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Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

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Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

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## General Comment

Keep in mind, that addiction and mental health can be intertwined. A depressed person will try anything to find relief from their own thoughts and feelings. This is where "self medication" begins. It starts in childhood for many, consuming anything that may give them the emotional relief, or the emotional absenteeism, that they crave, Just a little break from the depressed brain.

There are what I refer to as the social addictions. This is created by the influence of peers, or someone that the person respects. An "innocent" exploration of the popular "party favour" drug of the moment. Or alcohol, which is always prevalent, and addictive. These people find themselves addicted, and are surprised when it happens, as it was just a little fun with friends.

My third type of addictive observation is the full on addictive personality. It seems that these people become addicted to EVERYTHING. Good or bad, daily routine or new experience, these folks engulf and surround themselves with anything that they can claim as their own. How does one create a program that can touch on the myriad of emotional triggers, expectations, and fears that surround each individual?