

# Health for All

MTSU Office of  
Prevention Science and  
Recovery



Office of Prevention  
Science and Recovery



**MIDDLE  
TENNESSEE**  
STATE UNIVERSITY.

I AM *true* **BLUE**

# Agenda

## Health for All: A Language Inclusion Webinar Series



- What is Substance Use Disorder?
- Terms to Use and Avoid When Talking About Addiction
- Applying New Language when Serving Patients with SUD
- Practical Application to Your Role

# Poll From Audience

Health for All: A Language Inclusion Webinar Series



# What is Substance Use Disorder?

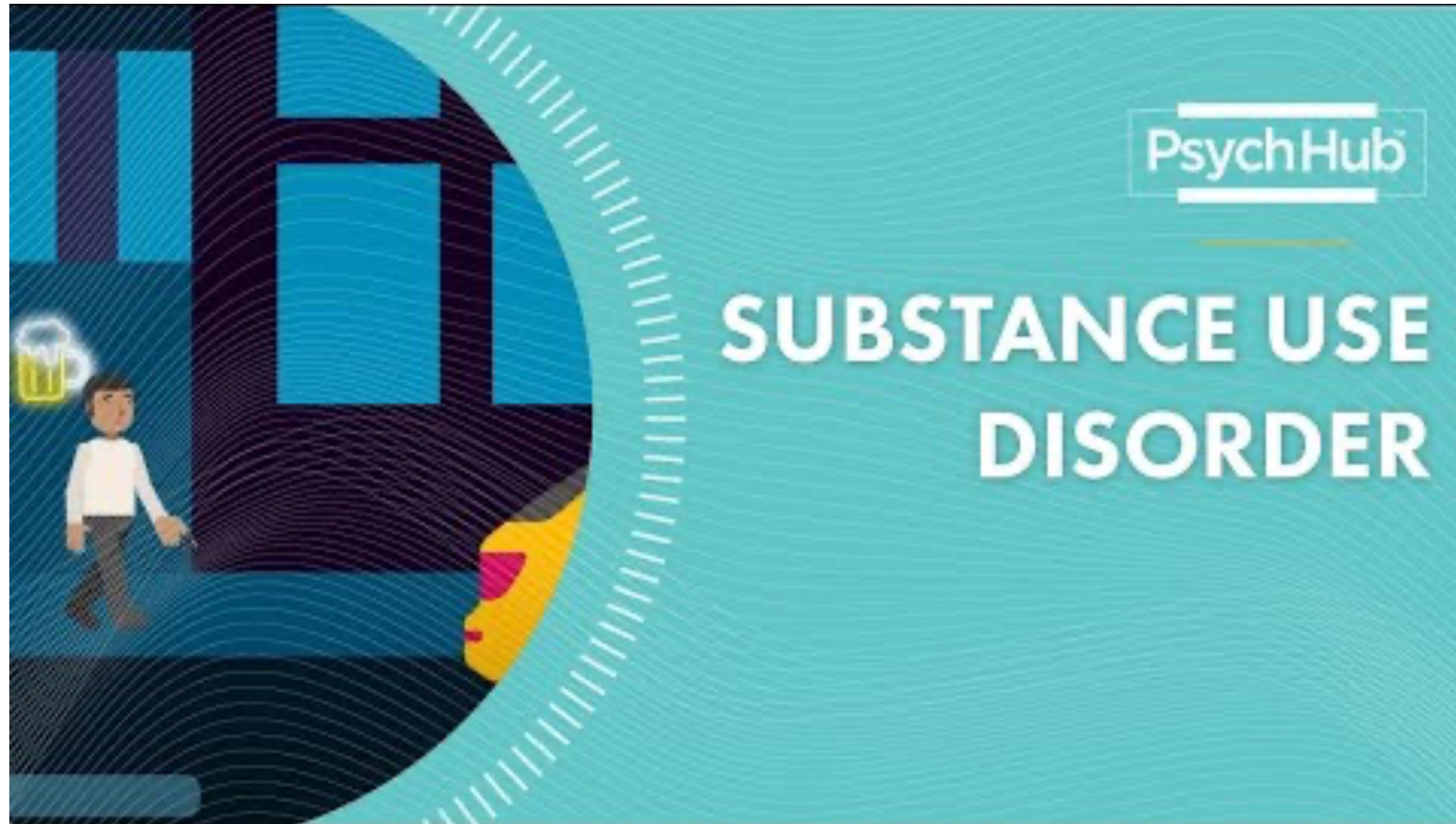
Health for All: A Language Inclusion Webinar Series



