

Lindner Center  
of HOPE |  Health™

# **Addicted to Numbing Mental Illness with Alcohol, Gambling, and the Internet**

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# Objectives

- Discuss the integrative relationship between mental illness and addiction.
- Describe the addicted brain as it pertains to mental illness.
- Discuss the CUBIS Model of Co-Occurrence, and how it provides an outline in identifying and treating mental illness and addiction together.

# Distorted views of mental health and/or addiction

- Weak
- Bad
- A failure
- A character/personality flaw
- Lacking in morals
- Lacking in will power
- Dangerous
- Hopeless
- Criminal

# SAMHSA

The **S**ubstance **A**buse **M**ental **H**ealth **S**ervices **A**dministration

**83% of individuals with a  
substance use disorder, also have a  
mental health issue.**

**How might mental illness and/or addiction impact me, a friend, my parent, a sibling?**

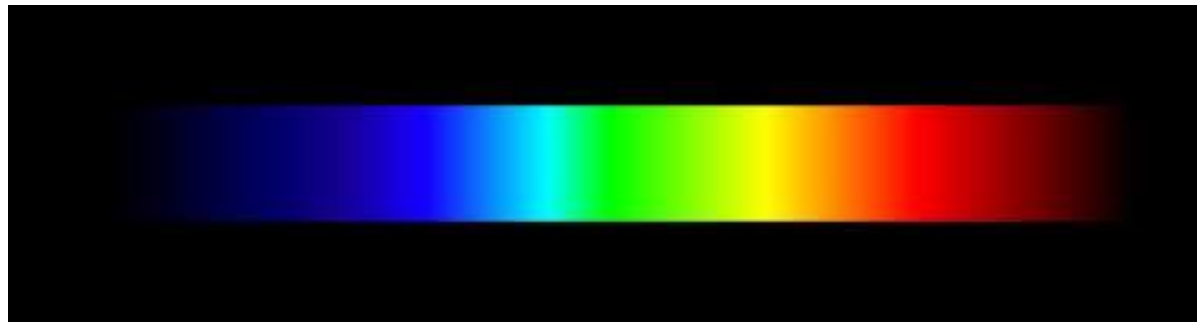
**What is the impact that mental health and/or addiction have upon my own life?**

# The Influence of Others

1 2 3 4 5 6 7 8 9 10

**Hearts**  
**Clubs**  
**Diamonds**  
**Spades**

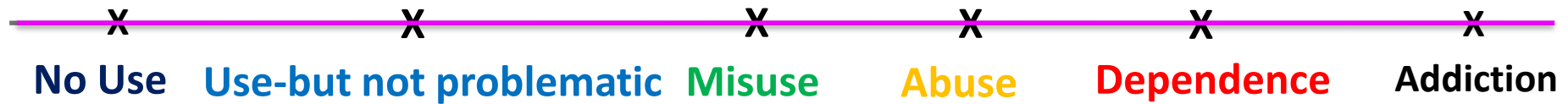
# The Spectrum of Substance Use





# The Spectrum of Alcohol Use

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# What is an addiction?

