



## FAMILY PROGRAM

# What, Why, and Who of Addiction

**Livengrin can help your loved one break the cycle of addiction**

### **Livengrin Knows**

Inpatient treatment gives patients tools for recovery

Support goes beyond the patient to families

No one recovers on their own

### **What is Chemical Dependency?**

Chemical Dependency (CD) includes addiction to illegal drugs, prescription drugs or alcohol. CD is a serious disease involving biological, psychological and environmental factors. Things that make an individual prone to addiction include family medical background, surroundings and upbringing. CD changes brain chemistry, which causes craving and withdrawal. Some addicted individuals may also have mental health problems.

### **Why do people become addicted?**

There are many reasons why some individuals become addicted. Addiction can result from pain, emotional shock or a desire to relax and have fun. Once exposed there is no control over how an individual may be affected.

### **Who is affected?**

One in four families are affected by addiction. The disease can affect anyone; it touches all races, backgrounds, religions and economic/social positions. It ranges from professionals to the homeless. The individual in the family with the disease may be the parent, spouse or child. Many of our co-workers, friends and neighbors may be dealing with addiction.