

What is stigma?

Stigma about people with substance use disorders might include inaccurate or unfounded thoughts and beliefs like: they are dangerous, incapable of managing treatment, or at fault for their condition.

Where does stigma come from?

Stigma around addiction may come from old and inaccurate ideas or fear of things that are different or misunderstood. Today, we know that addiction is a chronic, treatable medical condition. We also know that people can recover and continue to lead healthy lives.

What are the types of stigma?

Social stigma involves the judgment and attitude of those around you, using negative labels in conversations, and discriminating against people with substance use disorders.

Structural stigma is perpetuated by individuals who deliver public and private services by treating people with substance use disorder differently, ignoring them, or withholding treatment.

Self-stigma refers to internalizing negative messages that diminish your self-esteem, self-worth, and sense of belonging.

Narcan® nasal spray can reverse an opioid overdose.



Request free Narcan®:

1. Go to www.cayugacounty.us/narcan and watch the online training video.
2. Fill out the request for free Narcan®. Allow 3-5 business days for shipping.
3. Carry Narcan® and use it during a suspected opioid overdose. Call 911.

If you have administered Narcan® during an opioid overdose emergency, you can report your Narcan® usage on the website and request a new free Narcan® kit.

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END STIGMA

*for people with
substance use disorders*



Addiction is a chronic,
but treatable medical
condition.

*Reducing stigma starts
with you.*

WORDS MATTER

You can choose words to help reduce stigma and use person-first language when talking about addiction. Learn more at cayugacounty.us/endstigma.

Instead of:	Use:	Because we should:
<ul style="list-style-type: none"> Addict User Substance or drug abuser Junkie 	<ul style="list-style-type: none"> Person with a substance use disorder Person with an opioid use disorder or person with opioid addiction 	<ul style="list-style-type: none"> Use person-first language to show that substance use disorder is a medical condition.
<ul style="list-style-type: none"> Former addict Reformed addict 	<ul style="list-style-type: none"> Person in recovery or long-term recovery/person who previously used drugs 	<ul style="list-style-type: none"> Use medically accurate terminology as it would be used for other medical conditions.
<ul style="list-style-type: none"> Dirty Failing a drug test 	<ul style="list-style-type: none"> Testing positive (on a drug screen) 	<ul style="list-style-type: none"> Avoid eliciting negative associations, punitive attitudes, and individual blame.
<ul style="list-style-type: none"> Clean 	<ul style="list-style-type: none"> Being in remission or recovery Abstinent from drugs Testing negative (on a drug screen) 	<ul style="list-style-type: none"> Use medical terminology the same way we would for other medical conditions.
<ul style="list-style-type: none"> Habit 	<ul style="list-style-type: none"> Substance use disorder Drug addiction 	<ul style="list-style-type: none"> “Habit” implies that a person is choosing to use substances or can choose to stop, which is incorrect.
<ul style="list-style-type: none"> Abuse 	<ul style="list-style-type: none"> Use (for illicit drugs) Misuse (for prescription medications used other than prescribed) 	<ul style="list-style-type: none"> Avoid use of "abuse" which is associated with negative judgments and punishment.
<ul style="list-style-type: none"> Opioid substitution Replacement therapy Medication-assisted treatment (MAT) 	<ul style="list-style-type: none"> Medications for opioid use disorder (MOUD) Medication for a substance use disorder 	<ul style="list-style-type: none"> Address the misconception that medications “substitute” one drug for another and should only have a supplemental role in treatment.
<ul style="list-style-type: none"> Addicted baby 	<ul style="list-style-type: none"> Baby born to a parent who used drugs while pregnant 	<ul style="list-style-type: none"> Babies cannot be born with addiction because addiction is a behavioral disorder.