

Meth Strike Force

Meth & Families Newsletter

Words Matter

You can reduce stigma, and help save lives, just by changing your words. By using what's called person-centered language, you're not defining a person on any medical disorder he or she may have. It's nonjudgmental, it's neutral, and the diagnosis is purely clinical.

AVOID THESE WORDS

Addict

Drug Problem/Drug Habit

Drug Abuse

Clean

Dirty

Former addict

USE THESE WORDS

Person with a substance use disorder

Substance use disorder

Drug misuse, harmful use

Abstinent, not actively using

Actively using

Person in recovery



STIGMA

Stigma is a set of negative beliefs that a group or society holds about a topic or group of people. Stigma has the potential to negatively affect a person's self-esteem, damage relationships with loved ones, and prevent those suffering from substance use disorder from accessing treatment. When a person experiences stigma they are seen as less than because of their health status.

Stigma can negatively impact a number of areas, including:

- Willingness to attend treatment.
- Willingness to access to healthcare.
- Harm reduction.
- Self-esteem and mental health.

Overview of the Meth and Families Committee

The Meth Strike Force recognizes the need for trauma-informed intervention that includes the whole family. Many people develop substance use disorders after living through trauma and adverse childhood experiences (ACEs). Some risk factors include having a parent with a substance use disorder, losing a parent, having an incarcerated parent, experiencing physical or sexual abuse and many others. When a family member is part of an individual's recovery, that family member can develop a sense of resilience and strength in their family.

In San Diego County, we see the intergenerational nature of meth addiction and strive to support families recovering together.

Resources

Access and Crisis Line: 888-724-7240

2-1-1 SD or (858) 300-1211



no2meth.org