

Know the facts.

Understanding SUBSTANCE USE DISORDER

KnowTheFactsIndiana.org
#KnowTheFacts

The more we know about substance use disorder, the better we can help fellow Hoosiers.

1

KNOW It's a disease.

Opioids can cause serious changes to the brain and body.

- Opioids excite the parts of the brain that make you feel good.
- After you take them for a while, the “feel-good” parts of your brain get used to them.
- You may need more and more to get those same feelings.
- Soon, your brain and body must have them just to feel normal.
- You can't stop using the drug just because you want to.

2

SUPPORT There is treatment.

If you need help to stop using opioids, it is available. Different kinds of treatment work for different people.

Treatment types can be:

- **Outpatient**—treatment by a doctor, but you go home every day.
- **Inpatient**—treatment in a hospital or a residential facility where you could stay for days or weeks.
- **Medication-Assisted Treatment**—treatment that uses both medicines and counseling to help your body recover.

3

HOPE Recovery is possible.

Recovery is learning to live without opioids. And it is possible with help.

Getting better takes time. Treatment can help you stop using drugs and improve your health and wellness.

Setbacks may be part of recovery. It may take many tries to stop using opioids. Don't give up hope!

“There's not just one way to recover. I started taking recovery more seriously. I began listening more at group meetings, and found myself wanting to emulate others' stories of recovery.” — Amy R

Visit www.IN.gov/recovery.

OPIOID TREATMENT PROGRAMS



● Current treatment centers in Indiana

HELP REDUCE STIGMA Language Matters

SAY THIS → NOT THIS

Person with opioid use disorder	Addict, user, druggie, junkie, abuser
Disease	Drug habit
Person living in recovery	Ex-addict
Person arrested for a drug violation	Drug offender
Substance dependent	Hooked
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery; substance-free	Stayed clean
Negative drug screen	Clean
Positive drug screen	Dirty drug screen

Revised Council on Behavioral Health Language Matters, 2019

Get help now.

Call 2-1-1 to connect with treatment.

Suicide Prevention: 800-273-8255