

# Drug Free Adams County

**313 W. Jefferson St., Rm 328**

**Decatur, IN 46733**

**Email: [kellys@co.adams.in.us](mailto:kellys@co.adams.in.us)**

**Phone: 260-724-5368**

**Drug Free**

**Adams County**  
Rays of Hope for a Better Tomorrow

## Aid in Recovery – Avoid Stigmas

September is “National Recovery Month,” dedicated to increasing awareness and understanding of mental health and substance use disorders, encouraging individuals in need of treatment and recovery services to seek help, and celebrating individuals living their lives in recovery.



[nationalrecoverymonth.org](http://nationalrecoverymonth.org) NATIONAL RECOVERY MONTH 2020

### Substance Use Disorder

Addiction to drugs, also known as a substance use disorder, is a disease that affects thousands of Hoosiers. Those who are struggling with this disorder are unable to control their use of legal or illegal drugs. Many of those struggling with addiction are people we know – our family members, our friends, our co-workers, our neighbors. They face a wide range of stigmas that may prevent them from seeking treatment.

### Stop the Stigmas

When people are labeled primarily because of their substance use disorder, they are being negatively stereotyped. Unfortunately, stigmas and discrimination are barriers not only to acknowledging the problem, but also to seeking and accessing treatment and ultimately, recovery. Here are some stigma-reducing language examples that can help reduce stereotyping:

#### Say this...

- “Person with opioid use disorder”
- “Person living in recovery”
- “Had a setback”
- “Maintained recovery; substance-free”

#### Not this...

- “Addict,” “User,” “Junkie”
- “Ex-addict”
- “Relapsed”
- “Stayed Clean”

### Don't Wait, Get Help Now

Call 2-1-1 for help 24 hours a day, 7 days a week. Through a partnership between Indiana 211 and OpenBeds, people seeking treatment for substance use disorder can be immediately connected with available inpatient or residential treatment services. The Indiana Addiction Hotline can also be utilized: 1-800-662-HELP (4357).

**For more information, please visit our website:  
[www.DrugFreeAdamsCounty.org](http://www.DrugFreeAdamsCounty.org)**