

# Language of Recovery

## Current Terminology

Treatment is the goal;  
Treatment is the only way into Recovery

Untreated Addict/Alcoholic

Substance Abuse

Drug of Choice / Abuse

Denial

Relapse Prevention

Pathology Based Assessment

Focus is on total abstinence from all illicit and non-prescribed substances the CLINICIAN identifies

A Drug is a Drug is a Drug

Relapse

Relapse is part of Recovery

Clean / Sober

Self Help Group

Drug Overdose

Graduate from Treatment

## Alternative Terminology

Treatment is an opportunity for initiation into recovery  
(one of multiple pathways into recovery)

Individual not yet in Recovery

Substance Use Disorder/Addiction/  
Substance Misuse

Drug of Use

Ambivalence

Recovery Management

Strength / Asset Based Assessment

Focus on the drug CLIENT feels is creating the problems

Each illicit substance has unique interactions with the brain; medication if available is appropriate.

Recurrence/Return to Use

Recurrence/Return to Use may occur as part of the disease

Drug Free / Free from illicit and non-prescribed medications

Mutual Aid Group

Drug Poisoning

Commence Recovery



# The Most Respectful Way of Referring to People is as People

Current	Alternative	Reasoning
<b>Clients / Patients / Consumers</b>	The people in our program The folks we work with The people we serve	More inclusive, less stigmatizing
<b>Alex is an addict</b>	Alex is addicted to alcohol Alex is a person with a substance use disorder Alex is in recovery from drug addiction	Put the person first Avoid defining the person by their disease
<p>The terms listed below, along with others, are often people's ineffective attempts to reclaim some shred of power while being treated in a system that often tries to control them. The person is trying to get their needs met, or has a perception different from the staff, or has an opinion of self not shared by others. And these efforts are not effectively bringing them to the result they want.</p>		
<b>Mathew is manipulative</b>	Mathew is trying really hard to get his needs met Mathew may need to work on more effective ways of getting his needs met	Take the blame out of the statement Recognize that the person is trying to get a need met the best way they know how
<b>Kyle is non-compliant</b>	Kyle is choosing not to... Kyle would rather... Kyle is looking for other options	Describe what it looks like uniquely to that individual—that information is more useful than a generalization
<b>Mary is resistant to treatment</b>	Mary chooses not to... Mary prefers not to... Mary is unsure about...	Avoid defining the person by the behavior. Remove the blame from the statement
<b>Jennifer is in denial</b>	Jennifer is ambivalent about..... Jennifer hasn't internalized the seriousness of.... Jennifer doesn't understand.....	Remove the blame and the stigma from the statement



Southeast IHS Region 4)

**ATTC**

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Faces & Voices of Recovery