

# The Science Of...

# Addiction & Recovery

## What Is Addiction?

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.

## Why the science of addiction and recovery is important...

- For the Family
  - helps explain the unexplainable
  - reduces stigma, blame and anger (for family and person with addiction)
- For the Recovering Person
  - helps people on their recovery journeys
  - helps people understand their cravings
- Facilitates the recovery process for the addicted person & family members

## The Science of Addiction & Recovery Workshop

FACES &  
VOICES  
IN RECOVERY



organizing the  
recovery community

## Nebraska Recovery Network

Community Education Specialist

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Date of Workshop Here:

Place of workshop here:

Time of workshop here:

Sponsored by: Name of organization hosting this workshop here:

## The Nebraska Recovery Network

Wants all of Nebraskans to know there are thousands of Nebraskans who are in recovery. Together, we can break down the wall of shame and stigma which creates discrimination against people in recovery. It is important for the recovery community—those of us in recovery, our families and allies—to speak with one voice and to knock down the barriers, to help others enjoy recovery and to save lives.

**NRN is a project of the Partners in Recovery Foundation**