

# Addiction Prevention and Recovery

## History of the Work in Temperance and Addiction

From the beginning of Adventism, temperance has been an important part of its doctrinal teaching. Although generally “temperance” refers to the matter of alcoholic beverages, to Seventh-day Adventists it has a broader context.

Temperance, meaning self-control, is a spiritual foundation to the life restored and provided by the Holy Spirit (see Gal. 5:22, 23). Temperance pictures a life of victory over every harmful and defiling practice. It causes the believer to have a distinct separation from the allurements of idolatry, lust, and pride (see 2 Cor. 6:14-18), making the body a living temple of dedication to God. Ellen White wrote in 1874: “Temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained” (*Temperance*, p. 201). For contrast she wrote, “Intemperance lies at the foundation of all the evil in our world” (*Ibid.*, 165).

Alcohol, with its devastating effects on the individual and society, was early recognized by Seventh-day Adventists as opposed to the development of Christian experience and faith. Joseph Bates, one of the pioneers in modern Adventism, was the founder of a temperance society at Fairhaven, Maine, in 1827 and had given up alcohol and tobacco many years before his association with the development of the church. Other pioneers, such as James White and John Andrews, had never taken alcohol or tobacco. John Loughborough, who began smoking cigars on recommendation of his physician as a means to deaden the pain of a certain infection, discarded this habit on the eve of his conversion, throwing a partly smoked cigar into the river. Joseph Waggoner stopped smoking when he became a Seventh-day Adventist. Ellen White had her first vision on temperance in 1848. (See *Selected Messages*, bk. 3, pp. 272, 273.)

It appears that there was no special effort in the publications of the church to urge the Sabbathkeeping Adventists to discontinue the use of tobacco until late in 1853. Then on Oct. 15, 1855 in a general meeting of SDAs at Morristown, Vermont, the delegates voted, “That the use of Tobacco by any member, is a serious and bitter grief, and greatly lamented by the Church; and after such members have been labored with, and properly admonished, as long as duty seems to require, if they do not reform, the Church will then deem it their duty to withdraw from them the hand of fellowship.” This attitude is essentially the current position of the church.

The use of alcoholic beverages by church members was never a major issue, since the anti-alcohol movement had well permeated most religious groups. The Seventh-day Adventists went further than most of the popular temperance groups, however, in making it clear that abstinence also included wine, hard cider, coffee, tea, and beverages containing caffeine.

Because of the impact of these destructive habits on society, the church was urged by Ellen White to “bear a clear, decided testimony against the use of intoxicating drinks and the use of tobacco” (*Ms 82*, 1900). So began the strong temperance work, focusing at first primarily on the prevention of these destructive habits and developing programs to break the addictions.

Today the concept of “addictions” has broadened to include more than just tobacco and alcohol. Health ministries is concerned with all forms of addiction: chemical dependencies, gambling, sexual addiction, work addiction, compulsive eating disorders, compulsive spending, religious fanaticism, power mania, and co-dependency. Particularly, Adventists believe that the drug-free lifestyle is desirable and attainable. For that reason, the church promotes abstinence from alcohol, tobacco, and all addictive, mind-altering drugs.

This broader emphasis of the “temperance” work to include all addictive behavior has created a need for an organization within the church to spearhead this important work, and therefore the Institute for Prevention of Addictions (IPA) was established, and has become one of the most effective Adventist organizations engaged in addiction ministries.

### **Institute for Prevention of Addictions (IPA)**

The Institute for Prevention of Addictions is housed at Andrews University in the School of Graduate Studies and is co-sponsored by the General Conference Health and Temperance Department.

### ***Mission***

The mission of the Institute for Prevention of Addiction (IPA) is to combat chemical and other addictions particularly in connection with the Seventh-day Adventist denomination. It uses academic tools of research, innovation, and professional education to serve as a research and development resource unit for the world church with its various entities and institutions. Established in 1983 as the Institute of Alcoholism and Drug Dependencies (IADD), the IPA broadened its scope in 1995 to include other addictions.

