



ADDICTIONS TAKE TIME TO BREAK.

The time needed to break an addiction can depend on:



How long you've used addictive substances

The behaviors, thoughts, and feelings that promote your addiction

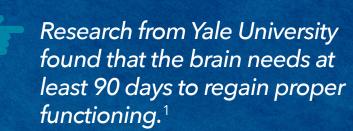


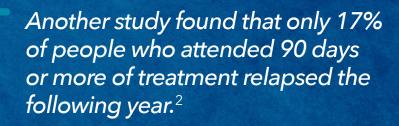


Your motivation to change

THE NATIONAL INSTITUTE ON DRUG ABUSE RECOMMENDS THAT PEOPLE SPEND AT LEAST 90 DAYS IN AN ADDICTION RECOVERY PROGRAM.







THE BENEFITS OF LONGER TIME SPENT IN TREATMENT INCLUDE:



More time to focus on your recovery

More opportunities for your brain to relearn healthier habits





Decrease in your relapse risk

THE REALITY IS THAT ADDICTION LASTS FOR A LIFETIME.

YOU CAN'T PUT A TIMELINE ON RECOVERY.

TREATMENT CAN HELP YOU MAKE RECOVERY PART OF YOUR LIFE.

¹ "How We Get Addicted" Time Magazine July 2007

² "A National Evaluation of Treatment Outcomes for Cocaine Dependence" Arch Gen Psychiatry. 1999;56(6):507-514.