



HOPE Emails

**Memorial Day Weekend
May 25, 2024**

Happy Saturday!

If you are like me and Google names you see for context, I wanted to ensure you had the correct spelling of Lynda's last name. I am not sure if this happens to you, but I sometimes wake up in the middle of the night and remember things, like "I was supposed to check the spelling of Lynda's name!" Well, that's what happened to me. Below is the correct spelling of her name, and one better, I am attaching her bio, so you can read about this inspiring counselor, with lived experience. She has been instrumental in helping Beth and I with facilitation and development of the HOPE (**H**ealing **O**urselves with **P**eers and **E**ducation) Program!

Here's the correct spelling: Lynda Coraluzzi

Also, I realize the video I sent yesterday was deep. This program also values humor and being able to laugh with each other. I want to introduce you to Mark Lundholm, a comedian in long term remission from substance use disorder, including alcohol. This TEDx talk he gave combines humor with a great message. If you enjoy what you hear, he has comedy specials. I am including one of them below the TEDx talk.

[What a TOOL! | Mark Lundholm | TEDxNaperville](#)

[Mark Lundholm: Shortcuts Standup Comedy Show & Interview](#)

Before you watch these, I want to share a bit about language. You will hear him using the term "alcoholic." Although many people utilize this term still, I do not use it to describe myself or label anyone else this way. When describing myself, I say "I am a person in long term remission from alcohol used disorder." However, we respect you, your recovery and the words you use to describe yourself. When we meet, we will have a conversation about terms, and you can take what you like, and leave the rest. This is your recovery, so whatever helps you in this complex recovery process we will respect and honor it provided it is not harming you or anyone else.

This change in terminology comes from studies that have been around stigma, and how labeling someone as an "alcoholic" may hinder recovery. The National Institute of Health (NIH), Association for the Study of Liver Diseases (AASLD) and the Diagnostic and Statistical Manual of Mental Disorders (DSM) have adopted this new terminology. To read more about the rational behind the change as well as the new terms, please go to the NIH links below.

[When it Comes to Reducing Alcohol-Related Stigma, Words Matter](#)

[Words Matter - Terms to Use and Avoid When Talking About Addiction](#)

[Alcohol and Substance Use](#)

Please reach out to me via email or phone (720.329.4232) with questions or if you need a friendly ear!