### ***Philosophy and Purpose***

The purpose of the Institute is to combat various forms of addiction. This is best done through a wholistic approach to spiritual, physical, mental, emotional, and social wellness. The Institute promotes the creation, maintenance and expansion of personal lifestyles which encourage total wellness and commitment to a Higher Power. The use of the Twelve Steps of Recovery is encouraged as a practical, spiritually-based approach to addictive problems. Preventive strategies also nurture resistance to familial, cultural, and peer pressures for other addictions.

This philosophic framework is the foundation for the Institute’s mission of discovery, innovation, and professional development through academic programs and services within a framework of a religious ethical system. The primary

service arena is the Seventh-day Adventist Church. However the Institute also seeks to serve and interface with other organizations, groups, and professionals who share its philosophy and seek to promote the benefits of a wellness-oriented drug-free lifestyle.

### ***Organization***

The Institute is governed by a board of directors containing representatives of the world headquarters of the Seventh-day Adventist Church, Andrews University, and concerned volunteers. It is administered by a director. Centers of program effort have been established to promote specialized mission objectives of the Institute:

**Prevention, Education, Rehabilitation and Research.** Each center is chaired by a resident or adjunct faculty member who provides guidance and supervision to projects in that center.

The Institute does not offer academic degrees, but collaborates with other schools and colleges of Andrews University and provides continuing education. The faculty of the Institute is comprised of resident professors drawn from these academic units and adjunct professionals who are interested in aiding the Institute in achieving its objectives.

The Institute holds group memberships in various national prevention organizations and has participated in research and evaluation efforts at the national level. A list of publications by Institute staff as well as an order form for technical reports and manuals published by the Institute is available from the Institute office.

The Institute is funded by subsidies from the General Conference of Seventh-day Adventists and Andrews University, grants and contracts, and by donations from supporting patrons.

### ***IPA Affiliations***

The Institute affiliates with organizations which are in harmony with its philosophy and objectives, and holds group membership in a number of other organizations. Affiliated organizations are:

- The International Commission for Prevention of Alcoholism, a non political, non-

sectarian body which serves as an educational organization for prevention as a Non-Governmental Organization (NGO) of the World Health Organization, United Nations, and its constituent national committees;

- The Association of Adventist Parents.
- Michigan Consortium on Substance Abuse Education, a consortium of institutions of higher education in Michigan which coordinate educational efforts for substance abuse services.
- Michiana Collegiate Consortium for Prevention.

### **Major Activities of IPA**

#### **1. Prevention**

The Institute is engaged in several prevention activities and projects and is steadily seeking ways to expand the prevention initiative. The projects and activities are listed below:

- Adventist Youth To Youth (AY2Y) had its beginning in 1988 and continues to function in the present. Our plans are to continue expansion and maintenance.
- Collegiate prevention programs. FIPSE grants, U.S. Department of Education.
- Provides consultation on collegiate prevention programs in world divisions.
- Development of International Youth Leaders for Prevention: training in technology for peer prevention programs. 1992 Russia; 1993 Kansas City, KS; 1993 Baltic Republics; 1994 Far East.
- Leadership training mechanism: Achievers International.
- Positive Choices collegiate prevention program (Andrews University).
- Man in the Mirror: A Workbook for Intercepting Violent Behavior Among Inner City Youths

#### **2. Education**

- Training materials for development of Drug-Free-Schools; prepared for U.S. and adapted for international use. Includes policy development, curriculum scope and sequence, community involvement, and student assistance.

- Editorial services to Vibrant Life magazine, the official health outreach journal of the Seventh-day Adventist Church.
- Annual Summer School of Addictions, Andrews University.
- Professional training and continued education in “cutting edge” knowledge and skills.

#### **3. Therapy & Rehabilitation**

- Regeneration Seminar: Clergy training in ministry to chemically dependent persons and their families.
- Development of training tools.

