



# FACT BRIEFING

## ADDICTION: THE WHAT'S WHY'S, AND HOW'S

Addiction is "a chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences."

*National Institute on Drug Abuse, 2020*



## CAUSES

There is no one cause of addiction. Rather, it is a mix of many different biological and environmental factors, such as:

- Genes
- Home
- Developmental age
- Peers and friends
- Other disorders
- Community

*National Institute on Drug Abuse, 2020*

## Community matters

Community provides necessary social networks for individuals to feel safety, hope, and love. It is considered one of the four main dimensions of recovery as a community is important in both preventing and treating addiction.

*Substance Abuse and Mental Health Services Administration, 2022*

## REMEMBER:

### Addiction is a brain disease.

- A person's brain physically and chemically changes.
- Compulsive drug-seeking is a result of brain changes.

### There is no one cause.

- Addiction can be caused by a mix of many different factors.
- These factors are different for everyone.

### Addiction impacts everyone.

Addiction is a wide-reaching disease that impacts more than the person. It impacts their family, friends, and the broader community.

