

# ***A Faith Fix***

***A practical tool kit for the faith community to address substance abuse in Bartholomew County***

***“Every addicted person brings with them a distinct personal history, which should be listened to, understood, loved, and, where possible, cured and purified. We cannot fall into the injustice of classifying them as if they were objects or broken junk; rather, every person should be valued and appreciated in their dignity in order to be cured.”***

*-Pope Francis, speaking at the Vatican Conference on Narcotics*

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Faith-based community organizations are integral partners in addressing the opioid epidemic. This tool kit from the Alliance for Substance Progress in Bartholomew County, ASAP-BC, provides ways that your community can support prevention efforts, support those in and seeking recovery to save lives and prevent future generations from harm.

We hope this tool kit is helpful to start or advance your efforts to build a culture of compassion toward those struggling with addiction and its consequences.

Thank you for partnering with us!



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# Open Your Doors

## Break the Isolation of Addiction

*“Opiate addiction not only promotes isolation it makes it preferable.*

*Heroin’s isolation needs community response.”*

*-Sam Quinones, Author of Dreamland: The True Tale of America’s Opiate Epidemic*

Finding a supportive community is essential to ongoing recovery. The process of recovery is supported through relationships and social networks. A number of Bartholomew County places of worship host Celebrate Recovery, AA, NA and other support groups. Programs like these diminish the isolation suffered by those with addiction, connect individuals in recovery and support those receiving medication-assisted treatment as a part of their recovery.

- ◆ **Post the self-help support group meeting schedule.**

Let people know your church is supportive and committed to recovery. A copy of the schedule can be found at [crh.org/mhsa](http://crh.org/mhsa).

- ◆ **Be a resource and connect people to the help they need.**

Create an easy to access resource center or “wall” on your Facebook page that includes, the self help support group meeting schedule, a link to SAMHSA’s treatment locator, <https://findtreatment.samhsa.gov/> and SAMHSA’s national helpline: 800-662 HELP (4357).

- ◆ **When offering public or congregational prayer, particularly prayers for the sick, please pray for people who suffer from addiction/opioid use disorder.**

- ◆ **Support community events that address addiction through prevention and awareness.**



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# Increase Awareness

Provide learning opportunities that create understanding and encourage compassion

*“Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.*

*The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person’s self-control and interfere with their ability to resist intense urges to take drugs.”*

*-National Institute on Drug Abuse*

Understanding addiction creates a culture of acceptance and support. Recognizing addiction is a chronic disease, not a personal failing, the shame and stigma of addiction can be replaced with compassion and hope.

## How can we educate the community of Bartholomew County?

**Partner with ASAP-BC to host education events on:**

- ◆ **Medication-Assisted Treatment:** Encourage discussion and training around evidence based medication-assisted treatment for opioid addiction.
- ◆ **Addiction as a Disease and Long-Term Chronic Condition:** Help community members understand the need for long-term support of people in recovery.
- ◆ **Pain Management:** Be a knowledgeable consumer. Visit [ASAPBC.org](https://ASAPBC.org) to find our tools to use with your physician.
- ◆ **Adverse Childhood Experiences/Trauma Informed Approaches:** Early stressful or traumatic events increase risk for substance abuse, can challenge recovery efforts and underscore the importance of prevention: i.e. supporting youth and strengthening families.
- ◆ **Safe Drug Disposal:** 50.5% of those who abused prescription painkillers obtained them from friends or family. Promoting safe drug disposal sites can raise awareness and reduce the supply of opioids getting into the wrong hands. Locally, drugs may be disposed at Walgreens on Beam Road in Columbus, Indiana and the Emergency Department at Columbus Regional Health.

# Build Community Capacity

## Offer programs that build the capacity of Bartholomew County to respond

*“Approximately 7.9 million adults had co-occurring disorders in 2014. During the past year, for those adults surveyed who experienced substance use disorders and any mental illness, rates were highest among adults ages 26 to 49 (42.7%). For adults with past-year serious mental illness and co-occurring substance use disorders, rates were highest among those ages 18 to 25 (35.3%) in 2014.*

*-2014 National Survey on Drug Use and Health (NSDUH) (PDF | 3.4 MB) SAMHSA*

Being able to refer people to the right treatment, at the right time and help navigate systems of care will save lives. Your faith community can partner with local public health offices, treatment facilities, hospitals, community health centers or non profit service providers to deliver capacity building trainings.

