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

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