

SOBA New Jersey Highlights the Impact of Addiction on Cognitive Function and the Importance of Treatment

VORHEES TOWNSHIP, NJ, UNITED STATES, September 22, 2025

/EINPresswire.com/ -- [SOBA New Jersey](#)

[Drug & Alcohol Rehab](#) is raising awareness of the damaging effects substance abuse can have on cognitive function and the importance of seeking professional treatment. Addiction does more than affect physical health—it directly impacts essential mental

processes such as memory, attention, problem-solving, decision-making, and emotional regulation. Without treatment, these impairments can hinder recovery, contribute to relapse, and severely impact long-term well-being.



How Addiction Disrupts Cognitive Health

Substance abuse alters brain chemistry and disrupts normal cognitive functioning. Alcohol misuse, for example, can impair memory and coordination, while stimulant use may lead to poor decision-making and even drug-induced psychosis. Long-term use of substances like methamphetamine has been linked to permanent brain changes, which can result in lasting deficits in reasoning, memory retention, and problem-solving abilities.

These cognitive challenges make it especially difficult for individuals to break free from addiction without intervention, as the very functions needed to maintain sobriety are often compromised.

Pathways to Recovery and Cognitive Repair

Despite these challenges, recovery is possible. Psychotherapeutic interventions and evidence-based cognitive therapies play a vital role in helping individuals regain mental clarity and restore healthy brain functioning. Commonly used approaches include:

Cognitive Behavioral Therapy (CBT): Helps individuals identify and change harmful thought patterns tied to substance use.

Cognitive Enhancement Therapy (CET): Uses cognitive training and social exercises to repair deficits caused by addiction.

Dialectical Behavior Therapy (DBT): Provides coping tools for stress and emotional regulation.
Mindfulness-Based Cognitive Therapy (MBCT): Combines mindfulness practices with cognitive therapy to reduce relapse rates and promote overall well-being.

Alongside therapy, healthy lifestyle practices such as regular exercise, proper nutrition, and adequate sleep support brain health and complement the recovery process.

[SOBA New Jersey](#)'s Commitment to Comprehensive Care

At SOBA New Jersey, treatment is never one-size-fits-all. Each client receives a personalized plan designed to address both the physical and cognitive impact of addiction. From medical detox and inpatient programs to outpatient treatment and long-term recovery support, SOBA New Jersey ensures individuals receive care that supports both sobriety and mental wellness.

About SOBA New Jersey

Founded in 2014, SOBA New Jersey provides comprehensive, accredited drug and alcohol rehab services across the state. With a holistic approach that addresses both addiction and mental health, the center offers medical detox, inpatient care, outpatient programs, and sober living options. Their team of dedicated professionals is committed to helping individuals and families rebuild their lives with compassion and evidence-based treatment.

Admissions Office

SOBA New Jersey Drug & Alcohol Rehab (Voorhees)

+1 (856) 363-3049

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/851383775>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.