

A Dialogue About Alcohol:

What Are We Have Experienced, What We Know, and How To Think About This Moving Forward



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What we will cover and discuss this evening:

- Briefly present what we mean by mental illness (including substance abuse), mental health, and wellbeing.
- **Why is there comorbidity between substance use disorders and mental illnesses**
- Review how mental illness and health and wellbeing are affected by our “culture.”
- Review common mental illnesses and how they show up.
- Review some mental health issues focused on African Americans.

Mental Health/Mental Illness

What we *feel* and *experience*

results from our

biology, psychology, and environment

What happens to us/inside us

Who we are

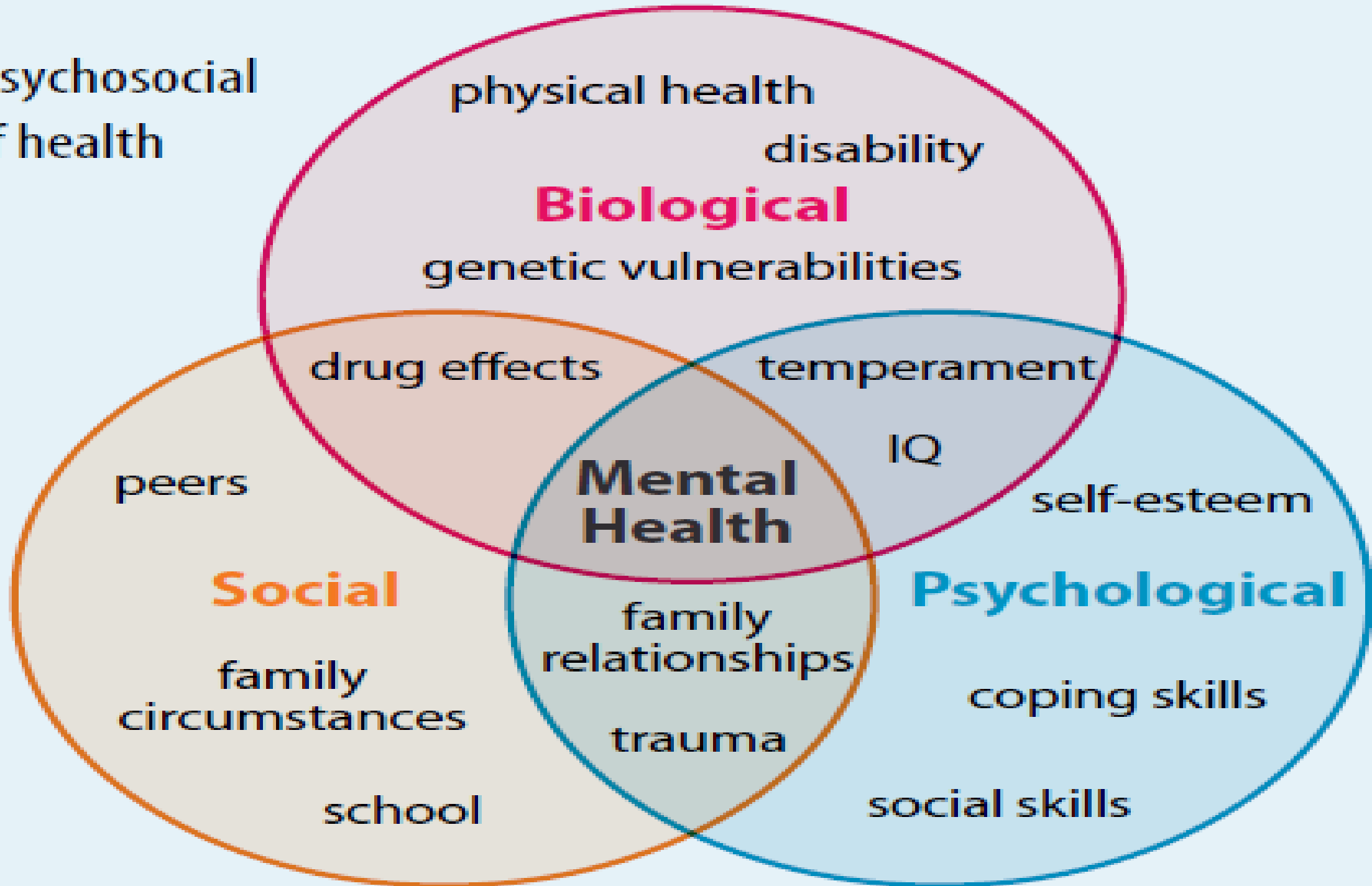
What happens around us

AND Alcohol CAN UPSET ALL OF THESE AND MORE

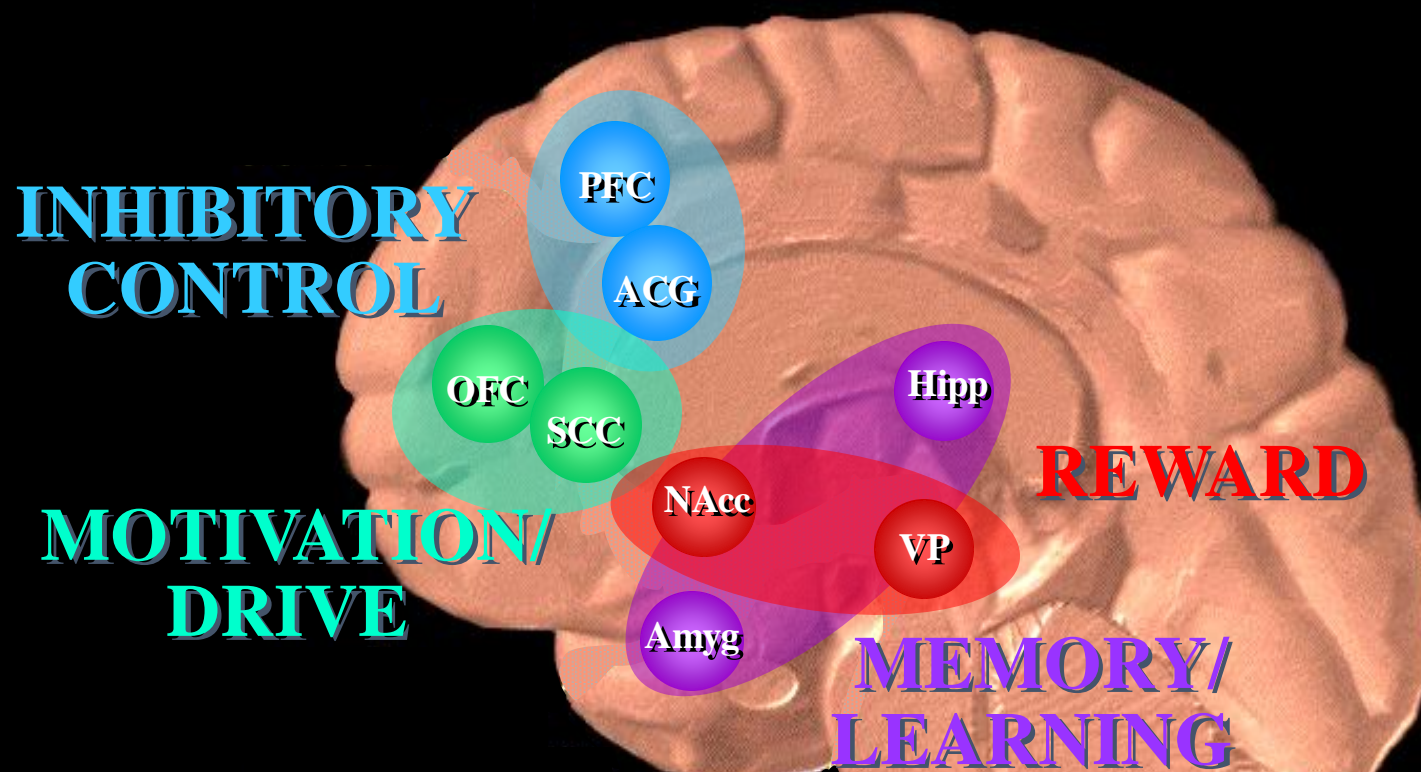
A mental illness is a condition that affects a person's thinking, feeling, behavior or mood.

