

### **MESSAGING OR LANGUAGE FOR A FRIEND/ALLY OF ADDICTION RECOVERY**

I'm (your name). I'm (a treatment/prevention provider, business owner/employee, neighbor, friend, etc.), and I've seen/experienced the positive results of addiction recovery in my (workplace, community). I know that no one can do it alone. I'm committed to supporting recovery because I've seen it give new purpose, stable productivity and hope to (my clients, my employees, my friend, etc). I'm speaking out because I want to make it possible for others to have the same opportunities.

### **MESSAGING OR LANGUAGE FOR A FAMILY MEMBER WHOSE LOVED ONE HASN'T FOUND RECOVERY**

I'm (your name) and my (son/daughter/husband/wife) is still struggling with addiction, which means... She/he continues to use alcohol or other drug. I know that millions of Americans and their families have become healthier together with new purpose and hope for the future. I want to make it possible for my (son/daughter/husband/wife) to get the help that she/he and so many others need to do the same.

### **MESSAGING OR LANGUAGE FOR A FAMILY MEMBER**

I'm (your name). My family and I are in long-term recovery, which means that for the last (insert the number of years that your family member has been in recovery) years my (son, daughter, mom, dad) has not used alcohol or other drugs. In that time, we've become healthier together, enjoying family life in our home (insert concrete examples to personalize). I am committed to recovery because it has given me and my family new purpose and hope for the future. I am now speaking out because long-term recovery helped us change our lives for the better, and I want to make it possible for others to do the same.

### **MESSAGING OR LANGUAGE FOR A PERSON IN RECOVERY**

I'm (your name) and I am in long-term recovery, which means that I have not used alcohol or other drugs for more than (insert the number of years that you are in recovery) years. I am committed to recovery because it has given me and my family new purpose and hope for the future, while helping me gain stability in my life. I am now speaking out because long-term recovery has helped me change my life for the better, and I want to make it possible for others to do the same.