Drug addiction is a brain disease that has a complex combination of genetic, environmental, and psychological factors. It changes the brain, how it works, and how someone thinks. Addiction is a chronic disease.

**Stages of Change**

- **Precontemplation:** The person sees no need to change.
- **Contemplation:** The person has thought of the pros and cons of their substance use but is not sure about making a change. The person could be in any of the following stages:
  - Precontemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance

**TREATMENT WORKS**

- People want to cut down or quit but can’t do it alone.
- Professionals can help people in a sustainable user-friendly way.

**PROFESSIONALS CAN HELP**

- Peer recovery support staff
- Mental health professionals
- Addiction specialists

**SOURCES**

Published: October 1999 Revised: April 2009 Author: National Institute on Drug Abuse

**DIFFERENTIATE BETWEEN ADDICTION AND DISEASES**

- Lung cancer
- Kidney disease
- Osteoarthritis

**ADDITION IS A DISEASE JUST LIKE**

- Heart Disease
- Cancer
- Diabetes
- Obesity

**METH, HEROIN, ALCOHOL**

- **Meth**
- **Heroin**
- **Alcohol**

**ECSTASY**

Drug addiction is a chronic disease.

**ADDITION IS A DISEASE**

- 22.6 MILLION
- It changes the brain.
- Dopamine: is a neurotransmitter present in regions of the brain that control movement, emotion, motivation, and feelings of pleasure.
- The overstimulation of this system, which normally responds to natural behaviors that are linked to survival (eating, spending time with loved ones, etc), produces euphoric effects in response to the drugs.
- This reaction sets in motion a pattern that “teaches” people to repeat the behavior of abusing drugs.
- Relapse:
  - The person is attempting to change and needs help.
  - The person is ready to take action to change.
  - The person is trying to change and has made some effort or change.
  - The person has changed and is working to maintain change.

**DO I HAVE AN ADDICTION?**

- http://www.drugrehabadvice.org/stagesofaddiction.html
- http://www.addiction411.com
- http://www.mentalhealthfirstaid.org

**Interesting stats**


**FINDINGS**


**2012 NATIONAL SURVEY OF SUBSTANCE ABUSE TREATMENT SERVICES**

- 10.4 million people aged 12 or older needed treatment for a drug or alcohol dependence disorder.
- 2.5 million (40%) of this group received treatment.
- Drugs involved in the treatment of drug dependence or abuse were:
  - Alcohol
  - Other-drug dependence
  - Other drug abuse
  - Opioids
  - Methamphetamine
  - Cocaine
  - Inhalants
  - Hallucinogens
  - Non-opioid prescription-type psychotherapeutics

**2012 FINDINGS**

- 8.9% of adults (22.6 million) use illicit drugs.
- 16.9 million people (6.7%) drink heavily.
- 12.2 million (74.0%) were employed either full or part time.
- 12.3 million (67.4%) were either full or part time employed.
- 12.3 million (74.0%) were employed.
- 12.2 million (74.0%) were employed.

**RELAPSE:”

- “Relapse is the term used to describe the behavior of going back to using drugs.
- Relapse is natural, something people have to work through.
- Relapse is a chance to learn something about yourself.
- Relapse is a mistake in the direction of your life.
- Relapse is a signal to get an addiction.
- Relapse is a message for change.
- Relapse is an opportunity to get help.

**PROFESSIONALS CAN HELP**

- Treatment works.
- Professionals can help people in a sustainable user-friendly way.
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