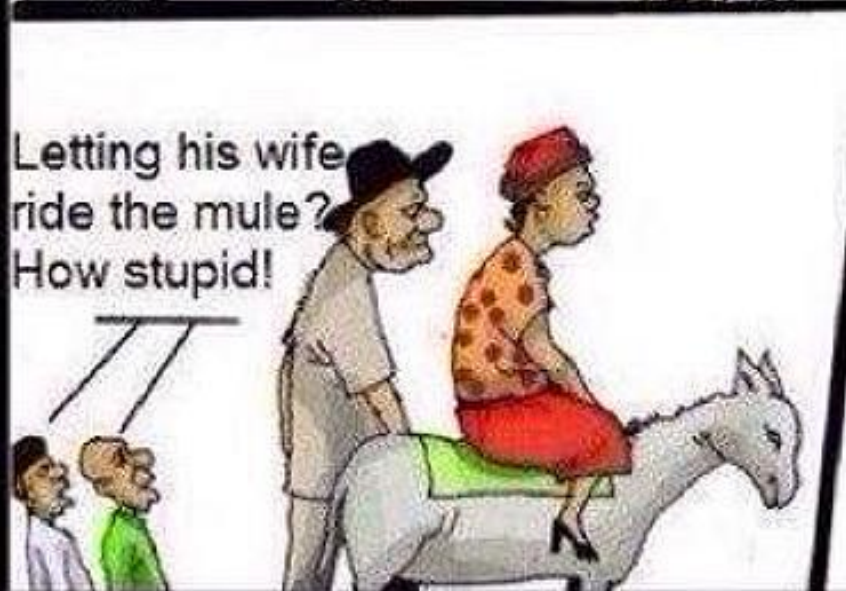
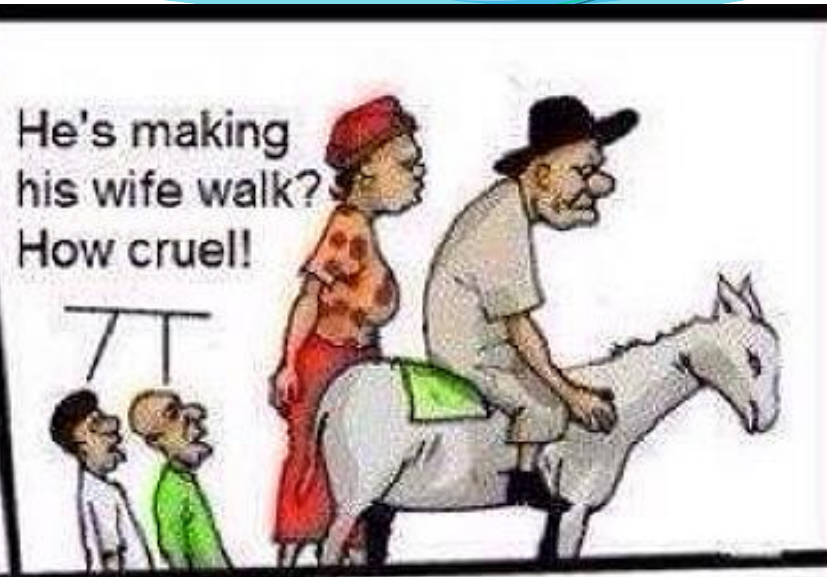
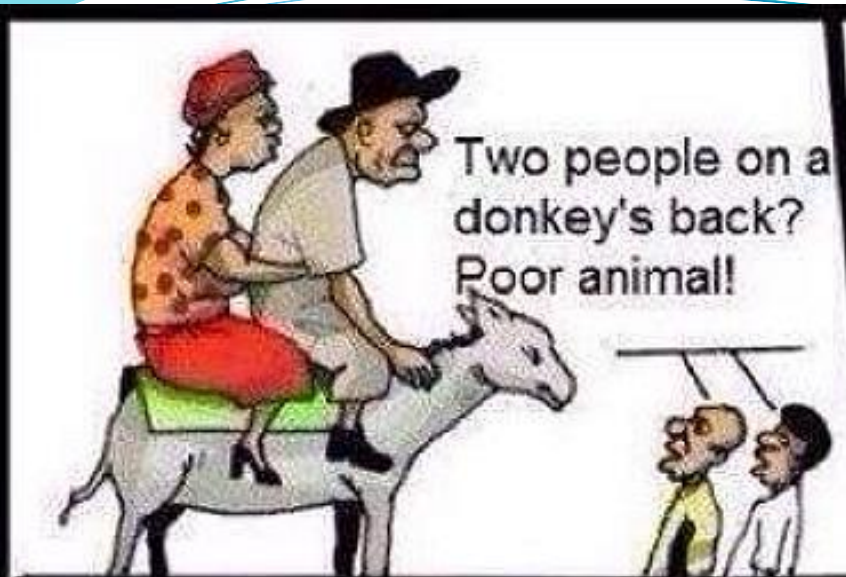


