

Core Messages

Things Many People in Recovery Wish We Had Known Earlier

- Alcohol Use Disorder is a common, recognized chronic *disease*; not moral failing or character flaw
- Diagnosis is not difficult at its core (do you drink when you say you won't; deny or hide it when you do, etc.)¹
- Seeking treatment is a pit-stop to get back out with even better performance; not admitting failure or weakness
- Having AUD is not the issue; having AUD and *not managing* it is
- People in recovery are all around us
 - Famous people (New headlines appear regularly)
 - Local people (Roughly 10,000 people in the Raleigh-Durham area are in recovery from AUD)²
- People in recovery often rebound higher
 - Often lead happier, more meaningful lives than the general population³; even have lower overall healthcare costs than average⁴
 - Further, recurrence rates of AUD decrease significantly with more time in recovery, making recovery “stick”⁵
- The only thing is, you have to pit the car. **Box now.**

1. WebMD, <https://www.webmd.com/mental-health/addiction/high-functioning-alcoholic#1>

2. Assumes the ratio of AA members per capita at the US-level applied to the Raleigh-Durham-Chapel Hill Combined Statistical Census Area (population 2.24M in 2018)

3. Dr. David Sack, CMO, Elements Behavioral Health <https://blogs.psychcentral.com/addiction-recovery/2012/02/are-recovering-addicts-happier/>

4. Journal of Occupational and Environmental Medicine <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5671784/>

5. Recovery Village, <https://www.therecoveryvillage.com/alcohol-abuse/related-topics/alcohol-relapse-statistics/>