

Welcome to SUDA

We want to create a community for people to save themselves and recover, or just find a place of support and identification for people with Substance Use Disorder. We believe we have a mental or thought disorder, not a disease. All thought processes can be changed and replaced with a better thought process. We believe that communication and identification is what brings about a passion to do better. We believe the person is in recovery when they say they are. We place emphasis on quality of life, rather than any adherence to any defined form of abstinence or recovery.

We do not care how you want to identify or be in SUDA, we are all right because we are all individuals and can think for ourselves. We view addiction as a severe symptom of untreated Substance Use Disorder. Addiction is a temporary state if we want it to be. If a label helps you get better, then use it, but it does not apply to others. That is SUDA, we do not define others, just ourselves. It is simple, SUDA is a unifying community and not responsible for your recovery, you are. When you say you are in SUDA, that defines you living your life how you want to be, not others.

This will not be perfect, which is our goal. We want progress, and to never have perfection. We say up front we want to be the counterculture to a recovery atmosphere where everyone has a solution for you, but no one will ask you what you want for your life.

We believe recovery comes first and we support you to develop healthy boundaries with substances, people, places, and anything else in your life not to your benefit. You need to believe you can recover every moment you are alive. Recovery is a progressive personal thing. It can only come from within the person with Substance Use Disorder, not any other philosophy, psychology, fellowship, institution, or person.

We don't care if you have been diagnosed by a doctor, or you self-identify with Substance Use Disorder. In SUDA we acknowledge people have always used substances, and that because we are human, things can get out of hand, and there are some common causes. We are not doctors, just like the other peer groups out there. You will have to figure out your underlying causes, and learn to live with them and change in your own way. We do not have a solution for you, only support on your journey.