

What EXACTLY is Addiction?

What is addiction?

- chronic,
- progressive,
- continued use of the substance or behavior despite harmful consequences,
- fatal if left untreated.

Brain changes associated with addiction can be long-lasting, and can lead to many self-destructive behaviors.

Chemical Dependence (Physical):

This may occur with the regular use of any substance legal or illegal, even when taken as prescribed.

- I When that substance is taken away, symptoms can emerge while the body re-adjusts to not having it.

OPIOIDS are physically addicting, and may require MEDICAL DETOX.

PLEASE KNOW that Methadone and Xanax will KILL YOU if taken together.

Physical dependence can lead to craving the drug to relieve the withdrawal symptoms.

Addiction (Psychological):

change in your **behavior** caused by the biochemical changes in your brain after continued substance abuse.

Substance use becomes your main priority, regardless of the harm you may cause to yourselves or others.

An addiction causes you to act unreasonably when you don't have the substance you are addicted to in your system

Diagnosing substance use disorders

Addiction is diagnosed if two of the following events occur within a twelve month period:

1. You are doing more than you had planned, and for a longer time period.
2. You want to slow down and stop, but you are unable to.
3. Much of your time is spent finding it, doing it, and coming down from it. This includes attempting to come up with the money to buy it.
4. You are compelled by cravings to use.



Diagnostic criteria continued



5. Because of your use, you are unable to handle your obligations at work, school, or home.
6. Important activities are given up because of your use of the substance.
7. You are finding yourself in very dangerous situations because of it.
8. You are still using it, despite knowing that you have a physical or psychological problem from using it.

Recovery is supported by peers and allies.

Recovery emerges from hope and gratitude.

Recovery involves a process of healing and redefining yourself.

Recovery involves rebuilding a life in the community.

Recovery facts

Recovery is a reality. It can, will, and does happen.