

Some important things to keep in mind

- Addiction is a disease
- Relapse is a part of the disease, not (necessarily) a sign of failure
- Addiction is an illness that is treatable
- The sooner you get into treatment the better
- The longer you stay in treatment, the greater the chances that treatment will be effective
- Addiction is **NOT** a moral failure
- Remember, drugs and alcohol can “hijack” the brain’s reward system and pleasure pathways
- There are medical treatments available that can help to treat addiction to opioids (prescription painkillers, heroin, etc.) and alcohol
- Behavioural therapies that have demonstrated proof of their effectiveness are the best available treatments for treating addiction to stimulants (cocaine, methamphetamine)
- Treatments for addiction are just as effective as treatments for other chronic, relapsing diseases such as diabetes, hypertension or asthma
- Ultimately you must take personal responsibility for your recovery
- AA and other 12-step programs are support groups and by themselves are not considered treatment. They certainly help many people, but are only part of the process of effective treatment
- If one type of treatment does not work for you, keep looking until you find the treatment that is right for you