#### **4. Research & Evaluation**

- Surveys of populations for prevalence and correlates of alcohol and drug use and consequences.
- Needs assessments for academies, school districts, counties, and regional planning commissions (high school youth, juvenile offenders, women). Surveys of populations in the World field.
- Motivational factors promoting abstinence; especially the role of Christian commitment.
- Meta-analysis of data on environmental change in college campuses; FIPSE Analysis grant.

#### **Regeneration (Support Groups for Recovering Addicts)**

The Christian organization called SDAXA (Seventh-day Adventists for the Extinction of Addiction) was started by Pastor Hal Gates, himself a recovering addict. This organization is the base of a network of support groups in Seventh-day Adventist churches for recovering addicts called Regeneration.

Regeneration is a spiritual recovery program based on a Christ-centered approach to the Twelve Steps to Recovery developed and used by Alcoholics Anonymous.

Regeneration is an adjunct program to and does not take the place of such twelve-step self-help fellowships as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, Alateen, and Adult Children of Alcoholics (ACOA), etc.

Those who attend Regeneration are encouraged to continue their involvement in these groups.

For more information contact: Pastor Hal Gates, SDAxA Regeneration, 321 N. Marine Drive Coupville, WA 98239 or call (360) 678-2138 or Darren Smith, 5245 E. Harbor, Dr., Friday Harbor, WA 98250; (360) 378-6520. For the Mid-Atlantic area, call Raye Harrod, the regional coordinator,

at the toll free hotline number, (888) 447-2633, Ext. 1730.

To provide information about addictions and train individuals to work with the Regeneration program in local churches, IPA, and health ministries in North America have worked in cooperation with Hal Gates in the development of a number of training resources.

### ***Regeneration Credo***

We are a fellowship seeking growth and deeper spiritual dimensions in our lives.

We know we can be honest about our shortcomings in an atmosphere of complete trust and confidentiality.

We believe in the regeneration of the whole person; physically, spiritually, socially, and mentally.

We believe in the regeneration of successful relationships at home as well as in the society in which we live.

We believe that God has a unique plan for our lives and wants us to live abundantly and joyously.

We believe that surrender to Christ can liberate us from the bondage of chemical dependency or similar obsessions that estrange us from God.

We believe in the power of prayer, both individual and corporate, and that our petitions will be answered through Christ.

We believe in the power of community, knowing that there is a strength and source of support in this fellowship that transcends anything attainable on an individual basis.

#### **• The *Regeneration Manual***

In a normal community one out of four families is affected by alcoholism or drug dependency. This fact alone, along with evangelism outreach, will bring you into contact with families troubled with this problem. Furthermore, many members are adversely affected by the use of alcohol or other drugs by others within their family circle. Others grew up in alcoholic homes and suffer the consequences of being an adult child of an alcoholic or addict. Thus chemical dependency or co-dependency among family members presents a continuing challenge to the health leader (pastor, health ministries leader, health professional or those with Lifestyle Certification [See Chapter 22]).

The *Regeneration Manual* is a resource guide for ministry with the chemically dependent, and is available at The Health Connection (800) 548-8700.

The purpose of this manual is to provide information and tools by which the health leader can deal appropriately and effectively with these problems. It includes a compilation of facts, articles, and guidelines which health leaders have found educational and helpful in their ministry. The manual is not designed to make the health leader into a professional treatment counselor. Rather it is intended to provide a basic knowledge about the problems associated with addiction which these groups may bring to you in your capacity as their health leader. The health leader frequently serves several important roles in meeting the needs of members who face a battle with this issue. Some of these are:

- Initial observation that a problem exists which is related to addictive chemicals.
- Connection by referral of member and the family to a professional therapist for assess-

ment of problem and recommendations on problem solutions.

- Encouragement of participation in community Twelve-Step support fellowships—Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, and other groups.
- Spiritual support of the member and family during treatment and afterwards during recovery.
- Education of congregation about the nature of addiction and what actions are helpful or are unhelpful in helping a member and his/her family find recovery.
- Encouragement and legitimizing of congregational Christ centered support groups for spiritual recovery based on the twelve steps of Alcoholics Anonymous.