- [1 in 5](#) U.S. adults experience mental illness each year
- [1 in 20](#) U.S. adults experience serious mental illness each year
- [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24

The biopsychosocial model of health



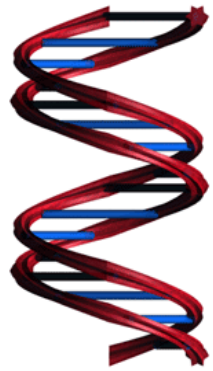
Circuits Involved In Mental Health and Wellbeing and Mental Illness (Including Drug Abuse and Addiction)



**All of These Must Be Considered
In Developing Strategies to
Promote Mental Health and
Treat Mental Illness**

Understanding Genetic Predisposition

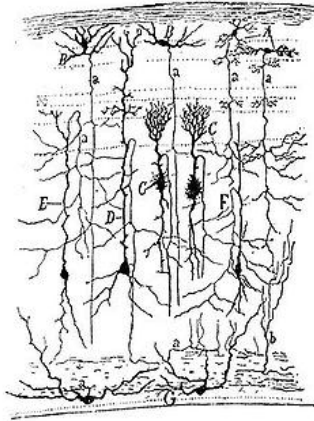
Mutation



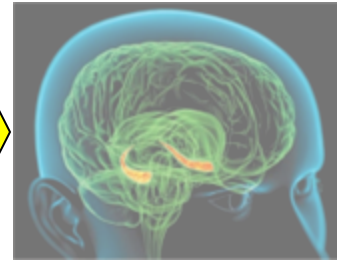
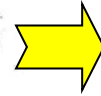
Gene



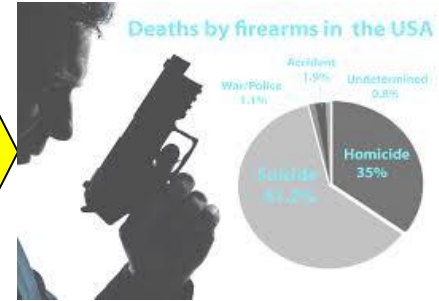
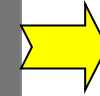
Cell