- *“Treatable mental disorder that affects a person’s brain and behavior, leading to their inability to control their use of substances” (NIMH)*
- Symptoms can be mild to severe
  - Severe symptoms = *“Addiction”*
    - *“Treatable, chronic medical disease... engaging in behaviors that become compulsive despite harmful consequences” (ASAM)*
- Addiction to a substance hijacks the brain’s reward pathway through utilization of dopamine
  - Dopamine = Motivation

# What is Substance Use Disorder?

Health for All: A Language Inclusion Webinar Series



# What is Substance Use Disorder?

## Health for All: A Language Inclusion Webinar Series

### CATEGORIES OF SUD SYMPTOMS

Symptoms of substance use disorders in the DSM 5 fall into four categories: 1) impaired control; 2) social problems; 3) risky use, and 4) physical dependence.

Impaired Control	Social Problems	Risky Use	Physical Dependence
------------------	-----------------	-----------	---------------------

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Caffeine</li> <li>• Cannabis</li> <li>• Hallucinogens</li> <li>• Inhalants</li> <li>• Opioids</li> </ul> | <ul style="list-style-type: none"> <li>• Sedatives</li> <li>• Hypnotics</li> <li>• Stimulants (methamphetamine, cocaine, etc.)</li> <li>• Tobacco</li> </ul> |
|--|--|

TABLE 2.

### DSM-5 Criteria for Substance Use Disorder

Criterion	Severity
Use in larger amounts or for longer periods of time than intended	Severity is designated according to the number of symptoms endorsed: 0-1: No diagnosis 2-3: Mild SUD 4-5: Moderate SUD 6 or more: Severe SUD
Unsuccessful efforts to cut down or quit	
Excessive time spent using the drug	
Intense desire/urge for drug (craving)	
Failure to fulfill major obligations	
Continued use despite social/interpersonal problems	
Activities/hobbies reduced given use	
Recurrent use in physically hazardous situations	
Recurrent use despite physical or psychological problem caused by or worsened by use	
Tolerance	
Withdrawal	

*SUD, substance use disorder*

*Adapted from Diagnostic and Statistical Manual of Mental Disorders, fifth edition.<sup>23</sup>*

# Stigma and Recovery

## Health for All: A Language Inclusion Webinar Series



That happens to other people, but it **WOULDN'T** happen to me.



Ignoring or pretending it isn't happening to you or someone near you.

Not touching, hugging, or holding hands.



That person was raised different, I was taught **BETTER**.

- Stigma about people with SUD might include inaccurate or unfounded thoughts like:
  - they are **dangerous**
  - **incapable** of managing treatment
  - **at fault** for their condition
- Stigma Can Impact Recovery
  - **Reduce the willingness** for individuals to seek treatment
  - Grow a **desire for social distance** from individuals with an SUD
  - Negatively **impact the level of care** we provide

# Words Matter

Health for All: A Language Inclusion Webinar Series



## Instead Of...

Addict

Drug Abuser

Junkie

## Use...

Person with substance use disorder

Patient

“insert name” is in active use



# Words Matter

Health for All: A Language Inclusion Webinar Series



## Instead Of...

Alcoholic

Drunk

Former Addict

## Use...

Person with alcohol use disorder

Person who misuses alcohol

Person in long-term recovery

## Why?

Shows that a person “has” a problem,  
rather than “is” the problem

# Words Matter

Health for All: A Language Inclusion Webinar Series



## Instead Of...

Abuse

Clean

Addicted Baby

## Use...

Use (for illicit) or Misuse (for prescription)

