

## Substance Use Disorder (AI)

Substance Use Disorder (SUD) is a complex condition driven by biological, psychological, and environmental factors. Managing and overcoming it relies on evidence-based therapies, community support, and early education. **Addiction ruins your life; not only yours but all who care of you.**

### Causes

- **Genetics:** Biological predisposition can account for roughly half of a person's vulnerability to addiction.
- **Environment:** Growing up in poverty, experiencing physical or emotional trauma, or having high exposure to drugs/alcohol significantly increases risk.
- **Mental Health:** Co-occurring mental health disorders like depression, anxiety, or PTSD often lead individuals to self-medicate.

### Solutions

- **Behavioral Therapy:** Options like Cognitive Behavioral Therapy (CBT) and Motivational Interviewing help individuals recognize triggers and build healthy coping skills.
- **Medications for Opioid Use Disorder (MOUD):** FDA-approved medications like methadone, buprenorphine, and naltrexone help normalize brain chemistry and block cravings.
- **Support Groups:** Peer programs such as Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) provide ongoing accountability and community.

### Prevention

- **Early Education:** School- and family-based programs targeting youth help boost protective factors like self-confidence and emotional regulation.
- **Stress Management:** Developing healthy outlets—like regular exercise, therapy, or creative hobbies—reduces the urge to turn to substances during difficult times.
- **Building Strong Connections:** Nurturing strong family bonds and surrounding oneself with a positive, supportive peer group minimizes exposure and peer pressure.

**Stay Sober & Clean.**

**Don't even think of it. Never!**

<10 Most Common Addictions in the U.S.: What You Need to Know>

Refer to more of the following information at  
<https://recovery.com/resources/most-common-addictions-us/>

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