Circuit

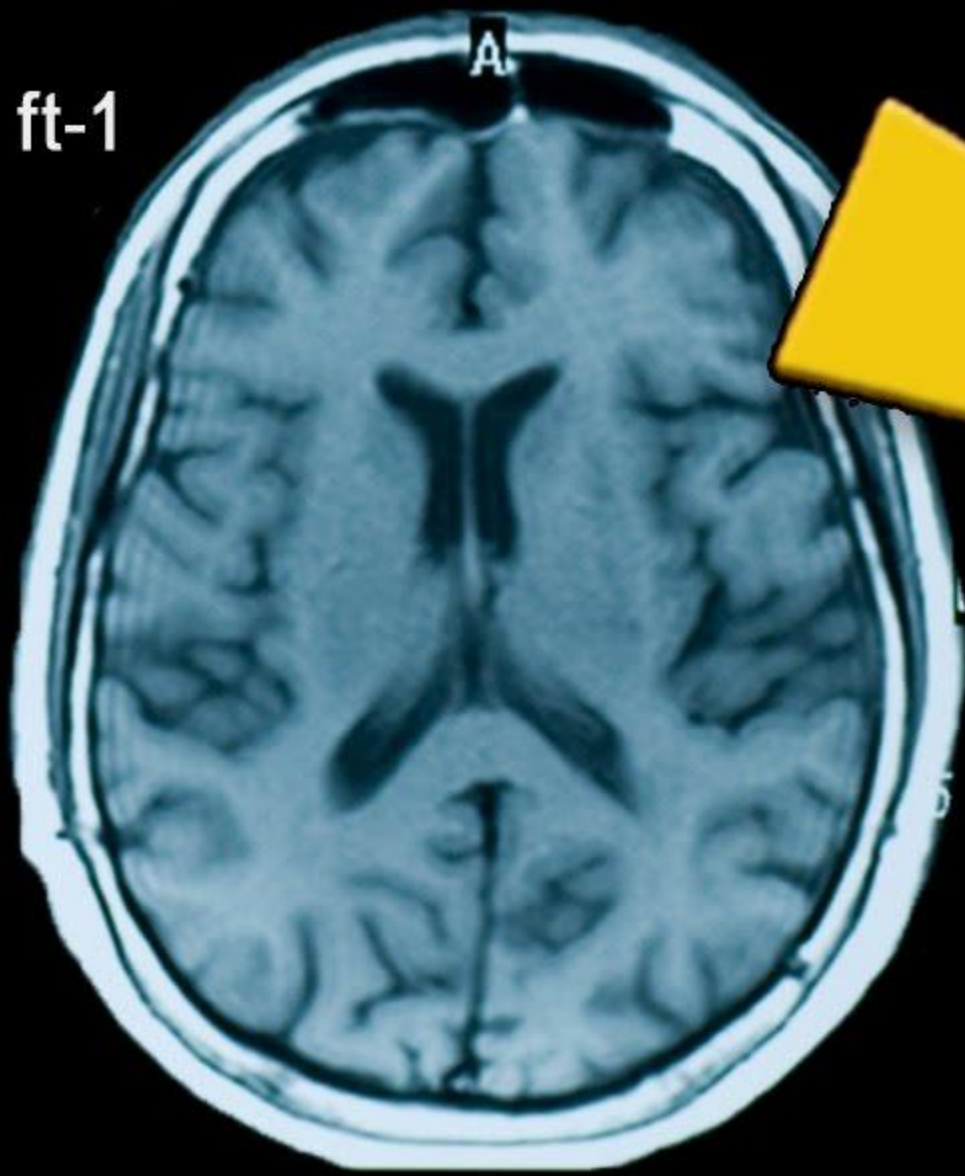


System

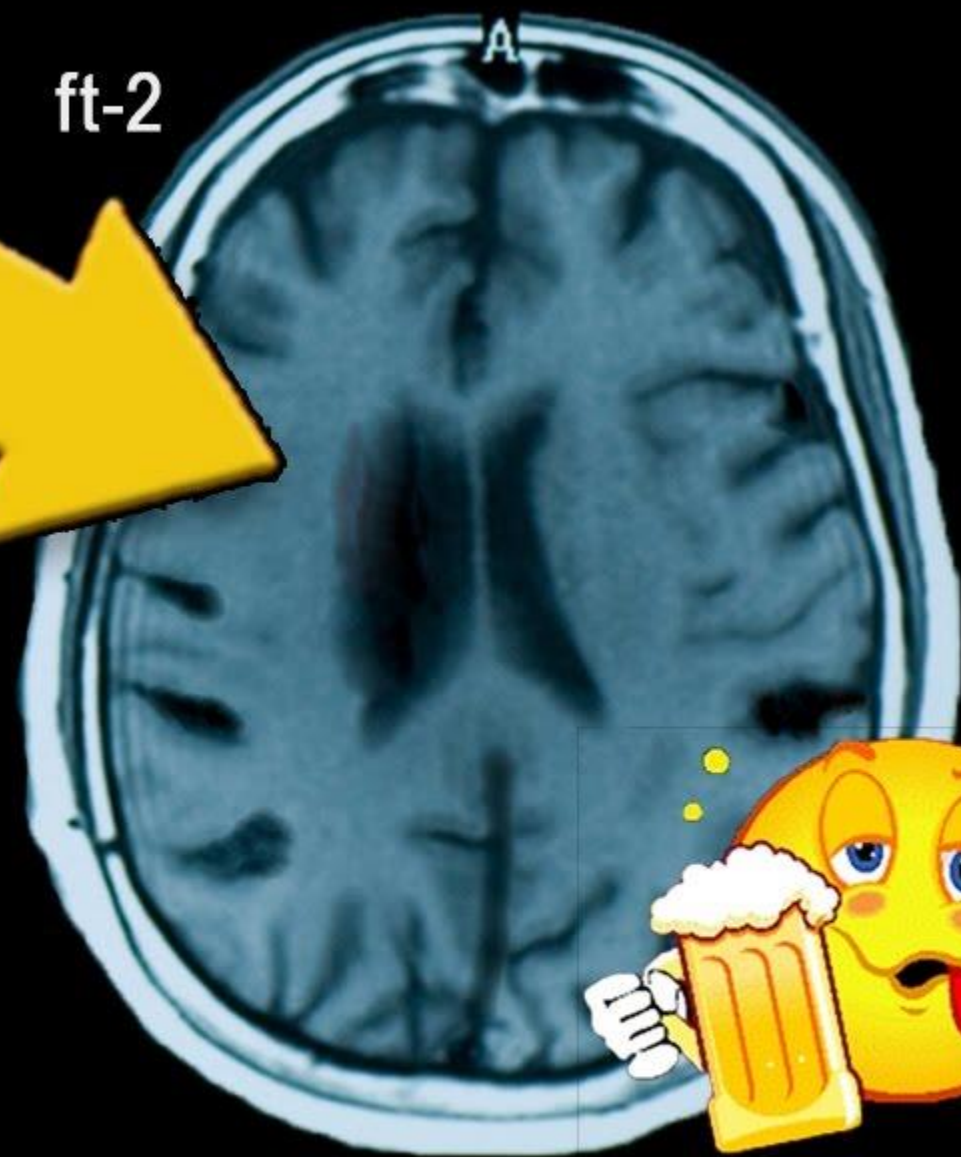


Behavior

(Disease)
Phenotype



non alcoholic



alcoholic



1. ALCOHOL IN THE FORE BRAIN

- Reduced inhibitions
- Reduced ability to plan & prioritize
- Reduced behavioral control



2. ALCOHOL IN THE SUBCORTICAL MID BRAIN

- Reduced emotional control
- Impaired memory formation
- Increased dopamine in reward pathways

