

Addiction & Money Issues

Most addictions have a severe impact on finances.⁴ In the Diagnostic and Statistical Manual used by clinical providers to diagnose mental health issues, financial problems are cited as a possible symptom of substance dependence and compulsive gambling.

Alcohol dependence, drug addiction, and internet addiction all tend to carry significant financial costs, both in terms of paying for the addictive substance or behavior and the time taken away from other activities, including work. Gambling and shopping addictions tend to cause money problems because they strike at the core finances of the person struggling with the addiction.⁵ Addiction is a chronic, progressive disease, and as such, the longer a dependency goes on, the worse one's financial situation may become.⁶

By beginning or continuing on your path to recovery from addiction and/or mental health issues, you are also embarking on a journey to improve your economic situation. Likewise, improving your economic situation will likely reduce many of the negative emotions or experiences you may have when it comes to money.

There is hope.

This course is designed specifically for individuals with lived experience of mental health and addiction challenges and recovery. Many participants likely also have the additional lived experience of poverty or financial insecurity. By building upon your existing knowledge, strengths, and experiences, the resources and activities in this course will help you to reduce anxieties and stress caused by money and feel prepared and empowered to improve your financial situation and achieve your goals and dreams.

"Go confidently in the direction of your dreams. Live the life you have imagined."

Henry David Thoreau

⁴ Brandon Duncan. "Four Ways Addiction Causes Financial Trouble." *Stepworks Recovery Centers*. June 2, 2017. <http://www.stepworks.com/2017/06/4-ways-addiction-causes-financial-trouble/>

⁵ Original material from Peerlink National Technical Assistance Center.

⁶ Elizabeth Hartney. "Money Problems and Addictive Behavior." *VeryWell Mind*. January 21, 2021. <https://www.verywellmind.com/do-your-money-problems-stem-from-addictive-behavior-22177>