

Understanding Addiction to Support Recovery

What the CDC wants YOU to know:

1 in 14

Americans report experiencing substance use disorders

1.6 million

Americans suffer from Opioid Use Disorder

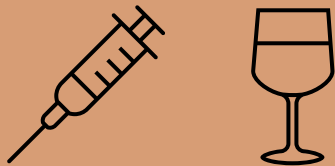
- There is not one single factor that leads to substance use. Some people may use drugs to cope with stress, trauma, or to help with mental health issues
- Others may develop opioid use disorder after misusing opioids they are prescribed by doctors

Drug Use Affects the Brain



- When people take drugs, the brain is flooded with chemicals that take over the brain's reward system and cause them to repeat behaviors that feel good, but may not be healthy
- The brain adapts to continued drug use by developing a tolerance, meaning it takes more of a drug to feel the same result
- This can suppress the amount of pleasure a person receives from normal, healthy activities.

Substance Use Disorder



Substance Use Disorder (SUD) occurs when someone's use of drugs or alcohol results in health issues or problems in their work, school, or home life. Education and awareness around the harm of using substances, along with the support of friends, or family can prevent SUD.

- ### Addiction is *Treatable*
- Addiction is a disease, **NOT** a character flaw
 - Recovery may involve medication and different kinds of therapy to help with cravings and withdrawals. Some people may check into a rehabilitation facility for recovery as well.
 - Although recovery can be challenging, it is possible
 - Relapsing is **NOT** a sign of failure.

Opioid Use Disorder (OUD)



Opioid use disorder occurs when chronic opioid use causes significant suffering and damage.