• **The Regeneration Awareness Meetings** are held in local areas to acquaint church members and others with the Regeneration program. It is from this base that many choose to attend a support group, or encourage others to do so. To arrange for a Regeneration Awareness Meeting, contact SDAXA.

• **The Ministry to People with Addictive Behaviors core course** for those taking the NAD Lifestyle Specialist certification in addiction ministries. This is the core lecture series of 20 hours given over a three-day period at an official conference site. For information contact AdventSource (800) 328-0525.

• **The Regeneration Leadership Seminar** is a part of the NAD Lifestyle Certification program for training church members, health professionals and pastors for a leadership role in establishing a Regeneration chapter in a local church. The Regeneration Leadership Seminar is a one-day training workshop. For Lifestyle Certification purposes, AdventSource will maintain a master schedule of Regeneration Leadership Seminars, call (800) 328-0525.

### ***Lifestyle Specialist Certification in Addiction Ministries***

Prerequisite: Attend a one-day Regeneration Awareness Meeting in your local area.

Requirements:

1. Attend the course, **Ministry to People with Addictive Behaviors**—a 20 hour core lecture series, held over a three-day period at an official conference site, using the Regeneration Manual as a textbook.
2. Attend any “**Celebration of Family Recovery.**” Must have a certificate of attendance from organizers.
3. Attend six **A.A. Twelve Step meetings** in your local area.
4. Attend a one-day **Regeneration Leadership Seminar.**
5. Read and write at least a two-page outline of the following books:
  - A. Never Good Enough by Carol Canon
  - B. Mind, Character, and Personality by Ellen G. White (any three chapters).

Note: All of the above certification requirements must be completed within a three-year period. For more information contact AdventSource, the NAD Lifestyle Certification center (800) 328-0525.

• **The Regeneration Seminar for Pastors** (a six- to ten-hour training program to acquaint clergy with the Regeneration program and to help them be effective in a supportive role). This seminar is usually offered by professionals from Andrews University at the request of a conference office or union. If a pastor is working on the NAD Lifestyle Specialist certification in addiction ministries, the Regeneration Seminar for Pastors could be taken in lieu of the one-day Regeneration Leadership Seminar requirement. For more information and contact numbers, see the more detailed description that follows.

### **Regeneration Seminar for Pastors**

The Regeneration Seminar for Pastors provides an introductory study of the nature of addiction with emphasis on spiritual aspects. It is designed for pastors and other local church leaders. The role of the pastor in intervention, referral, and support during recovery is stressed. The place of the church in nurturing the recovery of members and their families is also explained.

At the conclusion of the seminar, the learner will:

- Recognize the nature of chemical dependency.

- Perceive the impact of co-dependency on the family.
- Recognize the steps to recovery.
- Note appropriate pastoral roles and actions.
- Identify steps for establishing church-based support systems.

The seminar is provided as a service of the Institute for the Prevention of Addictions through a roster of trainers who are experienced in substance abuse treatment and ministry. The seminar is endorsed by the North American Division

### **God, Help Me!**

*Hal* Gates, founder/director of the Regeneration recovery program for addicts, has experienced first hand the downward pull of drugs.

He was from a good family; a loved child who grew up in an atmosphere of stability. His father a postmaster; his mother a devout Christian who had sent him to a church school. He served as an air force medic and eventually graduated from law school and spent five years as a hard-driving attorney; a full partner in a successful Lincoln City, Oregon law firm.

Then, at 37, disillusioned, he left that life to live in the San Juan Islands as a recluse, where drinking became a way of life. Five years later he had lost everything—profession, home, family, money and self-esteem. Hal says, “I had lost my ability to deal with life, to cope with things. I just wanted to die.”

