

**ACCEPTANCE**

**UNDERSTANDING**

**LOVE**

**HEALING RECOVERY**

**HOPE**

**EVERY STORY IS  
UNIQUE**

**!**

**Replace shame with support.**

**End the stigma, there is always hope!**

**PEOPLE CAN AND DO CHANGE.  
FOLLOW THE QR CODE AND LISTEN  
AS OUR PEERS SHARE ON LIFE AFTER  
ADDICTION.**



*Hope begins here.*

**CASA**



**TRINITY**

COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE

# ADDICTION IS MISUNDERSTOOD

It's not just about drugs or alcohol — it's a complex brain disorder that can involve behaviors like gambling, social media, food, shopping, or even work. Here's what we sometimes forget: Addiction doesn't just affect one person. It reaches families, workplaces, schools, and communities. Whether you're aware of it or not, someone you know is likely impacted. It's time to end the stigma. Let's treat addiction like the health issue it is — with compassion, understanding, and support.

## HOW WE CAN REDUCE STIGMA

- Change our words and terminology – Substitute terms such as "addict" and "junkie" with "person with a substance use disorder."
- Educate ourselves – Increased knowledge diminishes stigma. Acquire information about the science of addiction, mental health, substance use disorders, the science of trauma, and medication-based treatments.
- Personal experiences – Positive engagements with individuals facing stigmatized conditions can reshape attitudes. Encourage individuals to openly share their personal experiences.

## Contact Information



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