

# RECOVERY DIALECTS

Please note that language is ever evolving, as are people. Thus, societies use of language has a direct impact on access to well-being.

## Stigmatizing

Only people with lived experience should use these words about themselves

## Possibly Stigmatizing

Depending on individual or context. Use with caution; mirror person's language

## Less Stigmatizing (Hopefully)

Person-first language is a good place to start.

Substance Abuse Addicted Drug / Alcohol Problem	Addiction Substance Use Disorder / dependent	Substance use issues
Substance Abuser Addict / Alcoholic Junkie / Crackhead Problem drinker / Boozer	Person with an addiction Substance use disorder Drug user / Substance user Navigating substance use	Person living with experience of substance use Person who uses substances Person struggling with substance use
O.D.'d	Overdose	Accidental drug poisoning Toxicity
Clean	Recovery Person in recovery Abstinent / Sober	Person with lived experience Person no longer using Person who struggled with substance use
Fall off the wagon Back at it Using again	Relapse	Recurrence of use Return to use
Opioid replacement therapy	Medication Assisted Treatment Medication Assisted Recovery Agonist Therapy	Pharmacotherapy Medication
Jonesing Drying out	Detox	Withdrawal management
Clean / dirty urine or blood	Negative / Positive toxicology screening	Non-reactive / Reactive toxicology screening
Ex-con Felon Criminal	Inmate Parolee Offender	Criminal justice involved Justice involved Systems-impacted Person re-engaged in community

**For more tips on language, check out:**

<https://www.recoveryanswers.org/addiction-ary/>

**For more explanations as to why some words are stigmatizing, visit:**

<https://www.naabt.org/documents/Languageofaddictionmedicine.pdf>

(Fudjack et al., 2020; revised 2022)

# LANCERS RECOVER

The Lancers Recover Program is a peer-to-peer student recovery program at the University of Windsor that provides an intentional and affirming space for all students who identify as being in recovery or are interested in / seeking recovery from problematic substance use or other addictive behaviours. We strive to help students achieve personal and academic success by connecting students with shared lived experience, normalizing the recovery identity on campus, providing a recovery-informed space that encourages intersectional voices, and facilitating social activities for students without the use of alcohol or other drugs.



- Weekly recovery meetings
- One-on-one and group support
- Community building
- Substance-free events and fun activities
- Educational training sessions and full-campus recovery allyship training
- Consultation and outreach
- Peer accountability
- Volunteer leadership positions
- Community and campus resource referrals

**For more information, email:**  
**[lancersrecover@uwindsor.ca](mailto:lancersrecover@uwindsor.ca)**

 /LancersRecoverProgram

 @LancersRecover