



Words Matter

How Using Person First Language CAN Make all the Difference

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Objectives

The expectations of the course are that



- Individuals will be able to define and articulate the basics of Person-First Language
- It will help to decrease stigma around Substance Use and Mental Health Issues
- Improve individuals' ability to respond in a trauma-responsive manner

Stigma Language

What are some words you have used and/or heard used to describe Mental Health and Substance Use?



STIMGA

**Not
Stigmatizing**

**Possibly
Stigmatizing**

Stigmatizing

Person First Language

Is a way to emphasize the person and view the disorder, disease, condition, or disability as only one part of the whole person.

It is important to note though that some communities, however, prefer identity-first language because they consider some characteristics as inseparable parts of their identity.

- <https://www.nih.gov.nih-style-guide/person-first-destigmatizing-language>
- [CDC's Health Equity Guiding Principles for Inclusive Communication\(link is external\)](#)
- <https://abhw.org/stampoutstigma/wp-content/uploads/2019/08/person-language-guide-2.pdf>

“A person without housing.”

“A person living with schizophrenia.”

“A person diagnosed with bipolar disorder.”

“A person who uses drugs.”

Person First Language

Be Clear

Be Positive

Be Respectful



Breakups can be tough, it's natural for you to be hurt and upset.

I'm here for you if you want to talk. There are also people who are trained to help you work through these feelings.

I care about you, and I've noticed a change in your work (mood, eating, exercising, etc.).

You are not alone.

Trauma Responsive.... Why ?

Most common Risk factor to Mental Health Concerns? TRAUMA



Remember

Avoid

- Avoid using words with negative connotations
- Avoid descriptions that might invite or connote “pity”
- When discussing suicide avoid saying “committed suicided” – implies criminality or error to it.
- Avoid glamorizing suicide

Put into Practice

- In writing keep the audience in mind provide relevant information and use clear terms
- Focus on Strengths/Roles that have meaning
- Positive language helps recovery
- When in doubt use their NAME
- Be clear
- Be respectful
- Be Positive

Questions?
Comments?

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