### How can we build capacity in Bartholomew County?

#### Partner with ASAP-BC to offer:

- ◆ **QPR:** A two-hour training to give people the tools to Question, Persuade and Refer when someone may be suicidal.
- ◆ **Peer Recovery:** Peers bring hope to people in recovery and promote a sense of belonging in the community.
- ◆ **Trauma-Informed Approaches and Trauma-Specific Interventions:** Critical awareness of the linkage between recovery and resilience for those individuals and families impacted by trauma.
- ◆ **Emergency Response:** Recognizing overdoses symptoms and administering naloxone—an opioid overdose reversing drug that is saving thousands of Americans from death.
- ◆ **How to Navigate the Substance Use Disorder Care System:** Develop the community’s understanding of the treatment services available locally.
- ◆ **Mental Health First Aid:** Similar to first aid, the course teaches a person how to help someone through a mental health problem or crisis. Please contact Healthy Communities to schedule your community’s class at [healthycommunities.org](http://healthycommunities.org) or 812-376-5092.



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# Rebuild and Restore

## Support individuals and families in rebuilding their lives

*“Drug addiction makes it hard to function in daily life. It affects how you act with your family, at work, and in the community. It is hard to change so many things at once and not fall back into old habits. Recovery from addiction is a lifelong effort.”*

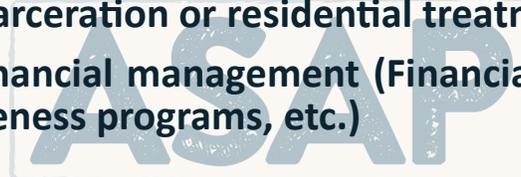
*-National Institute of Drug Abuse (2017, June 28). “What is Relapse?”*

The lives of individuals and families in Bartholomew County are being changed, and in some cases, destroyed by addiction. Faith communities should be ready to support the four major dimensions of a life in recovery.

1. **Health:** Overcoming or managing one’s disease or symptoms
2. **Home:** Having a stable and safe place to live
3. **Purpose:** Being able to participate in meaningful daily activities (job, family, caretaking and resources to participate in society)
4. **Community:** Having relationships and social networks that provide support, friendship, love and hope

## How can we restore life essentials in Bartholomew County?

- ◆ Provide help with employment readiness, housing, transportation, food, clothing, or child care and support for recovering person and their families as they overcome and repair the damage of addiction.
- ◆ Identify a leader in your community to connect people to ASAP to find additional resources in Bartholomew County.
- ◆ Offer life readiness and coaching programs for people reentering the community from incarceration or residential treatment.
- ◆ Coach families on financial management (Financial Peace University and other financial awareness programs, etc.)



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# Get Ahead of the Problem

# Focus Efforts on Youth and Prevention

*Close to 45% of high school seniors use marijuana daily, and 28% of youth have tried cigarettes by 12th grade. In addition, alcohol remains the most widely used drug by today's teenagers. But, did you know prescription medications are some of the most commonly misused drugs by teens, after tobacco, alcohol, and marijuana.*

*-The National Institute on Drug Abuse Blog Team. Prescription Pain Medications (Opioids).*

Youth may begin drug use on an experimental path that may lead to negative consequences, but also because young people may be suffering the effects of addiction in their homes.

Exposure to early adversity, including child abuse and neglect, mental illness and substance abuse in the home, can contribute to poorer health outcomes and fewer opportunities. ACEs (Adverse Childhood Experiences) have been associated with risky health behaviors, chronic health conditions, mental health problems and life opportunities that include not finishing high school, unemployment and poverty. Those with a history of child abuse and neglect are 1.5 times more likely to use illicit drugs in middle adulthood.

## How can we focus on prevention in Bartholomew County?

- ◆ Offer positive parenting programs and programs that support strong relationships and families.
- ◆ Offer mentoring programs to support children of parents in active addiction.
- ◆ Support foster families with donations of clothing, cribs, car seats or passes to movies, the zoo or kidscommons.
- ◆ Host a faith-based recovery or support program such as Celebrate Recovery, The Landing, or Teen Challenge.
- ◆ Access ASAP website for other prevention resources: [ASAPBC.org](https://www.asapbc.org)
- ◆ Provide safe, stable and nurturing relationships for children so that all people can thrive and reach their full potential.

# Connect and Collaborate

Join local substance use prevention coalitions to inform, connect, and strengthen your efforts

*“No single organization or person can address the multitude of services needed to help people affected by mental health or substance use....the best sources are the people who live, serve, and work in the community and the best results are often seen they undertake such action together.”*

*-SAMHSA One Voice, One Community*

## How can we collaborate in Bartholomew County?

- ◆ Do you have space to host local educational, support meetings?
- ◆ Can you coordinate volunteers for transportation, support recovery services, employment, child care or other needs?
- ◆ Consider offering messages of hope and healing to the faith community.

The logo for the Alliance for Substance Abuse Progress in Bartholomew County (ASAP) features the letters 'ASAP' in a large, bold, red, distressed font. The letters are contained within a thin, gold-colored rectangular border.

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[www.asapbc.org](http://www.asapbc.org)