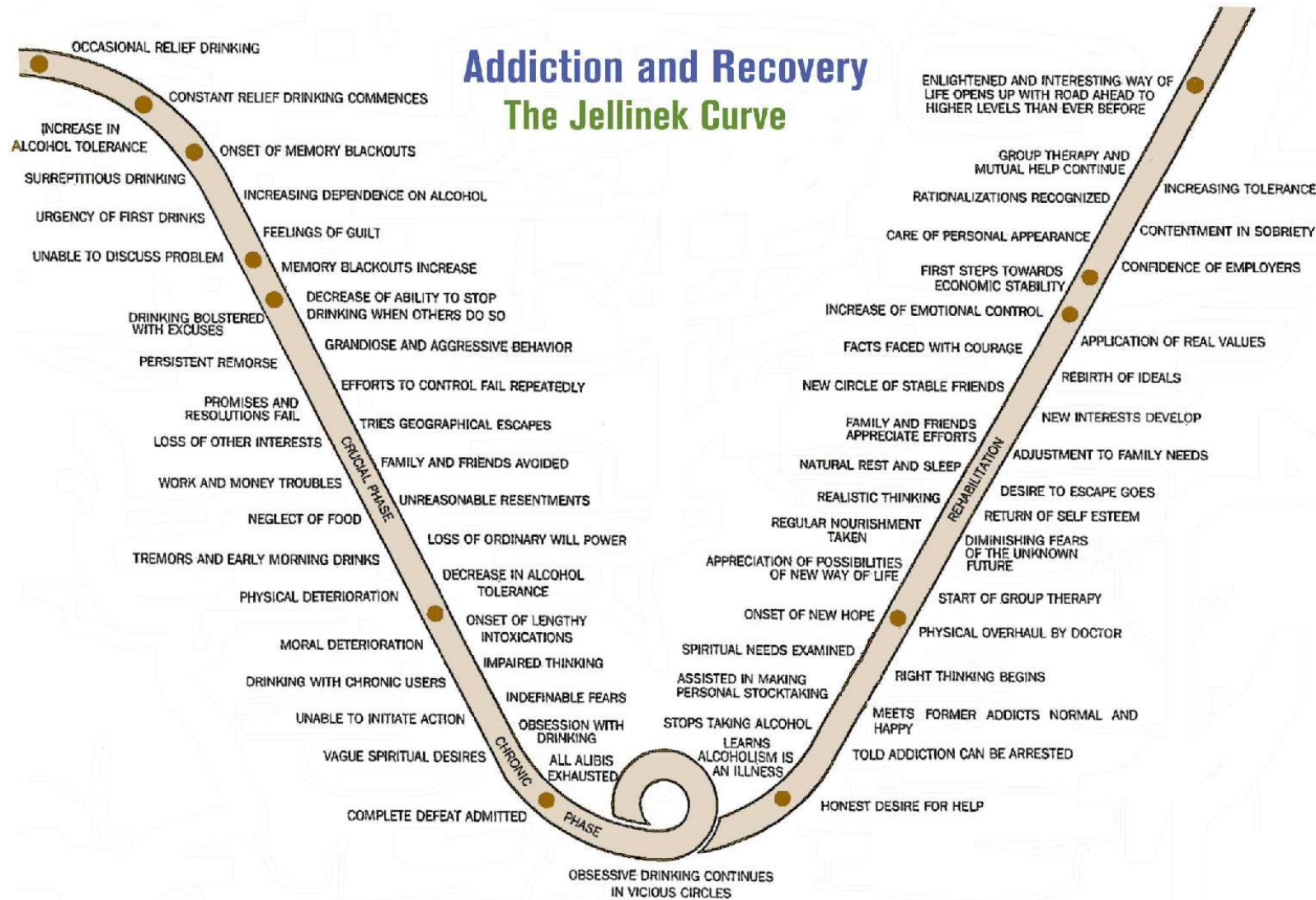


3. THE HIND BRAIN ⚠

