Did You Know

Living with an SUD is not about lack of willpower, and reoccurrence of use is a symptom of the disease. Like many other chronic diseases, people with an SUD may not adhere completely to their treatment. Developing a plan in advance can increase the time in remission.

Knowledge Domain

When many people think of substance use, they may only see one “type” of person — one who lacks self-control or has an inability to make good decisions. Many believe that if someone is struggling with substance use they must be lower-class ethnic minorities. While being of lower socioeconomic status may be a risk factor in substance use, it does not represent this population as a whole. As a health care provider, it’s your responsibility to understand and address the fact that a person with a substance use disorder can look like anyone.

Recommended Group Activity

Discuss the impact of misconceptions about people with a substance use disorder. What have you learned about stigma and substance use disorder, and how might that affect your personal and work life? Some common misconceptions include:

- There is a standard treatment program for everyone with an SUD.
- SUD is a choice and/or a moral failing.
- Minorities and those of the lower socioeconomic status are at a greater risk for first-time substance use.
- Men are more likely than women to have an SUD.
- A person with an SUD rarely seeks treatment immediately and is more likely to do so once they have hit “rock bottom.”

Addressing Misconceptions About Patients with Substance Use Disorders

To Learn More

Misconceptions About SUD Treatment
Dispelling Myths: Substance Use Disorder
SUD Education Resources
http://bit.ly/2Z6kEWG

Be a Recovery Advocate!