

INTERVENTION WEBINAR

**How Do Mental Health Disorders
Impact Addiction Treatment and
Recovery?**

 Starting Soon



Mike Loverde, MHS, CIP

President & Founder,
Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How Do Mental Health Disorders Impact Addiction Treatment and Recovery?

Definitions of Addiction and Mental Health Disorders

- Addiction Definitions:
 - NIDA: Brain disorder and mental illness
 - DSM-V: Mild, moderate, severe substance use disorders
 - ASAM: Chronic medical disease
 - NIH: Affects brain and behavior
 - Mental Health Disorder Definitions:
 - APA: Cognitive/emotional disturbances; may involve physiological, genetic factors
 - DSM-V: Distress or disability in social/occupational activities
 - WHO: Disturbance in cognition, emotion, or behavior with distress/impairment
-



Challenges in Diagnosis and Misdiagnosis

- No precise origin, cause, or treatment; overlapping symptoms across disorders
 - Quick diagnoses often by non-specialists, influenced by crises or substance use
 - **Example:** Child misdiagnosed with four disorders (e.g., ADHD) for billing; dropped when insurance removed
 - Inaccurate diagnoses follow into addiction recovery, exacerbating symptoms
 - "Every single person... has some type of behavior... that can be matched to a diagnosable disorder in the DSM-V"
-

Dual Diagnosis and Co-Occurring Disorders

- **Co-Occurring:** Two disorders simultaneously (mental health or with substance use)
 - **Dual Diagnosis:** Formal identification of co-occurring disorders
 - **Comorbidity:** Additional medical complications (e.g., alcohol use + anxiety + liver failure)
 - **Challenge:** Hard to distinguish if substance use worsens mental health or vice versa
 - Assume impairments substance-related until proven otherwise (Mueser et al., 2003)
-

Impacts on Addiction Treatment and Recovery

- Substance use exacerbates mental health symptoms, even in small amounts
- Symptoms persist after stopping use; requires stabilization for accurate assessment
- Misdiagnosis leads to ineffective treatment and prolonged recovery
- Family insistence on primary mental health ignores potential dual issues



Intervention Strategies

- Use evidence-based approaches to build motivation, hope, and willingness
 - Similar for mental health and addiction: Focus on behaviors, avoid initial coercion
 - **Key Elements:** Accountability, boundaries (not ultimatums); consequences for negative actions
 - **Mental Health Specific:** Last-resort coercion to prevent harm; address enabling
 - **Goal:** Safe delivery to treatment for stabilization and assessment
-



Family Roles and Enabling

- Enabling worsens outcomes for both mental health and addiction
 - Families often deny substance role, focus on mental health; need to let go of control
 - Accountability applies to all disorders; no illness excuses making others miserable
 - Professional intervention helps families avoid codependency and support recovery
 - "An intervention is not about how to control the substance user; it is about how to let go..."
-



Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
