

CHANGING THE CONVERSATION

#EndStigmaASAP

As a supporter of prevention, our coalition acknowledges the importance of language in regards to the stigmatization of persons with mental health and/or substance use disorders. In an effort to better our initiatives and to reduce stigma, Pasco ASAP has been undergoing its own re-branding, starting with removing the term 'abuse' in our name. Building upon this momentum, we are launching a campaign to challenge each of us to transform the dialogue on addiction and reduce stigma in our community. We must recognize the prevalence of mental health and substance use disorders and re-educate not only ourselves but friends, family and the community as a whole.

The truth is that persons with substance use disorders do recover and that it is a treatable and manageable medical condition; not a moral failing or a character flaw. The Surgeon General reports that only 1 in 10 Americans with a substance use disorder seek treatment. Stigma erodes self-esteem, damages relationships and creates barriers to health seeking behaviors; fueling a public health crisis in America.

TAKE THE PLEDGE

Change starts first with ourselves...

When stigma is reduced, lives are saved. Be a part of the change to turn conversations about mental health and substance use into those that help and allow people to heal, rather than those that hinder and humiliate.

I pledge to be an advocate to change the conversation on substance use; to assist in re-educating those around me regarding the stereotypes and stigma and the barrier it creates in seeking treatment and care. I pledge to use person-first language to help clear the path to health-seeking behavior.

www.empoweredcommunities.org/pledge





PERSON-FIRST VS. STIGMATIZING LANGUAGE

Person-first language is used to speak appropriately and respectfully about an individual with a diagnosis. It emphasizes the person first, thereby reducing stigma and shame.

LANGUAGE MATTERS

AVOID SAYING

START SAYING

DRUG HABIT

DISEASE

ADDICT; USER; JUNKIE; ABUSER

PERSON WITH A SUBSTANCE USE DISORDER

EX-ADDICT; CLEAN

**PERSON LIVING IN RECOVERY
PERSON IN LONG-TERM RECOVERY**

MEDICATION IS A CRUTCH; DRUG REPLACEMENT

MEDICATION IS A TREATMENT TOOL; MEDICATION ASSISTED RECOVERY

STAYED CLEAN

**MAINTAINED RECOVERY;
SUBSTANCE FREE**

DRUG OFFENDER

PERSON ARRESTED FOR A DRUG VIOLATION

RELAPSED

HAD A SETBACK; EXPERIENCED RECURRENCE OF SYMPTOMS


CLEAN DRUG SCREEN

NEGATIVE DRUG SCREEN

DIRTY DRUG SCREEN

POSTIVE DRUG SCREEN



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#ChangeTheLanguageASAP