# **The Language of Recovery or The Language of Addiction Part #2**

**Mike Barry-PAR CEO**

**Tara Moseley Hyde-YPR-VP of Programs**





**THIS IS OUR SOCIETY**

# A Torrent of Words

*“Over the last few decades we have been inundated by a torrent of words. Wherever we go we are surrounded by words: words softly whispered, loudly proclaimed, or angrily creamed; words spoke, recited, or sung; words on records, in books, on walls, or in the sky; words in many sounds, many colors, or many forms; words to be heard, read, seen, or glanced at; words which flicker off and on, move slowly, dance, jump, or wiggle. Words, words, words! They form the floor, the walls, and the ceiling of our existence.”*

*Henri Nouwen, The Way of the Heart, p. 45*

*1980*

# Fast Forward-37 Years Later

Words now light up in the palm of your hand,  
shoved in your ear, and now even strapped to our  
faces in virtual reality



# Where have we learned our Recovery Language?

1. Treatment/recovery centers
2. 12 Step Meetings
3. Relatives
4. Worst of all....the streets/slang





# Disease or Choice?

We have debated whether addiction is a disease or choice since the signing of the Declaration of Independence when Dr. Benjamin Rush was the first published American to call chronic drunkenness “a distinct progressive disease” in 1784.

## Does it really matter?

# Phrases that should be banned

- My drug of choice
- They have to want to change
- They have to hit rock bottom-There is no bottom to hit. There is awareness, insightfulness, consciousness and desire to recover to hit. And that happen at different times for different people.
- Some of them just have to die

# Phrases that should be banned

- Drunk-Addict-Dope Fiend
- Dirty urine screen
- News stories talk of “fighting demons.” Life is a daily struggle against the demons
- These are old clichés from the early days of alcoholism



# Use “People First” language

- A person is not defined by a diagnosis. If you have a mental illness it doesn't define you any more than your heart disease defines you if you're a cardiac patient.
- A person is a person who happens to have depression or schizophrenia; the correct term is “people with mental illness.”

# Putting a Face & a Voice on Recovery-**The Message**

- I'm in long-term recovery which means...
- Committed to recovery and joining with thousands of others to organize so that we can expand the opportunities for others to achieve long-term recovery
- Long-term recovery has given me and my family new hope and stability
- My life and the lives of millions of others like me are better as a result

# Putting a Face & a Voice on Recovery: Message for a Family Member

- My family and I are in long-term recovery, which means ...
- (My son/daughter/husband/wife) hasn't used alcohol or other drugs for x years
- We've become healthier together, enjoying family life in our home
- Long-term recovery has given me and my family new purpose and hope for the future
- I want to make it possible for others to do the same

# Putting a Face & a Voice on Recovery: Message for a supporter

- “My name is Suzie Smith, and I am a long-term Recovery Advocate.
- For me, that means I've been a long-term supporter of the recovery efforts of people in and/or seeking recovery from alcohol & other drug problems.”

# Professionals Need to Stop Talking “Dirty”

- A clinician *within* the health care setting frequently is heard saying, “An addict is not clean. He’s been abusing drugs. He has a dirty urine sample.”
- This perpetuates the negative perception and can always have a negative effect on the person who is trying to achieve recovery.

# Let's talk about Stig\*\*





# Let's talk about Stig\*\*

Over the years, I've seen Stop the Stigma, Stigma Slam, Smash Stigma, Reduce Stigma, Anti-Stigma, End the Stigma events, activities, campaigns and promotions. They have not been effective. Why?

**Every time we use the word stigma, we reinforce it.**

# One-Eyed Blue Monkey smoking a cigar



# Negative Perception



# Life in Recovery

In 2013, Faces & Voices of Recovery published “Life in Recovery,” the first ever national survey documenting the dramatic improvement in the lives of those who are addicted and enter recovery.

# Some of the findings

Steady employment increases by more than 50 percent

Planning for the future (e.g., saving for retirement) increases nearly threefold

Twice as many people further their education or training

Twice as many people start their own businesses

Participation in family activities increases by 50 percent

Volunteerism in the community increases nearly threefold

Involvement in illegal acts and involvement with the criminal justice system (e.g., arrests, incarceration, DWIs) decreases about tenfold

# Language of Recovery

## Current Terminology

Treatment is the goal;  
Treatment is the only way into Recovery

Substance Abuse / Addiction

Drug of Choice / Abuse

Denial

Relapse Prevention

Pathology Based Assessment

Focus is on total abstinence from all illicit and non-prescribed substances the CLINICIAN identifies

A Drug is a Drug is a Drug

Relapse

Relapse is part of Recovery

Clean / Sober

Self Help Group

## Alternative Terminology

Treatment is an opportunity for initiation into recovery (one of multiple pathways into recovery)

Substance Use Disorder

Drug of Use

Ambivalence

Recovery Management

Strength / Asset Based Assessment

Focus on the drug CLIENT feels is creating the problems

Each illicit substance has unique interactions with the brain; medication if available is appropriate.

Recurrence

Recurrence may occur as part of the Disease

Drug Free / Free from illicit and non-prescribed medications

Mutual Aid Group



# People Advocating Recovery

Tara@KyPar.org

Mike@KyPar.org

[www.peopleadvocatingrecovery.org](http://www.peopleadvocatingrecovery.org)



@ParRecovery

