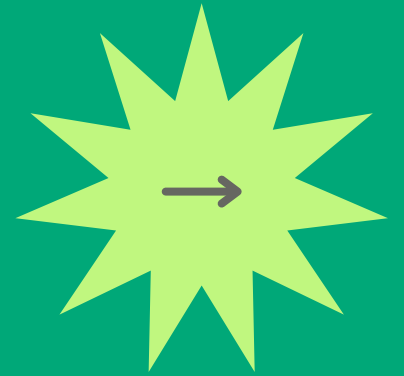


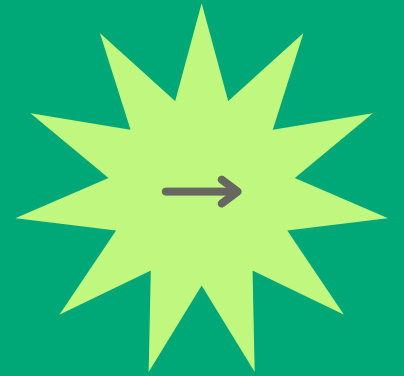
COULD YOUR LANGUAGE USE A CHECK-UP?



How we talk to each other is important. Swipe to see if the language you use with others could be improved.



01



Be careful with comparisons



Substance use and substance use disorder (SUD) are not the same.

SUD is when using substances severely impacts day-to-day activities.

02

Give folks unconditional positive regard

This is a mindset in which we assume people are inherently good. It helps us talk to the whole person rather than focusing on their substance use.



Let's all put on our unconditional positive regard glasses!

03

How can you tell if you're practicing unconditional positive regard?

You respect the person's decisions about their own health

You believe the person knows what is best for them in the context of their values, beliefs and experiences

You want what's best for the person.



04

How unconditional positive regard can make a difference



- Reduces harm
- Makes people feel appreciated, respected and heard
- Empowers people to make decisions and change their minds



05

Try motivational interviewing

Navigate tough conversations with empathy, self-awareness, and openness. This involves active listening, focusing on choices and solutions, patience, and reframing sentences to empower the person.



For example, instead of “*Now that you’re pregnant you need to stop smoking?*” say: “*What do you think of your smoking now that you’re pregnant?*”



06

Choose kindness



Some words are judgmental and can hurt others. Luckily, we can choose our words. When we choose words that make people feel respected instead of judged, we are caring for that person while also fighting stigma.

07

Person-first language

This is a way of speaking that emphasizes the person-- not their condition. It helps remove negative feelings around certain disorders and puts the person at the center.



For example, instead of “*addict*” say: “*person who uses X*”



THANKS FOR READING!

This is the second part of a series on various topics pertaining to SUD. Come back to learn more about better language choices, different types of providers, harm reduction strategies, and other important topics.



RESOURCES

If you would like to learn about other resources as well as tips to prepare for your baby, see below:

**PREPARING FOR YOUR BABY:
Information for Pregnant People
with Substance Use Disorders**

<https://tinyurl.com/23x3s3dn>

SAMHSA's National Helpline

1 (800) 662-HELP

