

Addiction medicine challenges and opportunities

- **Addiction = chronic disease**

Like diabetes or heart disease, it's shaped by biology, trauma, and environment—and is treatable with the right care.

- **Recovery takes time, trust, and multiple attempts**

Most people require 5–9 treatment attempts before sustained recovery. Success ranges from abstinence through positive life/health changes.

- **Treatment involves multiple components**

Effective care means offering a full spectrum—medications, harm reduction, housing, and mental health support—based on what each person needs.

- **Harm Reduction:**

- **Engagement:** street- and neighborhood-based service programs know the population the best and build trust and rapport.
- **Linkages to care:** to treatment, recovery programs, and clinic and hospital care. These are essential and need to be fostered and funded.
- **Integration: The Four Pillars model exemplifies an integrated approach.** Public safety working in coordination with public health.