

SUD SUPPORT SHEET

The *Diagnostic & Statistical Manual (DSM-5)* no longer uses the terms substance abuse and substance dependence, rather it refers to **substance use disorder (SUD)** which is determined by the number of diagnostic criteria met by an individual. SUD occurs when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.



Understand SUD ► Addiction is not a moral failing. SUD is a chronic medical condition, like diabetes. Focus on solutions and avoid shaming people. Shame has a devastating impact on people and creates real barriers to diagnosis, treatment, and recovery.

Use Common Language ► The way we talk about SUD and recovery matters. Use person first language such as “a person with a substance use disorder.” Avoid stigma-perpetuating words such as “abuser,” “addict,” and “alcoholic.”

Empower Others ► Supportive relationships are vital to the recovery process. Empower individuals to navigate their own paths to recovery, keeping in mind that there are many pathways, and all are cause for celebration.

Support Families ► SUD impacts the entire family, and every person in the family needs individualized support. Educate family members on SUD and how to best support their loved one. Empower each family member to identify avenues of support for themselves.

Share Resources ► A wide range of local resources are available for many different recovery paths. Share pride that our region has a big recovery community!

Promote Resiliency ► Recovery is a living reality for individuals, families, and communities. Over 23 million Americans are living in recovery today. We all need to share the message of hope that recovery is possible and alive in our community.

Create Community ► Prevention and recovery flourish in supportive communities. We all have a role to play in creating a culture of recovery!

RECOVERY
IS REAL

RECOVERY IS
CONTAGIOUS

RECOVERY IS
VOLUNTARY

RECOVERY
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SUPPORTIVE
COMMUNITIES

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