One night when he was 43 years of age he hit the bottom, lying face down in a drunken stupor on the floor of a boat; his red beard in his own vomit.

When Hal awoke the next morning, the realization of the depths to which he’d fallen wrung from his lips a cry of despair, “God, help me!” Although he didn’t realize exactly what he was saying, God heard and thus began the transformation of his life.

Hal recounts, “All of a sudden, something seemed to snap inside me, kind of like when you pull rubber to the point where it finally goes pop. And suddenly there was no more tension. I still had the sickness, the physical weakness, but there was no more emotional tension, no more inner conflict.”

Normally after a binge, Hal would dry out for a couple of days and then start drinking again. This time, however, he’d lost his taste for alcohol. That was the end of his drinking.

“What was so beautiful to me was that God could completely, unequivocally, forgive me for all of the trash that I had done in my life and in other people’s lives.”

Hal gave the rest of his life to this forgiving God. Now, as a pastor, Attorney Gates is an advocate for God’s law.

“I would say to anybody who has addictions of any sort, Let go and let God. Let go of trying to fulfill God’s law yourself, and realize that Jesus Christ is the fulfillment of that law. Realize that when He’s in your heart, when He’s in your soul, when He’s in your mind, when He’s in your thoughts, then your life is going to serve the purpose you were created for—and this is to be full of the joy of God.”

—Adapted from Maylan Schurch’s article in *Signs of the Times*, Sept. 1995.

Ministerial Association. Seminar sponsors may be local or union conferences, or educational institutions.

The trainers for the seminar are individuals with experience in chemical dependency treatment and who have sensitivity for the role of the local pastor and chaplain. They have been trained in the standard seminar curriculum and have agreed to be available for scheduling through the Institute. A current roster of trainers is available upon request from the Institute.

**Scheduling:** The seminar is designed for some flexibility in time scheduling. Topics are covered most adequately with 10 clock-hour sessions, equivalent to 1 Continuing Education Unit (CEU). (Seminars can be offered in as little as 6 clock hours (0.6 CEU) by deleting certain topics and limiting discussion.) The most benefit will be obtained by providing the full time since most participants wish to discuss practical applications of the concepts presented.

**Continuing Education:** Up to 1 Continuing Education Unit (CEU) is approved on an ongoing basis by the North American Division Center for Continuing Education in Ministry (CCEM).

**Arranging a Seminar:** Training is scheduled through the Institute for the Prevention of Addictions at Andrews University. Inquiries should be made to: Director, Institute for the Prevention of Addictions, Andrews University, Berrien Springs, MI 49104-0211, call (616) 471-3558; fax (616) 471-6611.

**Cost of a Seminar:** Costs include the travel and local maintenance expenses of the trainer and the cost of the textbook. No trainer honorarium is expected. The textbook is the Regeneration Manual available from The Health Connection (800) 548-8700. Bulk prices are available.

### **Why Pastors Benefit**

Many pastors find working with addicts and their families to be a baffling and frustrating task. What they try doesn't seem to work, so they become discouraged. It's easier to work with people who don't have these problems. The overworked pastor has limits to how much counseling can be done. The pastor hasn't had special

training, in most cases, for substance abuse issues. Some pastors admit to just ignoring alcohol or tobacco problems among their church members. This enables problems to get worse. The seminar is designed to address these very situations. It introduces pastors to the basic knowledge and appropriate skills for practical action. It prepares the pastor for those specific roles and actions which the pastor is best suited to take. These roles are not the same as those of the counselor, but they are vitally important:

- Educated, alert listener
- Referral linkage
- Supporter of addict and family during treatment
- Congregational educator
- Validator for church-based support groups

Many pastors also discover that the seminar provides insights which are personally valuable. Many helping professionals have had past experience with addiction problems or co-dependency. The seminar offers new and healthy ways of dealing with these issues which may have been repressed and denied.

### **Regeneration Seminar for Pastors Curriculum**

#### **Session 1—Addiction and the Church Today\***

Understanding the challenge of chemical dependency in the Adventist church. Why do we experience these problems? Who is affected?

