



Supporting people in recovery

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What is recovery?

A phoenix, a mythical bird that is reborn from its own flames, is depicted in flight against a vibrant blue sky filled with stars. The bird's wings are spread wide, and its body is engulfed in bright orange and yellow flames, symbolizing transformation and renewal.

“a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

<https://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf>

What supports a life in recovery?

- Health
- Home
- Purpose
- Community

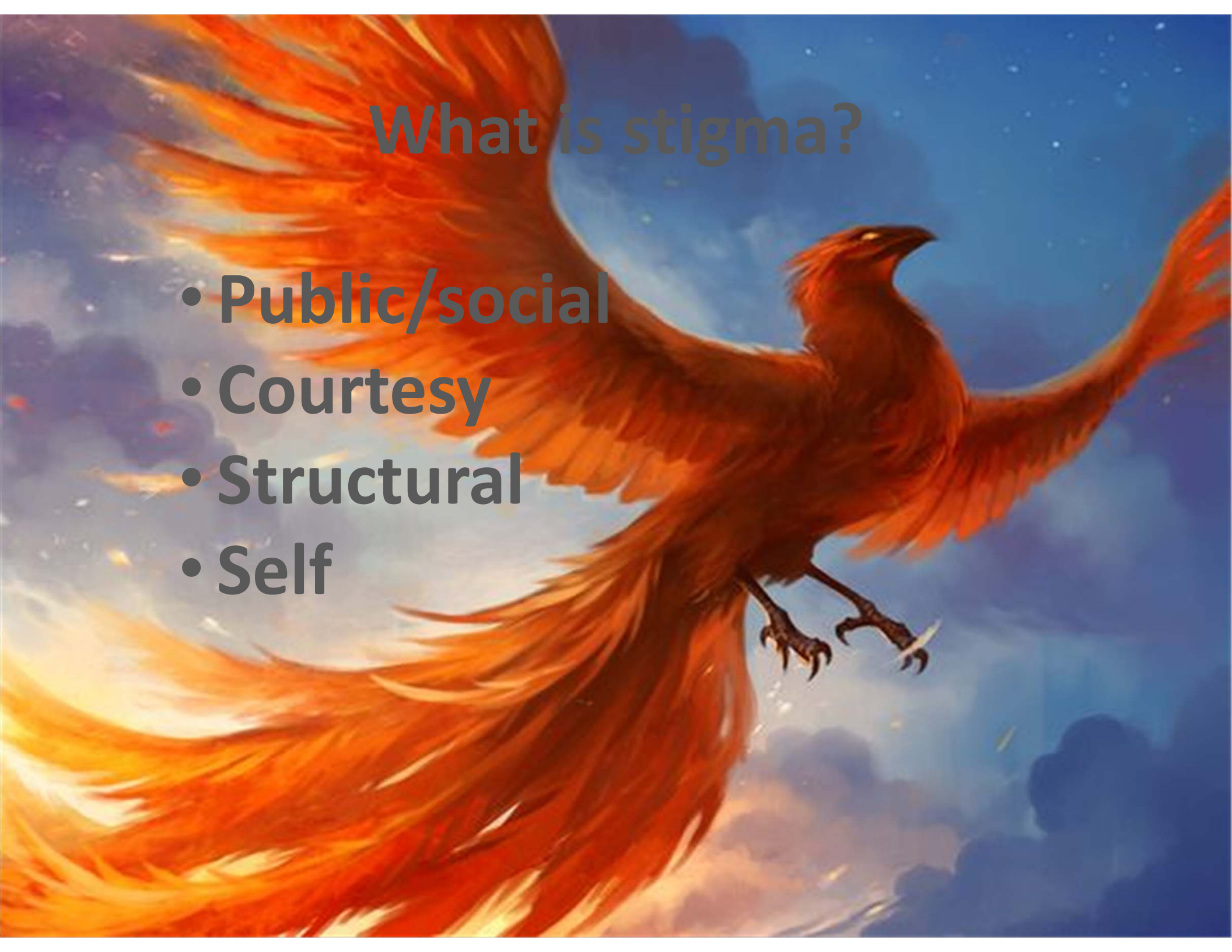


A phoenix, a mythical bird that is reborn from its own ashes, is depicted in flight against a dramatic sky. The bird's wings are spread wide, and its body is engulfed in bright orange and yellow flames. The background is a deep blue night sky with scattered stars and soft, wispy clouds. The overall mood is one of hope and renewal.

**What are barriers to recovery
in our communities?**

What is stigma?

- **Public/social**
- **Courtesy**
- **Structural**
- **Self**



WORDS MATTER!

A phoenix, a mythical bird that is reborn from its own flames, is shown in flight against a blue sky with clouds. The bird's wings are spread wide, and its body is engulfed in bright orange and yellow flames. The background is a clear blue sky with some light clouds and a few stars.

Addict

Shame
Junkie
Loser
Bum
Hopeless
Thief
Liar
Druggie
Criminal/felon
Dirty
Wasted
Freak
Stoner

Recovery

Hope
Love/loved
Saved
Gratitude/grateful
Redeemed
Happy
Family
Connected
Healing
Blessed/blessings
Opportunity
Honesty
God
Work
Strength
Change/transformation
Reborn
Safe
Journey
Compassion
Beautiful

A phoenix with vibrant orange and red feathers is shown in flight against a blue sky with soft, white clouds and scattered stars. The bird's wings are spread wide, and its tail feathers are also visible. The overall scene is dramatic and evocative.

