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.

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HELP REDUCE STIGMA
Language Matters

<table>
<thead>
<tr>
<th>SAY THIS</th>
<th>NOT THIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Person with opioid use disorder</td>
<td>Addict, user, druggie, junkie, abuser</td>
</tr>
<tr>
<td>Disease</td>
<td>Drug habit</td>
</tr>
<tr>
<td>Person living in recovery</td>
<td>Ex-addict</td>
</tr>
<tr>
<td>Person arrested for a drug violation</td>
<td>Drug offender</td>
</tr>
<tr>
<td>Substance dependent</td>
<td>Hooked</td>
</tr>
<tr>
<td>Medication is a treatment tool</td>
<td>Medication is a crutch</td>
</tr>
<tr>
<td>Had a setback</td>
<td>Relapsed</td>
</tr>
<tr>
<td>Maintained recovery; substance-free</td>
<td>Stayed clean</td>
</tr>
<tr>
<td>Negative drug screen</td>
<td>Clean</td>
</tr>
<tr>
<td>Positive drug screen</td>
<td>Dirty drug screen</td>
</tr>
</tbody>
</table>

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OPIOID TREATMENT PROGRAMS

Current treatment centers in Indiana:
- Valparaiso
- Gary
- Merrillville
- South Bend
- Fort Wayne
- Lafayette
- Marion
- Indianapolis
- Terre Haute
- Greenwood
- Bloomington
- Lawrenceburg
- Charlestown
- Evansville

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Get help now. Call 2-1-1 to connect with treatment. Suicide Prevention: 800-273-8255

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