#### **Session 2—What is Addiction?**

The nature of addiction as a chronic, degenerative, and fatal process. Exploration of the disease vs. sin models. Addiction possibilities. Understanding the process of addiction and the deterioration of spirituality.

#### **Session 3—Pastoral Awareness\***

Basic drug information. Denial syndrome. Enabling. Dangers of stereotypic thinking. Addict attitudes toward religion and church. The role of the pastor.

#### **Session 4—The Burdened Family**

Stages of co-dependency. Enabling behaviors. Kids and drugs.

**Walk 2000: Taking a Stand  
Against Substance Abuse**

On January 17, 1995, the General Conference Administrative Committee met and passed the following action:

“Voted, To authorize implementation of the program Walk Around the World—2000 A.D. This program mobilizes the Seventh-day Adventist youth to walk five miles or ten kilometers in support of a drug-free lifestyle. Friends and businesses will be requested to sponsor each mile or kilometer, and the money donated will be used to promote drug-free living.”

For a kit of materials to help you organize Walk Around the World—2000 A.D. In your community, contact AdventSource (800) 328-0525.

**Session 5—Adults with Addictive Personalities\***

Roles and rules in dysfunctional families. Adults with addictive personalities. Help for adult children of addiction (ACOAs).

**Session 6—Getting Help**

Crisis action steps. Intervention. The pastor’s role in connecting with help. The process of recovery.

**Session 7—Treatment and Aftercare\***

Characteristics of effective treatment programs. Referral criteria. Relapse prevention.

**Session 8—Spiritual Steps to Recovery**

Understanding the Twelve Steps of Recovery. Self-help fellowships. The traditions of Alcoholics Anonymous and Alanon. Fifth Step ministry.

**Session 9—Congregational Support\***

Ways a church can support spiritual recovery. Congregational education.

**Session 10 — Regeneration Fellowships**

Starting a self-help fellowship. Guidelines for group effectiveness. Potential for church growth and nurture. Summary of pastor’s role.

\* If the seminar is shortened, these sessions are omitted or abbreviated.

**Association of Adventist Parents**

**Purpose:**

The primary purpose of the Association of Adventist Parents shall be to inform and educate parents, youth, church members, and church leaders about the dangers of alcohol, tobacco, and other addictive behaviors; to promote, encourage, and assist in the formation of parent groups and a sense of community within the church; and to collaborate in appropriate activities with other parent groups and community efforts to prevent and intervene in alcohol and drug use by youth.

The main objective of these endeavors shall be to promote mental, emotional/social, physical, and spiritual well-being among all people, and to work to counteract those pressures which condone and promote addiction.

Emphasis shall be also on varied resources for recovery, including the personal experiences of those in process of recovery, and praise to God for the gift of continuing sobriety.

**Rationale:**

The use and abuse of both legal and illegal drugs in the Seventh-day Adventist church have reached challenging proportions. Such use has extended into many segments of our church community, bringing with it individual loss, spiritual degeneration, family disintegration, and disregard for law and authority.

With the ever younger age of alcohol and other drug users, even extending to elementary school children, we as parents feel that we must join forces to accomplish the changes necessary to ensure a drug-free environment for today’s children and children yet to come.

**Philosophy:**

WE BELIEVE that a drug-free environment is necessary in the home, school, church, and community for the optimal and healthy growth of children who are the future of our church and society.

WE BELIEVE that all children have the right to grow up in a healthy, nurturing, drug-free family environment.

WE BELIEVE that in advocating such a drug-free life, we reject any educational or intervention program which advocates or condones the “responsible use” of addictive drugs.