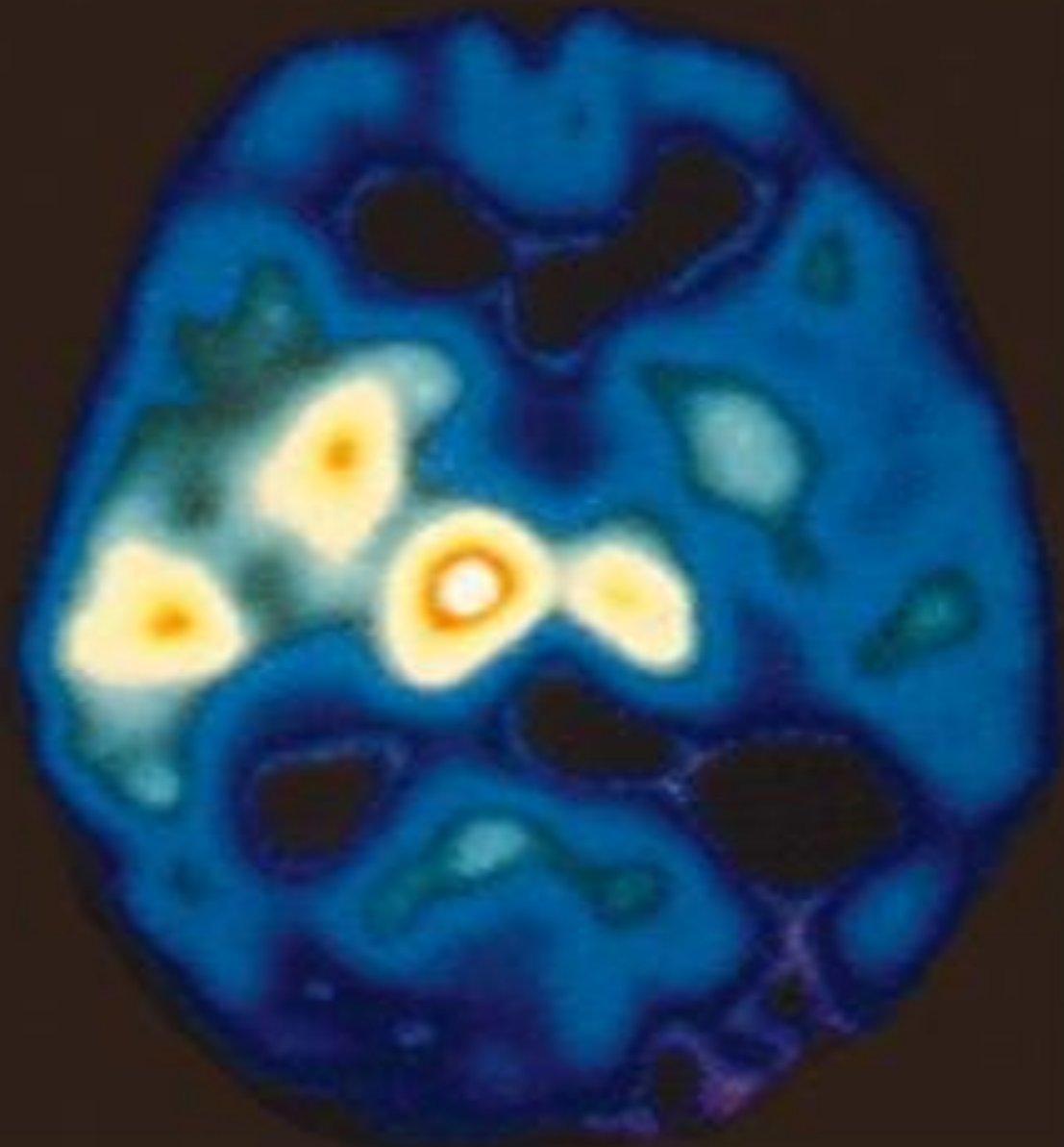
- Reduced coordination
- Slowed breathing
- Slowed heart rate

