

SUPPORTING RECOVERY IN COLORADO

RECOVERY IS DEFINED AS...

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." To make progress on the path of recovery from a substance use disorder, four key factors are essential: Health, home, community, and purpose. [1]

8%

Of the US population are estimated to have a current substance use disorder. This equates to 460,000 Coloradans and hundreds-of-thousands of impacted family members and friends. Substance use disorders do not discriminate and occur in every neighborhood, in every community.

Substance use disorders can be effectively treated and managed

400,000

Coloradans are estimated to be in recovery after experiencing a substance use disorder. As more Coloradans receive treatment for substance use disorders and/or seek recovery support, this number will continue to grow. [2]

LANGUAGE IS KEY

To support struggling friends, neighbors, employees, co-workers, family and other community members, it is critical to use language which creates a supportive culture to motivate and encourage individuals on their respective paths to recovery.

HELPFUL LANGUAGE:	HURTFUL LANGUAGE:
Person with a substance (alcohol, opioid, etc.) use disorder, person with hazardous or harmful use	Addict, alcoholic, substance abuser, junkie, drunk
Substance use or misuse	Abuse, drug problem, "addiction"
Return to use, recurrence of use	Relapse, "off the wagon"
Medication-assisted recovery	Medication-assisted treatment
Positive or negative lab results	"Dirty" or "clean" lab results
Precontemplative, ambivalent about...	In denial about...
Person struggling to maintain recovery	Chronic relapser, frequent flyer
Withdrawal management	Detox
Has not begun to..., opted not to...	Resistant, non-compliant
Person involved with criminal justice, person currently incarcerated/formerly incarcerated.	Drug offender, criminal, prisoner/parolee

RECOVERY HAS MANY PATHWAYS

As the definition says, "recovery is a process" and there are many ways to reach it. Some individuals may need to work with a treatment professional in a group or individual setting, for the long- or short-term. Others may seek community-based peer support resources or a combination of peer and professional supports. While some individuals aim for abstinence from all substances as their goal, others may take a "harm reduction" approach by reducing their use or minimizing associated risks.

For a list of recovery resources, visit: <https://corxconsortium.org/work-groups/recovery/>

[1] Substance Abuse and Mental Health Services Administration

[2] 2019 National Survey on Drug Use and Health