*“When you call me an addict,
you take away everything that
is lovely about me.”*

A phoenix, a mythical bird that is reborn from its own flames, is depicted in flight against a blue sky with stars. The bird's wings are spread wide, and its body is engulfed in bright orange and yellow flames. The background is a deep blue sky with scattered white stars and soft, wispy clouds. The overall scene is dramatic and symbolic of renewal and resilience.

What does stigma against people with substance use disorder look like in our communities?

What do we know about reducing stigma?

The Anti-Stigma Toolkit: A Guide to Reducing Addiction-Related Stigma

Addiction Technology Transfer Center Network, 2012.

<http://www.attcnetwork.org/RegCenters/productDocs/2/Anti-Stigma%20Toolkit.pdf>

A phoenix, a mythical bird that is reborn from its own ashes, is shown in flight against a vibrant blue sky filled with stars. The bird's wings are spread wide, and its body is surrounded by a large, swirling mass of bright orange and yellow flames. The overall scene is dramatic and symbolic of renewal and resilience.

Group Work

Addressing Stigma in Our Communities

1. What specific group is being hurt by this problem?
2. What specific group is perpetuating this problem?
3. What approaches and strategies might be appropriate?

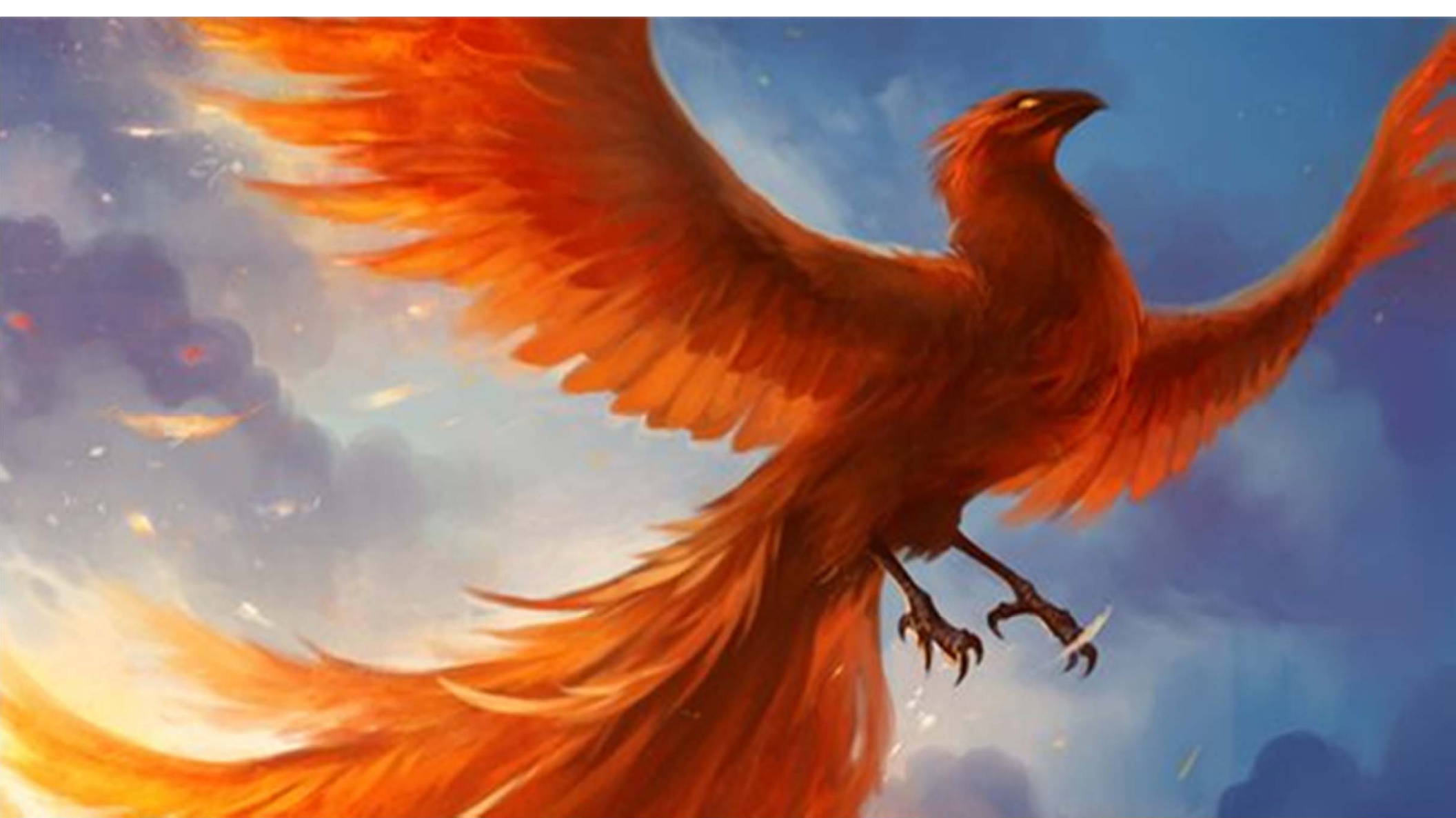
A phoenix, a mythical bird that is reborn from its own flames, is shown in flight against a vibrant blue sky filled with stars. The phoenix's wings are spread wide, and its body is engulfed in bright orange and yellow flames. The background is a deep blue sky with scattered white stars, suggesting a night or twilight setting. The overall scene is dramatic and inspiring, symbolizing renewal and achievement.

Group Work Report Out

THREE things you learned

TWO things you will share with colleagues

ONE thing you will implement or change
about your project because of this learning



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