

# AVIODANCE OF DRUGS

## What are drugs?

Drugs are chemical substances that affect the body and brain. There are some legal drugs, such as caffeine, nicotine, and alcohol, while others are illegal. Medicines are used to treat diseases. However, some can be abused as drugs.

### What is drug addiction



Drug addiction is a chronic disease of the brain that leads to compulsive drug seeking and use, despite harmful consequences.

It affects a person's self-control and ability to resist the strong urge to use drugs.

Sufferers usually fail to stop using drugs on their own. Treatment that combines medication and therapy can help people overcome their addiction and achieve long-term recovery.

## Reasons for substance abuse

### Social factors

- Peer pressure (one of the most important causes)
- Role models/imitation
- Easy availability
- Conflicts (mostly within the family)
- Cultural/religious reasons
- Lack of social or family support
- Social attitude
- Celebration



### Psychological factors

- Curiosity
- Insufficient control
- Sensation seeking (elation)
- Low self-esteem (anomie)
- Poor stress management
- Childhood loss or trauma
- As a relief from fatigue or boredom
- To escape reality
- No interest in conventional goals
- Psychological distress



### Biological factors

- Family history, genetic predisposition
- Pre-existing psychiatric or personality disorder
- medical disorder
- Reinforcing effects of drugs
- Withdrawal effects and cravings
- Biochemical factors



## Consequences of substance abuse in youth



Young people who persistently use illicit substances often experience a range of problems. These include difficulties at school, health problems (including mental health problems), poor peer relationships, and involvement in the juvenile justice system.

In addition, there are negative consequences for family members and society as a whole.

## Options for treatment

Medication and behavioral therapy, especially in combination, are important elements of a comprehensive therapeutic process that is often associated with detoxification followed by treatment and relapse prevention. A continuum of care that includes a tailored treatment regimen that addresses all aspects of a person's life, including medical and psychiatric care and aftercare options, can be critical to a person's success in achieving and maintaining a drug-free lifestyle.



Co-funded by  
the European Union



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.