Mental Illness and the Addictive Brain

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Objectives

• Participants will become more familiar with the research regarding the addictive brain and the relationship it has with mental health disorders.

• Participants will learn the CUBIS Model and the relationship that substance use has with mental illness.

• Participants will learn about the implications that co-occurring disorders have upon treatment strategies.
Past views of mental health and/or addiction

- Weak
- Bad
- A failure
- A character flaw
- Lacking in morals
- Lacking will power
- Personality issue
- Criminal
- Dangerous
- Hopeless
What is the personal impact that mental health and/or addiction have upon my own life?

How might this impact me as a loved one, or as a professional?
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The Spectrum of Alcohol Use

Some people do not drink.

25% of those over the age of 18 report a lifetime of abstinence from alcohol.

30% of the population has not consumed alcohol in past year.
The Spectrum of Alcohol Use

Some people drink, and it is not problematic.

60% of those over the age of 18, report a use of alcohol that is controlled and safe.
The Spectrum of Alcohol Use

Some people drink, and it is problematic.

• 60-80% of those with substance use disorders also have another psychiatric disorder.

• 25,692 – Is the number of annual alcohol-induced deaths, excluding accidents and homicides per year.

• 95% of alcoholics die from their disease and die approximately 26 years earlier than their normal life expectancy.
Some people drink, and it is problematic.

Misuse
Abuse
Dependence
Addiction
The Spectrum of Substance Use

No Use  Use But Not Problematic  Misuse  Abuse  Dependence  Addiction
Addiction

9 out 10 with addiction started using before the age of 21. 80% of individuals with substance use disorder have a mental illness.

Mental Illness

One out of five over the age of 18 will experience mental illness. People with mental illness are twice as likely to abuse substances.
What is an addiction?

Addicere

• To be a slave to.
• To be bound to.

ASL

As common as being left-handed
What is an addiction?

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

ASAM - 2011
Behavioral Addictions

- Sexual
- Gaming
- Gambling
- Spending
- Socializing
- Information Gathering
What is an addiction?

The Three C’s and a T

- Loss of Control
- Compulsion
- Continued use despite the (-) consequences
- Thinking (obsessive)
What can cause a reliance on a substance?

How is Substance Use related to Mental Illness?
CUBIS

- Chemical Imbalance
- Unresolved Issue(s)
- Belief (which is distorted)
- Inability to Cope
- Stimulus-Response Relationship
Alcohol / Drug and/or a Behavior = SURVIVAL
Olds & Milner, 1954
CUBIS TREATMENT

• Chemical Imbalance - Medication management
• Unresolved Issue(s) - Psychotherapy
• Belief (which is distorted) – Cognitive Behavioral Therapy
• Inability to Cope – New Skills
• Stimulus-Response Relationship – Education
Everything that we thought we knew about addiction is...
The Pathway

Trigger (cue)

Relief (reward)

Behaviors – grief, loss, abandonment, abuse, trauma
Situations – marital, family, employment, illness
Feelings – anxiety, depression, stress, anger, instability

Pathway / Routine / Habit

Therapy, Rx, Diet, Exercise, Mind, Body, Spirit New Skills, Healthy Family & Friends, Community Support

Health, Wellness, Happiness, Peace Meaning Connection

Alcohol, Drugs, Gambling, Sex Buying, Food, Internet

Lindner Center of HOPE | UC Health
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<th>Birthday</th>
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<th>Sex</th>
<th>Promotion</th>
<th>Children</th>
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Pleasure
Dopamine

Gambling
Dopamine

Gambling
Dopamine

X

Gambling

Dopamine
Dopamine

Gambling
A New Hedonic Capacity
The Case of Diana

• 73 year old female
• Does not believe in the use of AOD
• Unresolved issues concerning the death of her husband (grief, abandonment, loss)
• Limited social connectedness
• Feels the need to escape from reality
The Case of James

- 58 year old male
- Successful professional
- Previous history of cocaine use
- Has the belief that he is a professional gambler and can earn his living by gambling.
- Has lost over $500,000 due to gambling
The Case of Tony

• 32 year old male

• Victim of sexual abuse beginning at the age of 9

• Victimized for five years

• Excessive downloading of pornography

• Problems with intimacy

• Initial presentation - Major Depression
the spice cabinet
The Case of Peter

- 15 year old male
- Oppositional Defiant Disorder
- Social isolate
- Hx of downloading pornography
- Has played Internet games 10-14 hours non-stop
The Case of Dr. Stephen

- 48 year old
- Physician (anesthesiologist)
- Problematic use of the Internet within the operating room
- Issues of anxiety and marital conflict
The Case of Natasha

• 45 year old female
• Family of origin issues
• Impulse-Control Disorder
• Patient’s father was physically & emotionally absent
• Hx of alcoholism with both parents
• In 2015, maxed-out five credit cards
• Patient’s mother had Hx of spending issues
• Dynamic regarding spouse – caretaker role
Five Things to Know About Adolescents' Brain Development and Use

1. The brain's "front end," the part above the eyes, exists to slow us down or stop our impulsive behaviors. It considers the risks and benefits of our actions, and it helps us "hit the brakes" when we consider doing things that are too risky.
Five Things to Know About Adolescents' Brain Development and Use

2. This front part of the brain is still developing connections to the rest of the brain until adulthood, so adolescents' brains lack some of the "wiring" that carries "brake" or "stop" messages to the rest of the brain.
Five Things to Know About Adolescents' Brain Development and Use

3. Drugs of abuse are often available to adolescents. These drugs feel good, but they can be very harmful. Lacking some of the wiring for the "stop" message, adolescents' brains may not fully weigh the risks of drug use.
4. The two drugs that cause the most death are also the most available drugs: tobacco and alcohol. Late adolescence, before the brain is fully matured, is the peak time for developing dependence on these (and other) drugs.
5. Heavy drug use during times of critical brain development may cause permanent changes in the way the brain works and responds to rewards and consequences. Therefore, it is important to begin to address a developing substance use problem as early as possible.
“Relapse does not signal failure—rather, it indicates that treatments should be reinstated or adjusted to help the addict fully recover.”

National Institute on Drug Abuse
The Analogy of the Moth
Connection
Thank You!

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