

SUBSTANCE USE DISORDER VIDEO SERIES: In This Together

What is Substance Use Disorder:

Substance use disorders are chronic medical conditions that require long-term care, monitoring, management strategies and follow-up as part of routine medical care across the patient's lifespan, much like other chronic diseases such as type II diabetes, cancer, and cardiovascular disease.

Like many chronic diseases, several factors can contribute to substance use disorder including genetics, substance use in teen years, environmental factors such as peer influence and poor social skills, and poorly controlled or co-existing mental health conditions.

Substance use disorder changes brain structure and function, manifesting in three distinct ways: craving, loss of control over use, and continuing involvement with it despite adverse consequences.

Treatment:

Treatment for substance use disorder includes individualized plans for each person that may include hospitalization, outpatient, or residential services; medication; counseling; and support groups.

Learn more about addiction treatment services in Indiana:

<https://www.in.gov/fssa/dmha/2933.htm>

Prevention and Harm Reduction:

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with substance use disorder. It can include needle exchange programs, education on injection sites, HIV and hepatitis C screening, screening and referral for substance use disorder and mental health treatment, wound care, and naloxone training.

Learn more about harm reduction and syringe service programs:

<https://www.in.gov/isdh/27356.htm>

Resources:



Indiana Addiction Hotline: 800-662-4357

Indiana Division of Mental Health and Addiction: <https://www.in.gov/fssa/dmha/index.htm>



Find a year-round drug disposal collection site: <https://takebackday.dea.gov>

IU's Responding to the Addiction Crisis Grand Challenge: <https://addictions.iu.edu/>

Reducing Stigma through language

	<h2>What is stigma?</h2> <p>Stigma is a mark of disgrace associated with a particular circumstance, quality or person. Being stigmatized for a substance use disorder can prevent people from seeking and accessing treatment. Below are a few examples of stigma reducing language.</p> <p><i>Source: NextLevel Recovery Indiana</i></p>	
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Language Matters

	vs	
Addict, druggie, junkie, abuser	vs	Person with substance use disorder
Drug habit	vs	Disease
Ex-addict	vs	Person living in recovery
Relapsed	vs	Had a setback
Stayed clean	vs	Maintained recovery
Dirty drug screen	vs	Positive drug screen