



**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# In Celebration of **NATIONAL RECOVERY MONTH 2016**



## Personal stories are powerful!

As a person in recovery, you bring a unique perspective about substance use and/or mental health disorders. Your story about your personal recovery journey can transform lives.

In the tradition of the U.S.A.'s National Recovery Month, we are encouraging people across the globe who are in recovery from substance use and/or mental health disorders to help us harness the power of stories by participating in an international essay contest.

## Essay Contest Guidelines

Write an essay about your personal recovery journey.  
In your essay, please address the following writing prompts:

- I am speaking out about my recovery because...
- Being in recovery has changed my life, and now I...
- I maintain my recovery by...

Words are powerful. In your essay, please use person-first language and avoid promoting stigma.

## Prizes\*

1st Place  
Apple iPad Pro  
9.7 inch

2nd Place  
Apple Watch  
Sport

3rd Place  
Garmin Vivofit  
Activity Tracker

An international  
essay contest  
sponsored by the  
**ATTC Network**  
in Partnership with  
**Faces & Voices of  
Recovery** and  
**Facing Addiction.**



**Facing Addiction**

[ATTCnetwork.org/Essay2016](http://ATTCnetwork.org/Essay2016)

## What is person-first language?

Person-first language speaks to the person first and their condition second. For example, instead of calling yourself an “addict,” focus on yourself as a person who happens to have a disease. Say: “I am a person with a substance use disorder.”

## What is stigma?

Stigma is a mark of disgrace associated with a particular circumstance, quality, or person. Many times people with substance use and/or mental health disorders are stigmatized because others do not understand that addiction is a disease just like other chronic diseases. Some words help to promote this false information. Avoid using these terms. Examples include: abuser, addict, drunk or junkie. So, instead of calling your family member a “drunk,” describe that family member as a person who drinks too much alcohol.

## Essay Contest Rules:

Essays must be 300 words or less.  
Essays must be written in English.  
Essays must be submitted with a completed entry form; without a completed entry form, an essay may be disqualified.  
Any essay found to be plagiarized will be automatically disqualified.  
Only one entry per person will be accepted.

## Eligibility:

Any individual committed to recovery is eligible to participate.\*

## Submission Guidelines:

Submission deadline: December 31, 2016  
Submissions can be mailed electronically to Cindy Christy [christyc@umkc.edu](mailto:christyc@umkc.edu)  
Submissions can be mailed to the following address and arrive by the contest deadline:

UMKC / ATTC Essay Contest  
2464 Charlotte Street  
Health Science Building, Suite 2418  
Kansas City, MO 64108  
USA

## Judging Process:

Essays will be judged in a two-tier process.

- 1) An Judging Panel will choose the top 20 essays using the following criteria:
  - a. Thoroughness of response to each statement in the essay contest guidelines;
  - b. Use of non-stigmatizing and person-first language;
  - c. Overall impression and impact of the essay.
- 2) Using the same criteria, an Essay Review Board will score the top 20 essays. The highest scores will be the 1st, 2nd, and 3rd place winners. The top 20 essays will be featured in an ATTC published essay compilation booklet.

## Release & Entry Form

All entrants must print, sign and return this entry / release form (one form) with their essay entree.  
If you do not have access to a scanner for you signed form, you may print and sign, take a picture of the signed release from your phone and email the photo of the release to [christyc@umkc.edu](mailto:christyc@umkc.edu).

## Notification

The ATTC Network Coordinating Office will notify winners by phone or email no later than February 1, 2017. Essay winners will be announced in the February electronic publication of the ATTC Messenger and on the ATTC Network Website.

\* No federal grant dollars were used to purchase prizes. \*\*Former and/or current ATTC Network staff and/or consultants are ineligible to participate.