

**Substance Abuse,
Suicide,
and
Recovery**



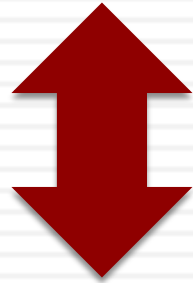
Beyond Shame and Stigma



Two Sides of Coin



Threats to:
Self-Esteem



**Social
Acceptance**

**“Double Whammy”:
Societal Stigma
Toward Both
Addictus & Suicide**

Worchel & Gearing (2010)

**Latin *Addictus* =
Bond-Servant
or Slave**



**1 of 4 Adults (>12 y.o.)
Currently Addicted
to Substance
(Alcohol, Nicotine, &
Other Psychoactive Drugs)**

National Institute on Drug Abuse



**90% of Adults
with at Least One
Behavioral Addiction**

National Harris Poll



**2/3 Have
Family Member
Who Is Addicted
to Drugs**

Faces and Voices Recovery Campaign



**2/3 Too Ashamed
to Share
with Anyone**

Faces and Voices Recovery Campaign



**Significantly More
Stigma Toward
Addicted Individuals
Than Other Mental Illness**

*Johns Hopkins
School Of Public Health*

Only 10% of Addicted Receive Treatment

National Institute on Drug Abuse



Impact of COVID on Prevalence of Substance Abuse & Suicidality

Gunnell et al. (2020)

Social Isolation vs. Interpersonal Connectedness

::

Add: Societal Stigma

Gunnell et al. (2020)

Common Biological Mechanisms in Substance Abuse & Suicidality



**#1 Trigger
for Addictive
Relapse and/or
Suicide =
*Stress***



Cortisol



Dopamine

Short-Term Stress

**For the Substance-
Abusing Individual...**



Dopamine



Cortisol

Short-Term Relief

**For the Suicidal
Individual...**



Death as Permanent Relief



**For the Substance
Abusing Individual...**



Cortisol



Dopamine

Long-Term Suffering

**For the Substance
Abusing Individual...**



Decreased Behavioral Inhibition (Hypofrontality)



**Passive Suicidal
Ideation Often
Associated with
Substance Abuse**



**Hence,
Higher Risk for
Literal Suicide**





Vicious Cycle of Addiction & Suicide

**Repeat: #1 Trigger
for Addictive
Relapse and/or
Suicide =
*Stress***



Shame:
**Highest
Cortisol,
Highest
Stressor**



**How Do We Address
Shame and Stigma in
Treating Substance
Use Disorders &
Suicidality?**



***Building
Recovery Resilience***

**Cambridge University Press,
early 2023**



Exercise in Self-Regulation: Forgiveness Practice

Neff (2011)

Exercise in Co-regulation: Gratitude Practice

Emmons (2004)

**What Is One Change
We Could Make in
Treating Substance
Use Disorders &
Suicidality?**



Collaborative vs. Hierarchical



**“In the Soup
Together”:
Heinz Kohut**

Togashi & Kottler (2015)

**What Is One Change
We Could Make in
Academic
Preparation?**



Strengths Focus vs. Pathologizing



“Ego-Cide”
vs.
Literal Suicide

Rosen (2002); Hillman (2020); Gordon (1999)

**What Is One Change
We Could Make in
Clinical
Supervision?**



**Integral:
Objective Science
+
Subjective Interiority**

John Dupuy (2021); Guy du Plessis (2018)

“I am not a statistic!”

vs.

C.Y.A.



**What Is One Change
Each of Us Might
Make More
Personally?**



**Practice Base:
Lifelong Learning
&
Embodied Cognition**



Ontological Humility & Epistemic Trust

Fonagy & Allison (2014); Stolorow (2018)

**Jazz great,
Charlie Parker:
“If you don’t live it,
your horn
won’t play it.”**

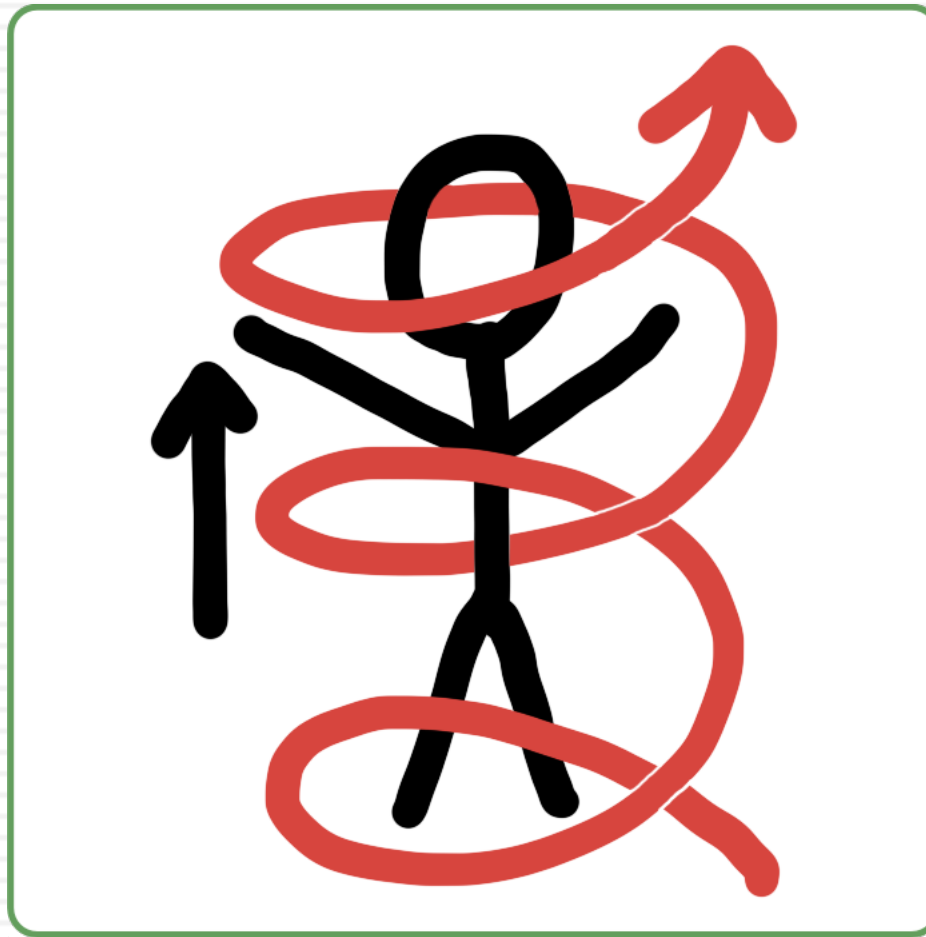


**“Opposite of
addiction is not
sobriety, it is
connection.”**

Johann Hari (2015). *TED Talk*

**“Most consistent
protective factor in
suicide prevention:
social support.”**

Kleiman et al. (2014); Conwell et al. (2002); Sher (2004)



Adaptive Spiral Beyond Shame/Stigma

There Is Hope!



Further Resources:

DrBobWeathers.com