Abstinent from Drugs

Baby with Signs of Withdrawal

# Group Activities

Health for All: A Language Inclusion Webinar Series



# Words Impacting a Patient's Level of Compliance

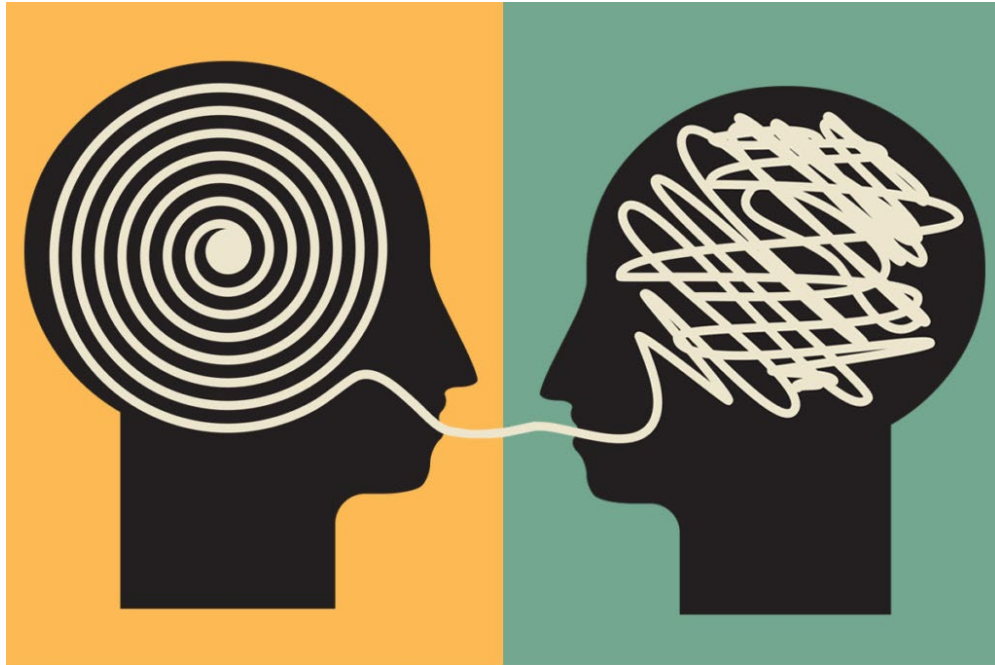
Health for All: A Language Inclusion Webinar Series



1. Building Trust and Rapport
2. Motivation and Encouragement
3. Clarifying Treatment Goals and Plans
4. Empowering Patient Autonomy
5. Addressing Stigma and Judgement

# Using Motivational Interviewing Tactics

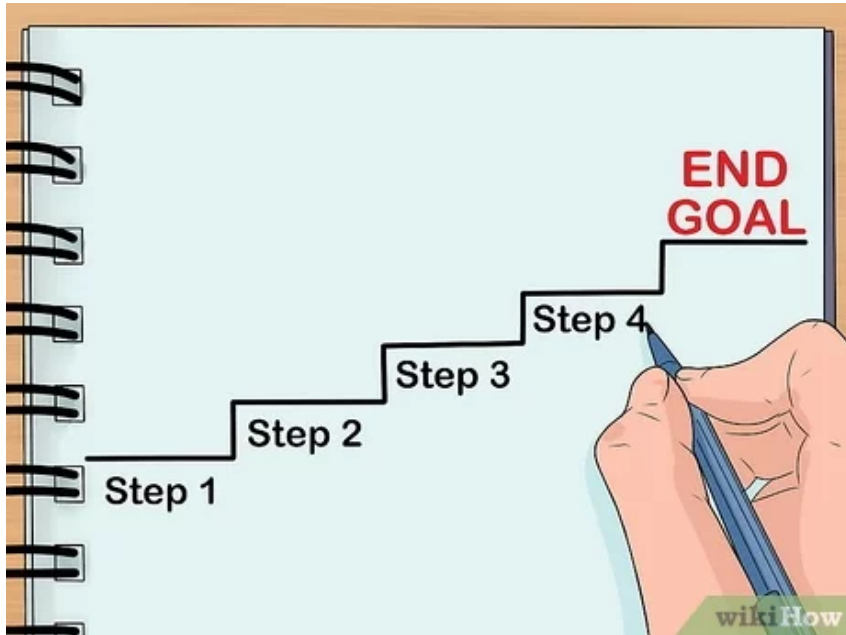
Health for All: A Language Inclusion Webinar Series



1. Open-ended Questions
2. Affirmations
3. Reflective Listening
4. Rolling with Resistance
5. Developing Discrepancy

# Simple Action Steps for Providers to Implement

Health for All: A Language Inclusion Webinar Series



1. Practice Active Listening
2. Use Open-Ended Questions
3. Provide Affirmations and Positive Feedback
4. Explore Discrepancies with Compassion
5. Collaboratively Set Goals and Action Plans

# Questions?

Health for All: A Language Inclusion Webinar Series



**MIDDLE  
TENNESSEE**  
STATE UNIVERSITY.

Chipper Smith  
[chipper.smith@mtsu.edu](mailto:chipper.smith@mtsu.edu)

I AM *true*  
**BLUE**