLAND DR., MEDINA, OH

## FREE MEAL

SATURDAY  
5:30PM

200 HIGHLAND DR. MEDINA, OH

## BONFIRE

FIRESIDE FELLOWSHIP  
SATURDAYS // 8PM

HOPE RECOVERY COMMUNITY

## Grief Seminar

Saturday, February 12th // 10am

Critical topics & discussion  
-Looking for feedback on program development

Breakfast included!

HOPE

## Hooked

HRC Fishing Group

BRING YOUR POLES... WE'LL SUPPLY THE BAIT!

SATURDAY, JULY 31st  
8am // Killbuck Lake  
79% White Rd.  
Burton, OH 44214

HOPE

## BIKES & BBQ

6pm - 10pm  
FRIDAY, AUGUST 24th

HOPE RECOVERY COMMUNITY

## SMART RECOVERY

-MONDAYS // 7PM-

Join us on Zoom or in person at HRC!  
<https://smartrecovery.zoom.us/j/9906726349>

Meeting ID: 990 8726 3449

HOPE

## FAMILY STRATEGIES

For family members impacted by substance use disorder

Every other Saturday // 11am

January 8th February 5th March 5th  
January 22nd February 19th March 19th

HOPE

## refuge recovery

Thursdays at 6pm

HOPE RECOVERY COMMUNITY  
200 Highland Dr., Medina, Ohio

## Hopeful Beginnings

meeting of Narotics Anonymous

Wednesdays @ 7:30pm  
at Hope Recovery Community  
200 Highland Drive, Medina

For more information contact: Ken 833.828.1971 or Mike 513.831.4217

## HOPEFUL ATTITUDES

### WOMEN'S HEROIN ANONYMOUS

TUESDAYS // 7PM (EST)

FLOATING FORMAT

200 HIGHLAND DR. MEDINA, OH

## 12 Step MEDITATION Meeting

SATURDAYS BEGINNING AT 2:30PM (EST)  
2:30PM-3PM (BEGINNERS)  
3PM-4PM (INTERMEDIATE)

LIVE & ZOOM (ZOOM ID: 251 755 6292)

HOPE

## ONE STITCH AT A TIME

HOPE

## Recovery LIFE

RECOVERY LIFE INSTITUTE FOR EXCELLENCE

HOPE

Job & Career Prep

## BINGO NIGHT

FRIDAY AT 7:00PM

FEBRUARY 11

HOPE

## PRIDE TIME

7:30PM THURSDAYS

ALL RECOVERY SUPPORT GROUP FOR LGBTQ+ AND ALLIES

IN PERSON & ZOOM  
ZOOM ID: 251 755 6292  
200 HIGHLAND DR., MEDINA, OH

HOPE

## NIGHT SATURDAY LINE

ALL RECOVERY MEETING  
SATURDAY NIGHT AT 10:30PM

HOPE

## Upon Awakening

Monday - Friday // 7:30am  
11th Step - Open AA Meeting

HOPE RECOVERY COMMUNITY  
200 Highland Dr., Medina, OH

## Sound Therapy

First Monday of the month  
6:30pm

HOPE RECOVERY COMMUNITY  
200 Highland Dr., Medina, OH

## Forgiveness

Finding peace through letting go

Thursdays at 6pm  
Sessions 3 - October 8th  
Sessions 5 & 9 - November 4th

HOPE

## Keep it Simple

Open Meeting of Alcoholics Anonymous

Mondays at 6pm

HOPE RECOVERY COMMUNITY  
200 Highland Dr., Medina

## Womens Drop The Rock

AA MEETING

HOPE

## RUSH HOUR AA MEETING

MONDAY & FRIDAY  
5PM // IN PERSON

HOPE

## HOPE RECOVERY COMMUNITY

### SATURDAY COOKOUT

BURGERS, HOT DOGS, & SIDES AT 5:30PM  
ON THE ROAD BY RECOVERY BY 6:00 AT 4:30PM

HOPE

## BRAND NEW RECOVERY

### RECOVERY FREEDOM FROM OUR ADDICTIONS

RUSSELL BRAND

HOPE RECOVERY COMMUNITY  
Fridays 6:30 // NC Room  
Men's Discussion

## Spare Chances

Recovery Bowling League

SUNDAYS AT 7PM

AMF Medina Lanes  
201 Harding St. Medina, OH

\$6 per person (includes 3 games & shoes)

HOPE

# Self-Management Pathways

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Recovery processes that involve no formal services, sometimes referred to as “natural recovery.”

# Recovery Pathways

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Remember:

- We each take our own journey
- Individual short/long-term goals
- Individual timelines/processes
- Abstinence, Moderation, Harm Reduction
- Lots of crossover
- Acceptance and understanding of multiple pathways allows us to engage more effectively

# The Language of Recovery

Stefanie Robinson

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hoperecoverycommunity.org

Facebook: Stefanie Robinson

Facebook: Hope Recovery Community