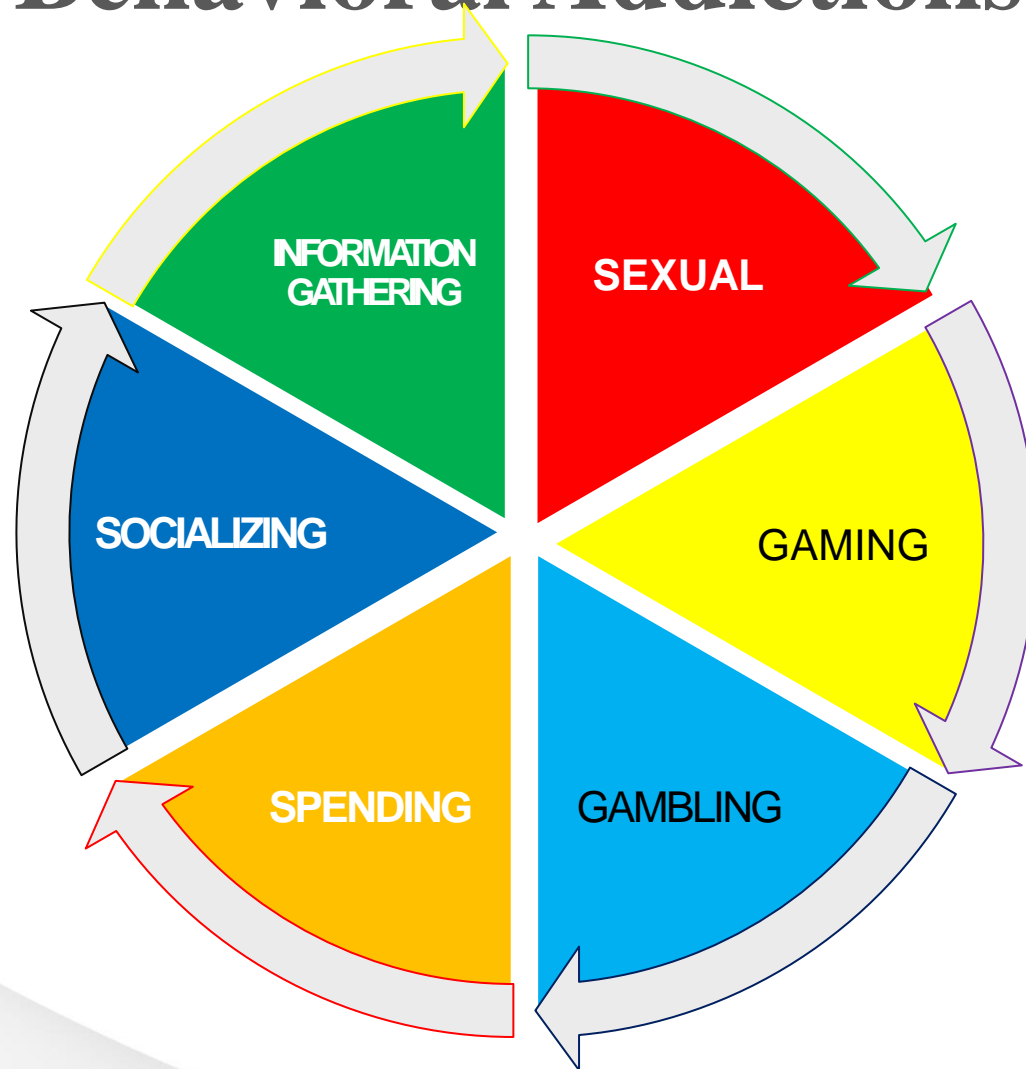
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*Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.*

*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**

# Behavioral Addictions



# What is an addiction ?

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## *The Three **C's** and a **T***

- Loss of **C**ontrol
- **C**ompulsion
- **C**ontinued use despite (-) consequences
- **T**hinking (obsession)

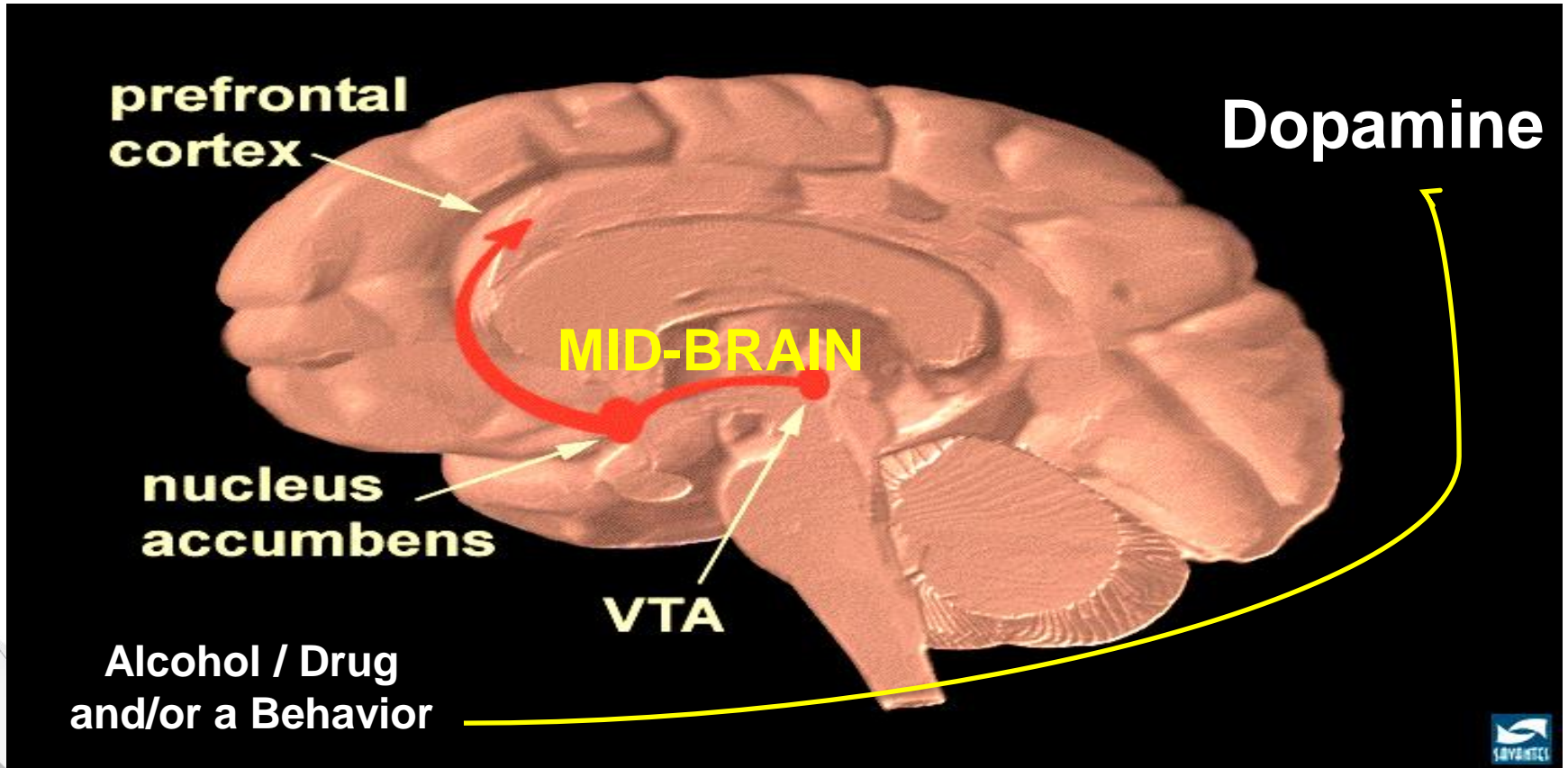
# How do we become addicted to numbing Mental Illness?