## **Guidelines for Celebrations of Family Recovery**

(Revised Nov. 14, 1996)

1. These Celebrations are primarily for Seventh-day Adventists and people with Adventist backgrounds, and individuals seeking a Christian approach to recovery.
2. Consistent sponsor of the Celebrations is the Association of Adventist Parents. Other organizations, such as hospitals, schools, or conferences, are considered as co-sponsors, and need to be recognized for their participation.
3. If possible, it is desirable to co-sponsor the Celebration with a hospital or other health agency because of the health connotations of the event.
4. The holding of Celebrations in local churches or district areas is workable when qualified personnel are available and conditions are feasible.
5. The Celebration program follows the general format of the Twelve Steps of AA, and adheres to the Twelve Traditions, particularly anonymity.
6. Emphasis is on varied resources for recovery—personal experiences of victory, and praise to God for continuing sobriety.
7. Celebrations should be planned and conducted by a local committee headed by a person conversant with the purpose and plan of the Twelve Steps of AA and the Twelve Traditions of AA. This committee is also in charge of promotion and logistics.
8. Usual frequency of the Celebration is annual, however regular support group meetings are encouraged.
9. Registration fees are set in order to cover the expenses of the local Celebration.
10. Speakers and presenters should preferably be selected from the local area to minimize expense.
11. A kit of materials should be provided each registrant or family for continued information and inspiration.
12. Celebrations are held over the weekend, with registration and an opening meeting on Friday night, and the program continuing through Sabbath until Sunday noon. Light refreshments could be served Friday evening.
13. Open-speaker meetings feature recovering persons telling their stories of divine aid in their lives.
14. Specialized closed discussion groups should be arranged according to the needs of those attending, such as AI-Anon, ACOA, CODA, EA, NA, etc.
15. Workshops deal with various aspects of the Recovery process.
16. “Clean time” is celebrated with sobriety anniversaries at a Saturday night or Sunday morning token ceremony.
17. A Twelve-Step breakfast on Sunday morning encourages discussion of the Twelve Steps and is an occasion for social interchange and mutual inspiration.
18. The group conscience meeting at the close is for program evaluation and future planning.
19. The Celebration program should present the basic Twelve Steps not only as a recovery method, but also as a practical guide for everyday Christian living, based on fundamental Biblical principles.
20. Appropriate books and other literature should be on display during the Celebration, and be available for purchase Saturday night or Sunday.

(For more information contact Francis A. Soper, President of Association of Adventist Parents, Rt. 2, Box 368A, Stanley, VA 22851, (540) 778-5132 or Tom Neslund at the General Conference Health and Temperance Department (301) 680-6720.)

## *Addiction Prevention and Recovery*

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WE BELIEVE in working with Adventist church leaders, educators, health professionals, and church and community groups to work with us in a nonjudgmental and productive manner to create positive change in our homes, our church, our schools, and our communities.

(For more information and brochures contact Francis A. Soper, President of Association of

Adventist Parents, Rt. 2, Box 368A, Stanley, VA 22851, (540) 778-5132 or Tom Neslund at the General Conference Health and Temperance Department (301) 680-6720.)

### **Celebrations of Family Recovery**

The Celebration of Family Recovery is a program aimed at bringing a new dimension of hope

## **The Twelve Steps, Scripture, and Spirit of Prophecy**

### *The Twelve Steps of AA*

1. We admitted we were powerless over alcohol, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understand Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We are entirely ready to have God remove all these defects of character.
7. We humbly ask Him to remove all our shortcomings.
8. We made a list of all persons we harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continue to take personal inventory and when we were wrong, promptly admitted it.
11. We sought, through prayer and meditation, to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.

### *Steps to Christ*

- “The Sinner’s Need of Christ.”
- “Repentance.”
- “Confession.”
- “Confession.”
- “Confession.”
- “Consecration.”
- “Faith and Acceptance.”
- “The Test of Discipleship.”
- “Growing up into Christ.”
- “The Work and the Life.”
- “A Knowledge of God,” “The Privilege of Prayer,” and “What to do with Doubt.”
- “Rejoicing in the Lord.”

## *Addiction Prevention and Recovery*

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to Adventists with dependency problems, and providing for them, their co-dependents, and families the assurance of continuing recovery.

