

Language Matters

Positive and recovery friendly language is powerful!
It focuses on the person, not the behavior, and increases access to recovery.



SAMHSA's working definition of recovery defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.



Person with a substance use disorder



Person in recovery



Substance abuser, druggie, junkie



Substance use disorder is a treatable health condition



Substance use disorder includes alcohol and other drugs and is a chronic health condition



Substance use disorder is a failure of morals or willpower



Harm reduction is a recovery pathway



Person who uses drugs, substance misuse



Recovery = abstinence



Recovery is a process



Return to use may or may not be part of the process



Relapse is to be expected



There are multiple pathways to recovery



Treatment and/or medications, faith-based approaches, peer and/or family support, self-care, and other approaches are pathways



Recovery looks the same for everyone



Individuals self-identify as being in recovery



Individuals in recovery may focus on abstinence, harm reduction, mental health support, and health/wellness modalities



Excluding anyone who wants to be in recovery



There is hope



Recovery is possible and there are over 22 million people in recovery



A person has not hit rock bottom



Scan QR code to learn more!

CT Alcohol and Drug Policy Council
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