

“The Stories We Tell: Support Groups and Other People Who Use Drugs”

Episode Overview

In this episode, I talk about how recovery communities and individuals who use drugs shape their own understandings of substance use and recovery.

I explore how individuals draw distinctions within their communities, how recovery spaces can influence what is considered “acceptable” or “successful,” and how newer forms of peer support are changing the way people connect



- People who use drugs often draw distinctions between different types of drug use. This often can shape identity, belonging, and who feels accepted within the community.
- Traditional support groups, like 12-step programs, can create tension around medication use and harm-reduction practices.
- Peer support and online communities are emerging as alternative spaces where individuals share experiences, advice, and support in more flexible ways.

TAKEAWAYS

- ✓ Recovery is not one-size-fits-all; it is shaped by how individuals define and experience it.
- ✓ Support spaces can both include and exclude.
- ✓ Peer and online communities are expanding how people access support and connection.

References & Future Reading

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