



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.

WHY?



*Research from Yale University
found that the brain needs at
least 90 days to regain proper
functioning.¹*



*Another study found that only 17%
of people who attended 90 days
or more of treatment relapsed the
following year.²*

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.