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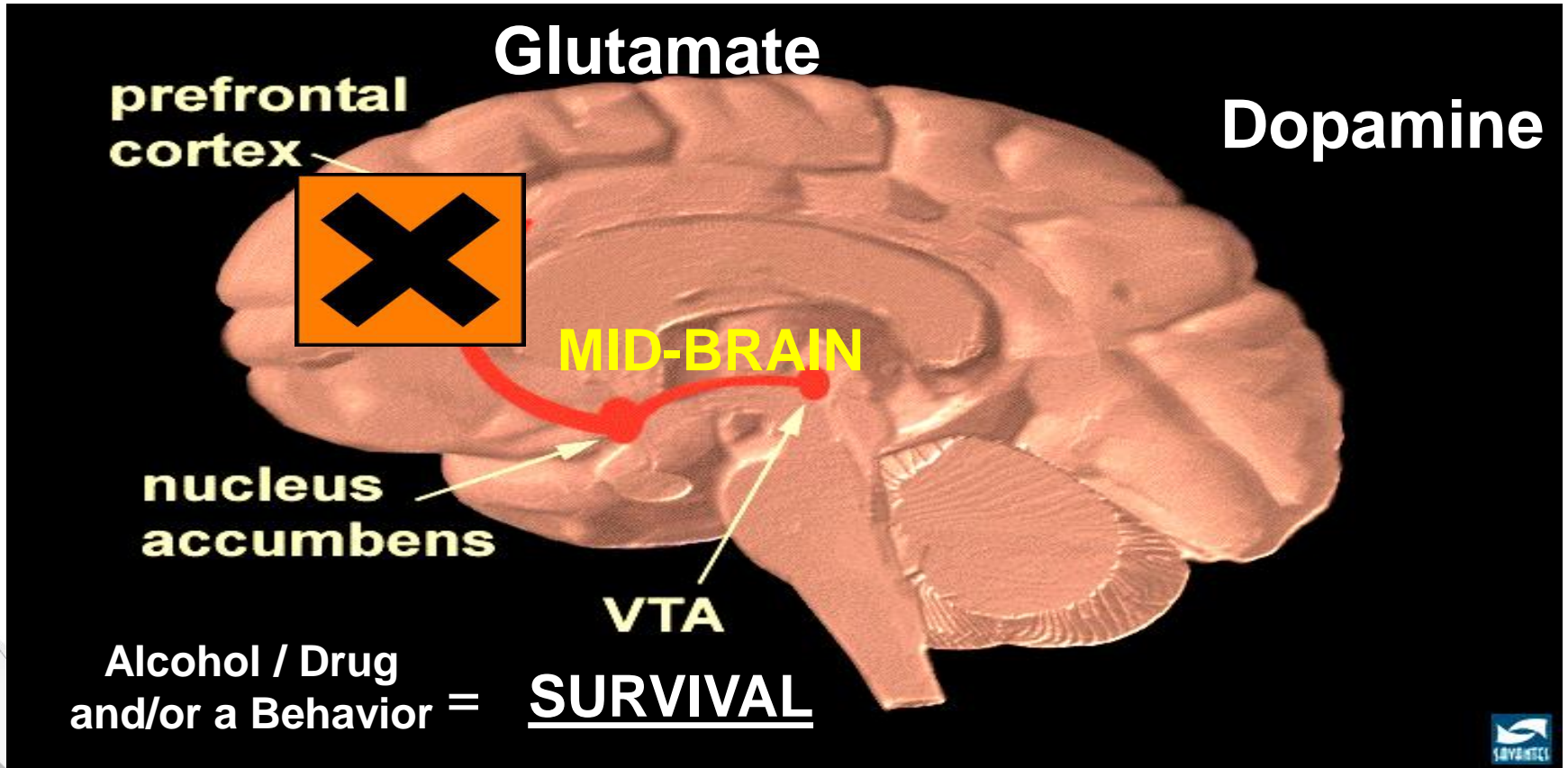
# CUBIS

