

## Definitions and Language

- **Abstinent, abstaining from [a specific substance], abstinence:** not using one or more substance(s).
- **Intoxicated, intoxication:** experiencing behavioral, emotional, physiological and/or cognitive changes due to recent use or exposure to a substance. Not all use results in intoxication.
- **Mutual aid:** peer-run groups where members support one another's recovery. Examples include: 12-step, SMART Recovery, Refuge Recovery, and more.
- **Naloxone:** the medication that is used to *temporarily* reverse an opioid-related overdose.
- **Overdose:** a *relatively* large dose that has exceeded a person's tolerance for a substance, resulting in serious (often life-threatening) negative impact on their physical health, mental health, or both.
- **Recovery:** Motivation, and/or taking steps to live a healthier, more balanced, and self-directed life.
- **Route of Administration:** method for ingesting and/or being exposed to a substance. Examples include: smoking, snorting, drinking, injecting, etc.
- **Sober, Sobriety:** clear-minded, clear-mindedness.
- **Substance:** in this context, refers to psychoactive matter also known as drugs, including alcohol.
- **Substance use:** the activity of using any psychoactive substance, including alcohol. Does not indicate any specific pattern of use or whether problems/risks are associated with use.
- **Substance use coercion:** pattern of controlling and abusive tactics related to a survivor's current and/or history of substance use.
- **Toxicology screening:** biomedical (urine, breath, blood, etc.) testing that detects the presence of a substance (such as urine drug testing and breathalyzers).
- **Treatment:** An array of services aimed at helping people engage in recovery from substance use, including: withdrawal management, medication assisted treatment, counseling, residential, inpatient, intensive outpatient, and/or outpatient services, and other recovery services.
- **Withdrawal:** physical, behavioral, and/or psychological changes that can occur when a person reduces or stops using a specific substance. Withdrawal can range from none to life-threatening.