

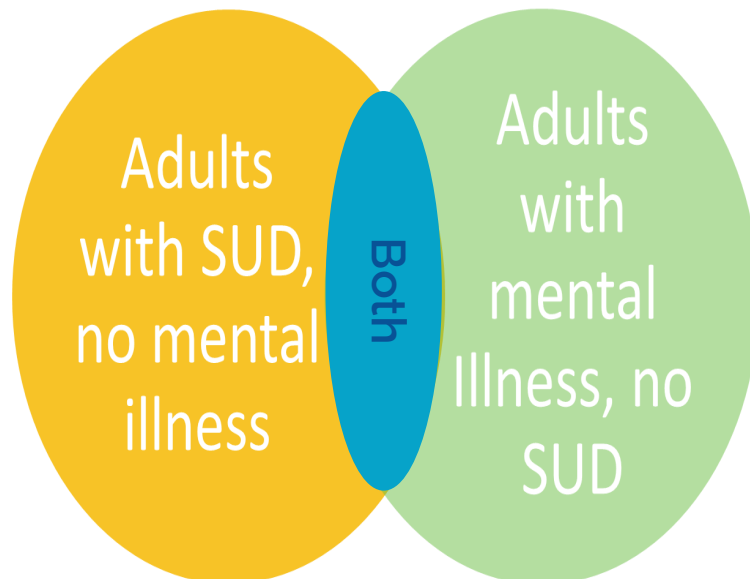
Substance Use Disorder and Mental Health

June 2022

Drug addiction is a disease. Addiction, or substance use disorder, changes the way the brain works. As the use of opioids increases, dramatic changes in brain function increase and the desire and planning for how to get opioids becomes an obsession. The behaviors that result from this disease weaken the ability to control impulses, regardless of the negative consequences.

Co-morbidity describes two or more disorders or illnesses occurring in the same person. Co-morbidities can occur together or one after the other. Research suggests drug misuse may worsen symptoms of another mental illness. Patients with mental health issues may also rely on alcohol, tobacco and other drugs to temporarily relieve their symptoms.

Some mental health problems occur more frequently with substance use disorder (SUD). Some of these include depression, anxiety disorders, schizophrenia and personality disorder.



More than 47 million adults in the United States had any mental illness (AMI) in 2021, while 22 million adults had substance use disorder (SUD) in 2021. Of those, 11 million adults experienced both.

50% of individuals who experience a SUD during their lives will also experience a co-occurring mental illness.

Risk Factors

There are risk factors that are shared between those with SUD and those with any mental illness. These include:

- Overlapping and predisposing genetic factors.
- Environmental factors such as stress, trauma, abuse and early exposure to drugs.
- Engagement of similar regions of the brain that respond to stress and reward.
- SUD and mental illnesses are developmental disorders.

Treatment

Consolidated treatment for both SUD and mental illness has been shown in research to be more effective than separate treatment. Patients with both SUD and mental illness are less likely to remain in treatment than those without mental illness, which negatively affects their outcomes.

Effective treatment involves healthcare providers and other organizations that provide supportive services for issues such as homelessness, legal problems, occupational skills, and other issues.

Medications and behavior therapies do exist for treating SUD and for symptoms of many other disorders and have been proven successful in studies.



Out of people with co-occurring disorders & addiction,

52% **did not receive treatment in 2016.**

Accessing Help

With Substance Use Disorder treatment

Visit IN.gov/FSSAaddiction

OR call: 2-1-1

With Mental Health and Addiction Treatment

Visit FindTreatment.SAMSHA.gov

OR MentalHealthAmerica.net

OR call SAMHSA National Helpline at:
1.800.662.435

If you are in crisis, please seek help immediately. To reach a 24-hour crisis center, call: 1-800-273-8255 or text MHA to 741741, call 911, or go to the nearest emergency room.

For more information, visit our sources:

BedrockRecoveryCenter.com

TheEdgeTreatment.com

MHANational.org



Indiana
Department
of
Health