



Substance Use and Mental Health Dual Recovery

LINK to JEOPARYLABS Online Version - <https://jeopardylabs.com/play/substance-use-and-mental-health-dual-recovery>

Jeopardy Questions and Answers:

Science and Addiction – *Looking at substance use disorders and mental health from a chemical and biological perspective.*

100 – The rates of heart disease, stroke, HIV, Hepatitis, and mental disorders move in this direction when addiction is also present - **(Increase, go up, or get worse)**

200 – Whatever the substance is, once addiction to that substance occurs for long enough this important organ drastically changes the way it functions – **(Brain)**

300 - This neurotransmitter is closely linked to the mind's reward system and is commonly associated with pleasure and reinforcement. - **(Dopamine)**

400 – These hormones often referred to as the "feel-good" hormones, are released during activities that promote well-being, like exercise, laughter, creative expression, and socialization – **(Endorphins)**

500 - This highly advanced and complex area of the human brain is associated with decision-making and impulse control, and is strongly impacted by addiction and intoxication – **(Prefrontal cortex)**

Mental Health Disorders – *Specific names for mental health disorders and symptoms*

100 This is the term for a persistent, strong, and irrational fear of a specific object, situation, or activity. – **(Phobia)**

200 This mental health disorder is characterized by extreme mood swings, including periods of mania and depression. - **(Bipolar Disorder)**

300 What does the acronym PTSD stand for? **(Post-Traumatic Stress Disorder)**

400 This is the term for a sudden, intense, and overwhelming episode of fear or discomfort, often accompanied by physical symptoms like a racing heart, shortness of breath, and sweating. – **(Panic Attack)**

500 This mental health disorder is characterized by persistent and intrusive thoughts followed by repetitive behaviors or rituals aimed at reducing anxiety. - **(Obsessive-Compulsive Disorder)**

Approaches to Recovery – *Specific therapeutic practices for getting better when it comes to substance use and mental health.*

100 This is the practice of regularly taking time to focus on your own physical, mental, emotional, and spiritual well-being - **(Self-care)**

200 Some people in recovery need help with past difficult life events, distressing experiences, and memories often referred to as a history of _____ - **(Trauma)**



300 - This evidence-based approach to maintaining recovery from addiction involves identifying triggers and warning signs and then developing specific coping strategies to avoid a return to negative behaviors. - **(Relapse Prevention)**

400 – This skills-based form of treatment used in substance use and mental health recovery focuses on identifying and changing thinking patterns to help change feelings and negative behaviors (*Hint: also known as CBT?*) **(Cognitive Behavioral Therapy)**

500 – This approach to addiction recovery focuses on minimizing the negative consequences associated with active substance use by providing tools, strategies, resources, and supports to reduce the risks and dangers associated with that use. - **(Harm reduction)**

Healthy Relationships

100 This term refers to the healthy ability to understand the thoughts, feelings, and experiences of another. – **(Empathy or empathizing)**

200 To maintain healthy relationships, we should identify and communicate these physical, psychological, and emotional limits to protect ourselves from being used, manipulated, or violated by others. - **(Boundaries)**

300 This is the two-word term for the cooperative process of effectively resolving disputes and settling interpersonal arguments and fights in a positive manner that both sides can agree upon – **(Conflict resolution)**

400 This two-word term describes when you carefully hear and focus on what another person is saying and then repeat back what you heard to confirm that you understood them. – **(Active listening or reflective listening)**

500 This refers to a close and profound emotional, psychological, and physical connection between individuals. that involves a deep level of trust, respect, vulnerability, and mutual understanding. – **(Intimacy)**

Historical People with Mental Health Issues – People in history who are thought to have had mental health issues.

100 – Perhaps the most well know composer in history, this famous music writer supposedly suffered with bipolar disorder in addition to going deaf - **(Ludwig Van Beethoven)**

200 – Despite being one of the most well-known and well-respected US historical figures, this 16th president of the US was known to struggle with a mood disorder – **(Abraham Lincoln)**

300 This legendary Dutch painter, known for "Starry Night," grappled with mental health issues, even to the point where he knowingly cut off part of his own ear – **(Vincent van Gogh)**

400- One of the most well know artists to ever live, this Italian genius is thought to have an anxiety disorder and possibly even autism, but that did not stop him from completing his four-year masterpiece of painting the ceiling of the Sistine Chapel – **(Michelangelo)**

500 – One of the original writers of the “horror” genre, this legendary author from the 1800’s suffered from grief and depression. (*Hint- His last name is also one of the Teletubbies*) – **(Edgar Allan Poe)**



Final Jeopardy Question

This two-word term is used to describe the phenomenon where an individual experiences both a substance use disorder and a mental health disorder at the same time?

(Co-occurring Disorders or Dual Diagnosis)