"Drugs alone do not ‘hijack the brain.’ Instead, what matters is what people learn—both before and after trying them."
Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain—they change its structure and how it works. These brain changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs.

National Institute on Drug Abuse

Why Recover?

Substance Abuse and Mental Health Services Administration (SAMHSA)

“Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery...”
**Health Habitus**

“A set of tendencies or inclinations in relation to taking care of our health, how we manage our mental, emotional, and physical wellbeing.

Health Habitus shapes our health behavior

Over time and with repetition our health behavior becomes a lifestyle.”

Helen Maria Lekas, PhD
C-Case, Nathan S. Kline Institute for Psychiatric Research

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“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou

Thank you