

# INTERVENTION WEBINAR

## Is Addiction a Mental Illness or Disease?

 Starting Soon



**Mike Loverde, MHS, CIP**

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.

# Is Addiction a Mental Illness or Disease?

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# Addiction as a Mental Disorder

- Listed as "Substance Use Disorder" in DSM-5 (APA).
  - 8 substance categories (e.g., Alcohol, Opioids, Stimulants).
  - Classified by severity and criteria.
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# How Do We View Addiction?

- **Biological/Genetic Medical:** Disease, chronic, no cure.
  - **Moral:** Personal failing, fix it yourself.
  - **Psychological:** Self-medication of mental illness.
  - **Sociocultural:** Learned behavior, fixable.
  - **Biopsychosocial:** Mix of factors.
  - **Trauma (Gabor Mate):** Rooted in trauma, not a disease.
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# Addiction as a Disease



- Supported by AMA, Jellinek's Gamma/Delta types.
  - Chronic, progressive, requires abstinence.
  - **Success rate:** ~3% lifetime abstinence today.
  - **Unintended consequence:** Promotes victimhood.
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# Addiction as a Mental Illness

- **Psychological model:** Addiction stems from mental health issues.
  - DSM-5 supports treatment as a disorder.
  - **Challenge:** Labels can lead to overdiagnosis, medication reliance.
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# Does Labeling Matter?

- Disease or illness labels can imply "no fault, no fix."
  - Enables victimhood, codependency, and enabling.
  - Families and patients fear change—stick to familiar pain.
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# Addiction vs. Mental Illness: Overlapping Symptoms

- Addiction mimics disorders (e.g., depression, paranoia).
  - Substance-Induced Psychosis (SIPD) common.
  - **Behaviors:** Dishonesty, denial, selfishness—not always disorders.
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# Addiction or Dependence?

- **Dependence:** Physical need, can stop (e.g., pain meds).
  - **Addiction:** Psychological + physical, can't stop.
  - **Jellinek's 5 types:** Gamma/Delta = disease.
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# Why Treatment Struggles

- Over-reliance on meds and diagnoses.
  - Low success rates tied to medical model.
  - Trauma and behavior focus often neglected.
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# Solutions Beyond Labels

- Focus on behavior, trauma, and accountability—not just labels.
  - **Intervention:** Move past fear, empower families.
  - **Sociocultural/Trauma models** show promise.
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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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