Did You Know
The National Institute on Drug Abuse estimates that roughly 40 to 60 percent of people who have gone through treatment will experience some kind of relapse, such as using once before returning to treatment or returning to regular substance use.

Knowledge Domain
The chronic nature of substance use disorder means that for many people, recurrence of use is part of the recovery process. Although it is common, going through that experience can be disheartening, and patients may feel ashamed for having “failed” their treatment. Understanding that recurrence of use is not a failure but an opportunity to modify a treatment plan can help people to think about the topic differently. Instead of shaming someone, encouraging them to continue with treatment is going to help them move forward on their recovery journey.

Recommended Group Activity
Think about ways that you can help empower your patients:
• Could you start a class educating people about treatment options, giving them the choice to choose what works best for them?
• Could you start a gathering of those in recovery to celebrate their recovery?

To Learn More
Shame Promotes Relapse, Not Recovery
Choosing Empowerment Over Shame
How We Talk About Relapse Matters
Be a Recovery Advocate!