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

What is stigma?
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.

Language Matters

<table>
<thead>
<tr>
<th>Addict, druggie, junkie, abuser</th>
<th>Person with substance use disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug habit</td>
<td>Disease</td>
</tr>
<tr>
<td>Ex-addict</td>
<td>Person living in recovery</td>
</tr>
<tr>
<td>Relapsed</td>
<td>Had a setback</td>
</tr>
<tr>
<td>Stayed clean</td>
<td>Maintained recovery</td>
</tr>
<tr>
<td>Dirty drug screen</td>
<td>Positive drug screen</td>
</tr>
</tbody>
</table>

Source: NextLevel Recovery Indiana