Addiction and Recovery

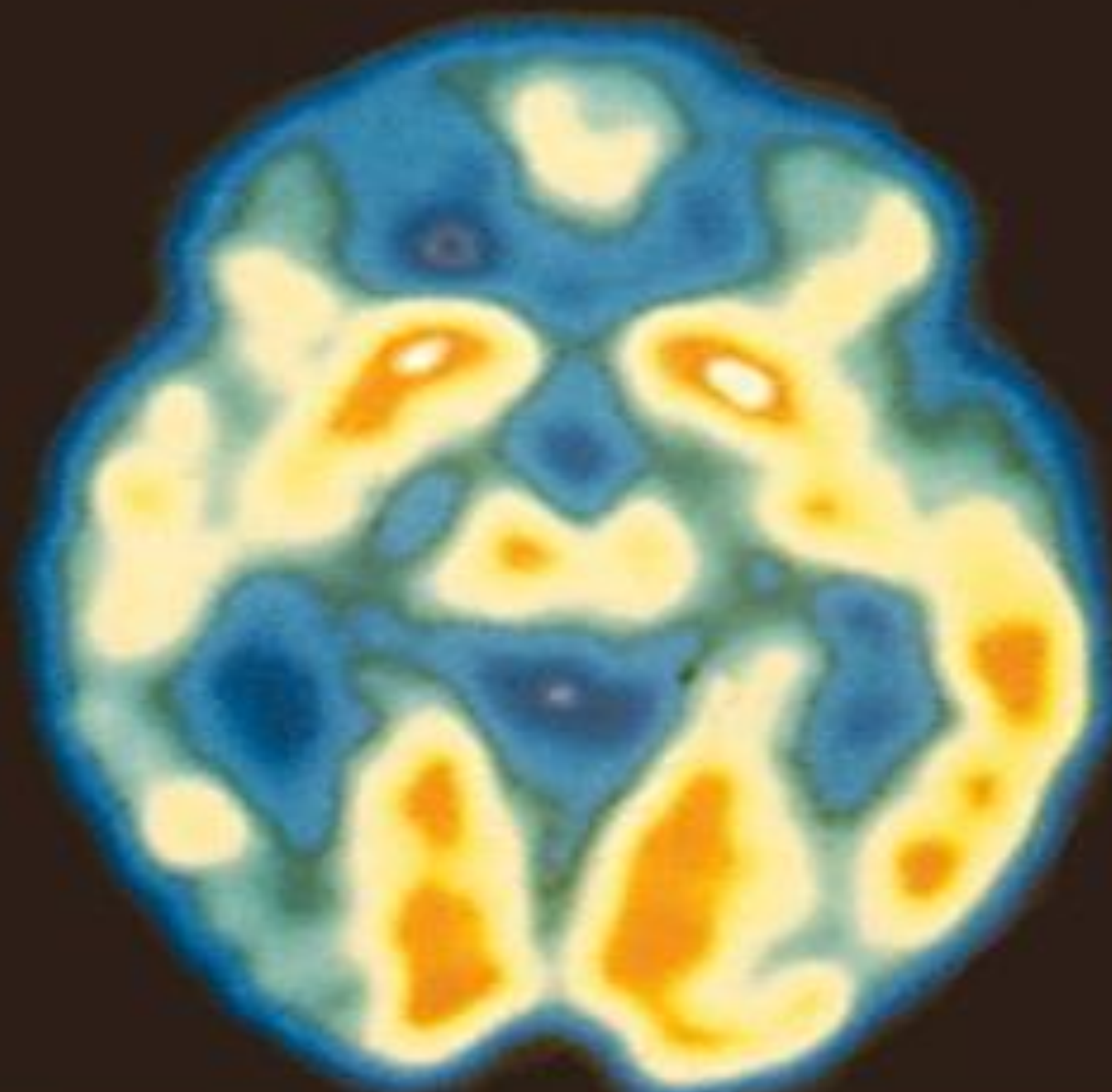
The Jellinek Curve



Depressed



Not depressed



THE HIERARCHY OF ALCOHOL RECOVERY

