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- 5. The Science Behind the Disease of Addiction

While there is still some stigma surrounding addiction, it has been reduced as researchers have completed more studies. Originally believed to represent moral failings and lack of willpower, we now know that addiction is a disease. The change in understanding the disease has been instrumental in its treatment. Rather than punishing those who struggle with addiction, we can support them much more effectively and compassionately. The disease of addiction is complex. Multiple factors contribute to how drug use in one person results in addiction and does not in another. At [Evolve Indy](#), we understand the challenges that come with breaking free from addiction, and we are here to support you on your journey.

## How Is Addiction a Disease?

**Addiction is a disease** characterized by compulsive and continued drug seeking and use, no matter the consequences. Much like lifestyle choices affect the heart, drug and alcohol use changes the brain's structure and how it works. There are biological, social, and psychological factors that can make someone more vulnerable to the disease of addiction. For example, one in four adults living with a mental health problem also have a substance use disorder. The relationship between mental health and substance is concerning and confusing all at once. Sometimes, a substance use disorder will occur because an individual is self-medicating a mental health disorder. Other times, a substance use disorder can result in a mental health disorder. Social factors such as coping skills, socioeconomic status, availability or exposure to drugs, and family support can also create a risk for substance use. Finally, there is a genetic connection with addiction. While you are not guaranteed to be an addict because you have an addict in your family, you are at a higher risk. All of the factors come together to create a disease that is senseless, frustrating, and confusing all at once.

## How Is Addiction Treated?

As a disease that affects the mind, body, and spirit, addiction must be treated in a way that addresses all three. Addiction is best treated at an addiction treatment center. Many rehab facilities have programs that include individual and group therapy so that you can begin to examine what led you to rely on drugs and how to build a life without them. At the same time, you will be creating a toolkit that will serve you in recovery. Recovering from the disease of addiction requires that you learn and practice new coping skills. Some of the skills you will learn in rehab include journaling, meditation, and movement. Finally, you'll learn how to reconnect with yourself on a physical, spiritual, and emotional level so that you can better care for yourself moving forward.

## Can You Fully Overcome an Addiction?

While relapse is often a part of addiction and recovery, it's not a requirement—many people who get sober stay sober. You can do this too if you remember that addiction is a lifelong disease that can be managed using the tools of recovery. At [Evolve Indy](#), we understand the complexities of addiction. We know what it takes to break free and build a new life. Our treatment team will create a tailored approach to address your addiction's physical, mental, and spiritual aspects. We have programs to meet your needs that will set you up for long-term sobriety. We care about your success in recovery. We have a wide variety of programs that blend traditional and non-traditional therapies to treat addiction. Our programs range from residential to outpatient, and we will work with you to find the best fit for you. [Contact us](#) today to see how we can best support you in your journey to sobriety.

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