# CUBIS

- **C**hemical
- **U**nresolved Issue(s)
- **B**elief (which is distorted)
- **I**nability to Cope
- **S**timulus-Response Relationship







# The Map to a Better Place

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

Health,  
Wellness,  
Happiness,  
Peace  
Meaning  
Connection



**Trigger** (cue)

**Numbing** (relief/reward)

**Behaviors** – grief, loss, abandonment, abuse, trauma

**Situations** – marital, family, employment, illness

**Feelings** – anxiety, depression, stress, anger, hopelessness

Alcohol, Drugs,

Gambling, Sex,

Buying,

Gaming,

Internet



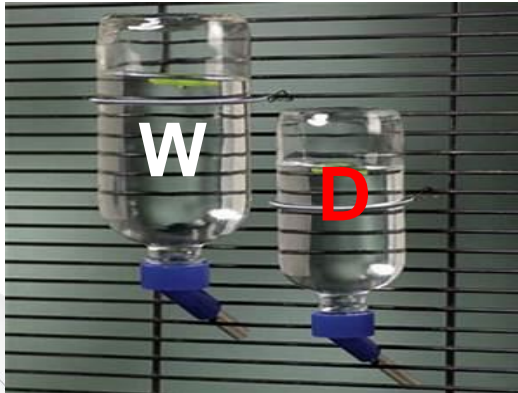


# Nature vs. Nurture

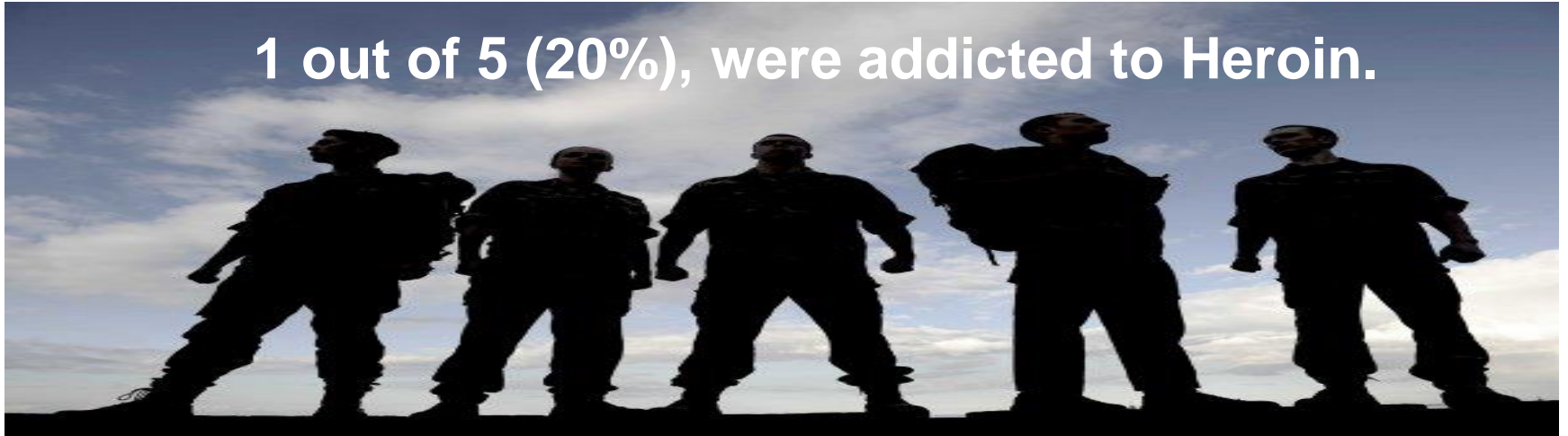
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1 out of 5 (20%), were addicted to Heroin.





Maybe the opposite of addiction  
is not only sobriety.

Maybe the opposite of addiction  
is connection.










# Connection





*“Relapse does not signal failure  
—rather, it indicates that treatments should  
be reinstated or adjusted to help the  
individual fully recover.”*



*National Institute on Drug Abuse*

# The Analogy of the Moth

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# Thank You!

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