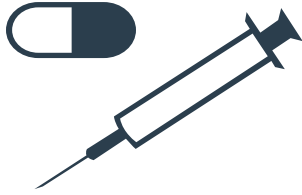


# Substance Use Disorder and Mental Health



## Drug addiction is a disease.

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

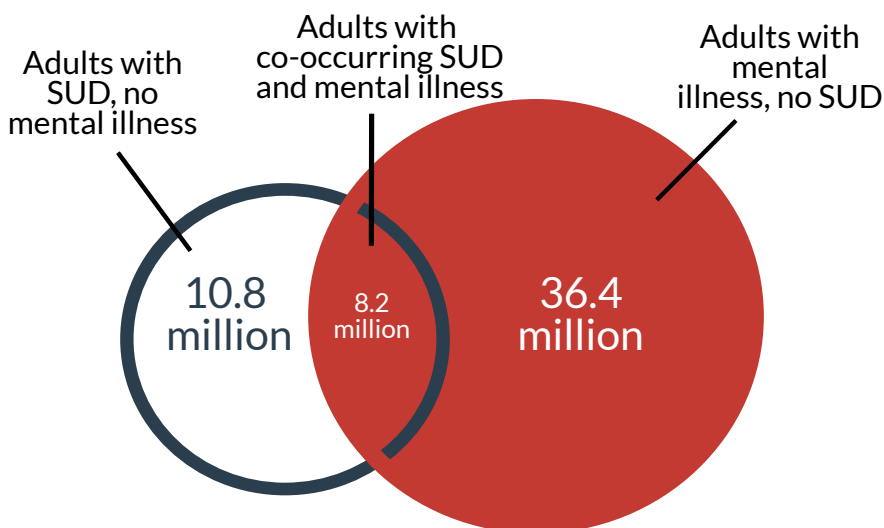


**Co-morbidity** describes two or more disorders or illnesses occurring in the same person. They can occur together, or one after the other.

Research suggests that drug misuse may worsen symptoms of another mental illness. Patients with mental health problems may also rely on alcohol, tobacco, and other drugs to temporarily relieve their symptoms.



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



44.7 million adults had any mental illness (AMI) in 2016, 19 million adults had substance use disorder (SUD) in the past year.

43.3% of adults with SUD have a co-occurring mental illness.

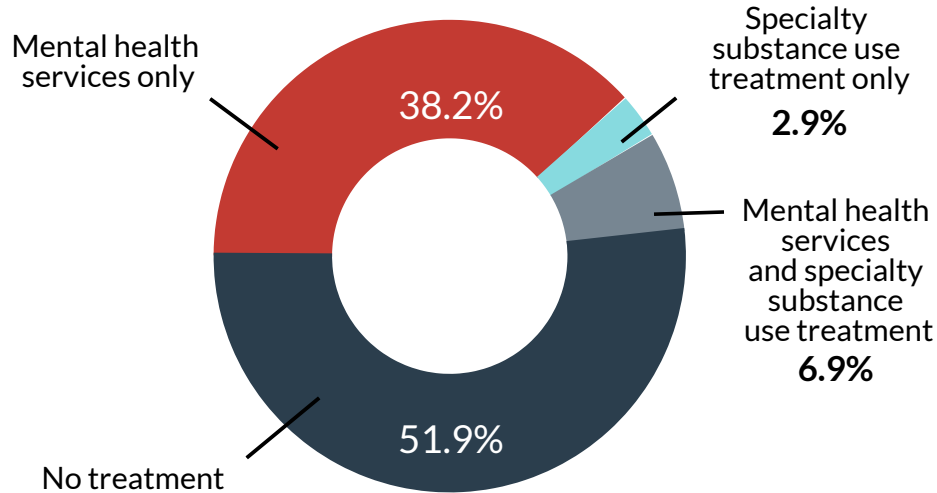
There are risk factors that are shared between those with SUD and those with any mental illness. These include:

- 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

# Substance Use Disorder and Mental Health

## Access to Treatment

2016

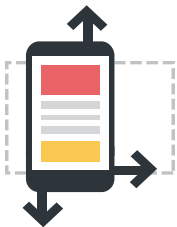


In 2016, 51.9 % of adults with co-occurring any mental illness and SUD received no treatment.



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.



To access help with substance use disorder treatment, visit:

<http://www.in.gov/fssa/addiction/>

or call: 2-1-1

To access help with mental health and addiction treatment visit:

<https://findtreatment.samhsa.gov/>

<http://www.mentalhealthamerica.net/finding-help>

or call SAMHSA National Helpline at:  
1.800.662.4357

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.



Indiana State  
Department of Health

Sources: National Institute on Drug Abuse. Comorbidity: Addiction and Other Mental Disorders. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/comorbidity-addiction-other-mental-disorders>