



# UNLOCKING THE SHACKLES OF ADDICTION

## LEARN

- Review the presentations and resources from the 2018 Pastoral Conference, [Unlocking the Shackles of Addiction: Pastoral Care for Persons Affected by Drug and Alcohol Abuse](#). Link these resources to your parish/school website.
- Share the facts about substance use disorder via parish communications to dispel the myths about addiction. [2017 Ohio Drug Overdose Data](#)
- Consult with resources from the US Department of Health & Human Services, [Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities](#).
- Host an opioid forum in your parish with community organizations and recovery specialists.
- Learn about [Spiritual Caregiving](#) for clergy and other pastoral ministers in addressing alcohol and drug dependence and the impact on family members.
- Empower parishioners to avoid [prescription drug addiction](#).
- Learn about non-opioid prescription pain management [Take Charge Ohio](#).
- Know where to [safely dispose](#) of unused medication.
- Train parish staff to respond to an opioid overdose. Obtain a Naloxone kit from your [local pharmacy](#) or through [Project Dawn](#). Host an opioid forum in your parish with community organizations and recovery specialists.
- Foster effective strategies for parish youth to lead [drug-free lives](#).

## LISTEN

- Be approachable by addicts, persons in recovery, and their family members who seek counsel.
- Practice non-judgmental active listening. Substance use disorder (the most severe form of which is considered an addiction) is a chronic brain disorder not unlike other chronic diseases like diabetes and cancer from which people can and do recover; relapse is common, and should not be considered a failure.
- Respect individuals during each stage of their recovery and possible relapse.
- Examine your own need to seek treatment in order to be a role model for those you serve.
- Make a personal invitation to parishioners affected by addiction to a parish healing service with the Sacrament of Anointing of the Sick.
- Offer spiritual support for recovery, such as the meditations and prayers available from the [Diocese of Erie](#).

# ACCOMPANY

- Faced with an immediate crisis? Call 911 or use the Crisis Text Line, a free, confidential, 24/7 text line for anyone in crisis: Text 4HOPE to 741741
- Maintain hope; pray daily for all those affected by drug and alcohol addiction, especially for those who lost a family member due to a fatal overdose.
- Maintain a [list of locations](#) and times of AA/Al-Anon meetings in your area.
- Maintain a list of recovery [treatment programs](#) in your area so you can assist someone in making the first contact.
- Connect clergy and men and women religious in need of treatment to [GuestHouse.org](#) 800.626.6910.
- Encourage parishioners in recovery to be sponsors for others.
- Host a Narcotics Anonymous meeting or form a family support group in your parish.
- Attend or transport parishioners to counseling appointments or recovery meetings.
- Provide refreshments or a meal to a support group that meets in your parish.
- Adopt a residential treatment facility or halfway house for parish outreach and support.
- Support parishioners who have custody of their grandchildren due to parental substance abuse. [Ohio Grandparent/Kinship Coalition](#)
- Help married couples discern a vocation to become foster parents for a child or children displaced by parental substance abuse.
- Publish addiction treatment resources in the bulletin and on your parish website.
- Create a lending library with titles such as:
  - *Courage to Change: One Day at a Time in Al-Anon II* by Al-Anon Family Group Headquarters Inc., 1992
  - *The Twelve Steps and the Sacraments: A Catholic Journey through Recovery* by Scott Weeman, Ave Maria Press, 2017
  - *Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents* by Allison Bottke, Harvest House Publishers, 2008
  - *Dreamland: The True Tale of America's Opiate Epidemic* by Sam Quinones, Bloomsbury Press, 2016

## WHAT SCHOOLS CAN DO...

- Provide substance abuse education to all students (K-12), integrating it across the curriculum. Refer to the recommendations from the [Ohio Joint Study Committee on Drug Use Prevention Education](#).
- Host family life-affirming activities.
- Support youth-led prevention programs. (Bill Geha, Prevention and Intervention Coordinator, 419.944.8191)
- Survey students to monitor for warning signs and measure success of interventions.
- Host a Hidden in Plain Sight demonstration for teachers and parents. (Knox County Health Department Substance Abuse Action Team, 740.392.2200)
- Invite [Never Let Go Ministries](#) to give a presentation to students. (Mary Juarez, 419.971.4791)
- Assemble middle and high school students to watch the film, [Chasing Hope](#).
- Facilitate support groups for children whose parents have substance use disorders. ([National Association for Children of Addiction](#), 888.554.2627)

*Hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit. Romans 5:5*