

Can We Prevent Suicide Ideation in Patients with Reward Deficiency via Pro-dopamine Regulation (KB220) Instead of Antidepressant Pharmaceuticals: A Case in Point

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Elle Foundation Announcement of Awards

Lifetime Achievement Award for Excellence in Neuroscience

Kenneth Blum, PhD, DHL

2024 Award for Excellence in Psychiatric Science

Rajendra D. Badgaiyan, MD

I met J when my family moved into a new neighborhood when I was 2 years old. I used to push my doll carriage down the street to watch my older brother and the J's brothers play football. We all rode to school together from the time I was in kinder garden through Middle School. So, when I say I have known and loved him my entire life, I mean it. To know J was to love him.

Everyone loved J, especially his family. He was a superstar in hometown. As a teenager, J was the most handsome popular charismatic date you could take to prom. As a maturing man, J was honorable, wealthy, generous, kind, family oriented, community spirited, decent, extra-ordinary. J was a son, a brother, an uncle, a husband, a father, a grandfather, and a friend. A very bright light went out of this world on that dreary day in May.

It was upsetting the way he died. At my age, death is becoming more routine. Many did not make it this far, especially those with addictions. J wasn't addicted. He was depressed. His doctor prescribed a medication, which is reported to have suicidal ideation as a possible symptom.

I know that depression is one of the endotypes of the Reward Deficiency Syndrome phenotype. I have been blessed by access to the Genetic Addiction Risk Severity test. I am experiencing the benefit of precision genomic medicine. I remember what it felt like to try prescription after prescription in trial and error, not finding the right meds for four decades. Today it is possible to take medication chosen for the genome, for specific Reward Deficiency Syndrome genetic variances, which contribute causal influence, for neurobiological conditions which precede mental health disorders.

My medications were selected to address underlying neurobiological causal influence, targeting a specific neurotransmitter with the correct mechanism of action. I have access to these advances because of your scientific contributions, Dr. Blum (following a 60-year sojourn) and Dr. Badgaiyan and others. I have knowledge of and access to nutraceutical therapy (KB220) because of you and your associates who have created new fields of medicine, in psychiatry, genomics, addiction science. I have the benefit of cutting-edge science restoring dopamine homeostasis, balancing my brain chemistry. J did not.

Like most individuals in the practitioner-patient world, J knowledge of and access to mental health resources was limited by the types of treatment marketed

and sold. J received care from a reputable doctor, in a great community, within the Wake Forest University network of teaching hospitals, providing quality medicine in many fields. Applications from advances in psychiatric genomics are not yet available to the consumer in the lovely Piedmont triad of North Carolina.

Why does it take so long for the awareness of better science, and better therapeutic application to trickle down to the general population? Do the failures within our system of medicine, within our system of pharmaceutical and governmental oversight contribute to Jimmy's death? How many die because they were given the wrong medications, or because they were not given the right meds? Over 100,000 individuals in the United States, die every year, of opioid overdose. How many must die before the government mandates the treatment industry to address the neurobiological cause, instead of the symptom of self-medicating?

I so desperately wish to inspire hope for those still suffering. Relevant, effective, viable solutions are available for Reward Deficiency Syndrome endotypes like depression, addictions, Attention Deficit Hyperactivity Disorder, Autism, even Bipolar and complex PTSD. I wish to be a voice of compassion, and empathy, as we change the narrative, rewrite the script, communicating love.

Today, in honor of J's magnificence, offered in loving memory, I want to announce Scholarship, in his honor. Future scholarship recipients will receive precision genomic behavioral medicine, in the form of Reward Deficiency Syndrome treatment and Solution Focused Brief Interventions.

Reward Deficiency Syndrome solutions have been offered previously to participants in the Elle Foundation 100s and 200s research series, inspired by your mentorships and contributions, using your protocols. I pledge to continue making these resources available. I pledge to pay it forward, and carry the baton, teaching future generations of psychology of addiction students.

In the year 2000, the Elle Foundation created the Award of Excellence, to recognize novel contribution from pioneers, innovators, scientists, doctors, institutions, etc., who are chang-

ing the addiction recovery industry, raising the treatment bar above the level of the Hazelden Model. The first Award of Excellence was presented to Dr. Deborah C. Mash, neuroscientist, professor of neurology, chairman of the brain endowment bank at Miller School of Medicine, University of Miami, at her St Kitts Healing Visions research facility, for novel contribution through discovery of both the coca-ethylene molecule and the noribogaine metabolite, and advancement in opioid detoxification research using ibogaine.

We wish to shine a media spotlight on those who are changing the future of recovery by treating the cause, rather than the symptoms. Unfortunately, we cannot afford to endow any cause beyond our own, nor provide funding for outside research. We are not that kind of foundation. We are grassroots altruism. The word "foundation" in our case means the sturdy level platform base upon which to build. The "WE" in the Elle Foundation includes myself, as founder, my family, the original board members, and my chosen family, the larger recovery community. We are a network of sober addicts carrying the message, mothers trying to stop the generational cycle of addiction, mental health disorder patients and practitioners, many of whom are second generation recovery warriors themselves. We are a collective of spiritualists, alternative treatment light workers, doctors, scientists, and Award of Excellence recipients.

We have a voice. Today the Elle Foundation selects honorees to celebrate outstanding contributions in the field of science. As one laudable voice of the recovering community our world has been the recipient of contributory scientists worldwide.

So, speaking on behalf of the recovering world, thank you, Professor Kenneth Blum, for your extraordinary pioneering life's work in psychiatric genetics and neuroscience. It is indeed an honor to select you as the 2024 honoree for the Elle Foundation's Lifetime - Achievement Award. The Elle Foundation is also excited to announce the selection of Professor Badgaiyan for his excellence in the field and contributions to the field of psychiatric sciences.