



# INTERVENTION WEBINAR

 Starting Soon



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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 to tell if it's a Mental Health Disorder vs. Addiction

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# What is an addiction?

- The National Institute on Drug Abuse (NIDA) defines addiction as a brain disorder as well as mental illness.
  - The Diagnostic Statistical Manual, 5th Edition (DSM-V) of mental disorders categorizes substance use disorders as mild, moderate, and severe.
  - The American Society of Addiction Medicine (ASAM) defines addiction as a chronic medical disease.
  - The National Institute of Mental Health (NIH) states that addiction is a mental disorder that affects a person's brain and behavior.
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# What is a mental disorder?

- The American Psychiatric Association (APA) defines a mental disorder as any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these.
  - The DSM-V states that Mental Disorders are usually associated with significant distress or disability in social, occupational, or other important activities.
  - The World Health Organization (WHO) defines a Mental Disorder as follows: A mental disorder is characterized by a clinically significant disturbance in an individual's cognition, emotional regulation, or behavior.
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# Can a mental illness really be defined?



- The APA contains language such as “cannot be accounted for,” and it “may” involve certain factors.
  - The WHO vaguely states that a mental health disorder “is usually associated with” certain factors, implicitly admitting this is not an exact science.
  - **Comes down to hypothesis.**
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# The role of family in addiction



- Families view the problem as a mental health disorder.
  - Other underlying causes may exist alongside a mental health disorder.
  - Substance use and mental health disorders have behavioral components.
  - Symptoms persist even after discontinuing substance use.
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# Accuracy of a mental illness diagnosis



- Quick diagnoses are common among psychiatrists and mental health professionals.
  - Patients may not be completely honest during assessments.
  - Family doctors often prescribe mental health disorder drugs without proper training or experience.
  - Early diagnosis by a mental health professional during a crisis.
  - Stabilize the patient under the care of an integrated treatment team.
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# What is a mental health disorder intervention?

- A clinical tool/strategy used by clinicians and mental/substance use disorder professionals.
  - Targets specific goals by addressing problems or behaviors.
  - Changes from minute to minute.
  - Focuses on avoiding coercive approaches and safely delivering the patient to a treatment facility for stabilization.
  - Aims to bring the patient to a baseline state.
  - Interventionists assume substance use as the cause of behavior until proven otherwise.
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# What are co-occurring disorders?



- Co-Occurring Disorder – refers to two mental health disorders taking place simultaneously. This can also include two mental disorders or a substance use disorder with a mental disorder.
  - Dual Diagnosis – describes when Co-Occurring Disorders are determined and diagnosed.
  - Comorbidity – occurs when medical complications exist with a substance use disorder, a mental health disorder, or both. Alcohol Use Disorder, along with Anxiety Disorder and a failing liver, would be an example of comorbidity.
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# Mental health intervention vs. Addiction intervention

Interventions for mental health disorders and addiction share the same underlying theory.

- Strategies and goals in interventions are based on real-time observations.
  - Advice and expectations are provided during the intervention process.
  - Volatility can lead to changes in strategies, goals, and outcomes.
  - Interventionists often deal with dual diagnosis of substance use and mental health disorders, making accurate diagnosis challenging during the intervention.
  - Aftercare teams
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# The role of the interventionist

- Perform triage
  - Bridge the gap between the family and patient
  - Listen
  - Build strategies
  - Instill hope
  - Educate the family
  - Ensure a safe delivery to a treatment facility
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# Is it better to treat an addiction or a mental illness?

- Sequential Treatment Approach
  - Parallel Treatment Approach
  - Integrated Treatment Approach
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# Professional mental health interventionists with Family First Intervention

- Acknowledging a loved one's drug or alcohol use
  - Determining the causes and conditions of the dual diagnosis
  - Dual Diagnosis
  - Mental health interventions
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# 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](https://family-intervention.com)

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