Established in 1985, Celebrations have been held in the Midwest, the Mid-Atlantic area, Southern California, the Pacific Northwest, New England, and elsewhere.

The principal sponsor of these Celebrations of Family Recovery, the Association of Adventist Parents (AAP), networks with other organizations such as conferences and hospitals.

The Celebration of Family Recovery is a weekend of mutual love, comfort, and unity for the purpose of exploring spiritual resources for recovery from addictions and dependencies, the

The word of GOD is able to build you up...! Acts 20:32  
Scripture is "Living and Powerful." Heb. 4:12

### **Biblical Comparisons**

Rom. 7:18 NIV I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Isa. 41:10 NIV So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Luke 9:23 NIV Then He said to them all: "If anyone would come after Me, he must deny himself and take up his cross daily and follow Me.

Lam. 3:40 NIV Let us examine our ways and test them, and let us return to the Lord.

James 5:16 NIV Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

Isa. 1:19 NIV If you are willing and obedient, you will eat the best from the land.

James 4:10 NIV Humble yourselves before the Lord, and He will lift you up.

Matthew 5:24 NIV Leave your gift there in front of the altar. First go and be reconciled to your brother, then come and offer your gift.

Luke 6:38 NIV Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.

Rom. 12:3 NIV For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.

Ps. 19:14 NIV May the words of my mouth and the meditations of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

Gal. 6:1 NIV Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

sharing of personal experiences, strength, and hope, and for the gift of continuing sobriety.

It is Christ-centered, to focus on the constant need for divine power to return to normal, healthy life; and church-sponsored to encourage those in process of recovery to view the church as a healing, comforting and nurturing community, thus fulfilling the invitation of Christ, Himself, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest" (Matthew 11:28).

During the weekend convention that follows the 12 steps of Alcoholics Anonymous, recovering persons share their stories of God's work in their lives, while workshops and closed discussions deal with various aspects of recovery. "Clean Time" is celebrated with sobriety anniversaries at a special Saturday night ceremony. Concluding the weekend is a "12-Step Breakfast" and a group meeting for evaluations and future planning.

For more information about these Celebrations of Family Recovery, contact Francis Soper, president of the Association of Adventist Parents, Route 2, Box 368A, Stanley, VA 22851 or call (540) 778-5132 or Tom Neslund at the General Conference of Health and Temperance Department (301) 680-6720.

### **Finding Help for the Addict**

Recovering from addiction is an extended process. The resources available differ according to the community, but the following stages seem necessary:

**1. Intervention.** Breaking the denial and delusion so that the addict agrees to receive help. This can be done through natural or "planned" crisis. Planned crisis or intervention is presenting reality to a person out of touch with it in a receivable way: objective, unequivocal, non-judgmental, and caring. It involves the "significant others" in a person's life. A trained counselor or therapist is recommended to assist the intervention team in preparing for the intervention.

Steps in Intervention:

1. Conquer personal reluctance. Intervention is a profound act of caring. Breaks the "rule of silence."
2. Gather the intervention team: persons with meaningful relationships to the addict and

who are willing to risk those relationships in order to help.

3. Gather the data about specific incidents. Prepare for treatment.
4. Rehearse the intervention.
5. Do the intervention. Addict must be sober and agree to listen. Team members share their letters or lists. Help is offered as the only option to maintaining the relationships.

**2. Detoxification and Withdrawal.** Removal of the drug from the addict's body, usually requiring medical management.

**3. Treatment and Rehabilitation Program.** The most successful programs are those which use a comprehensive approach including education, group therapy, and personal counseling. Traditional psychiatric methods do not seem to be effective unless mental illness is also present (dual diagnosis). A good program will include the family and be based on the Twelve Steps as a model for recovery. If this kind of help is not available the person can still benefit from long-term support systems.

### **4. Long-Term Support For Sobriety.**

Recovering people need support systems to share with others their experience, strength, and hope. The healing process takes place best in a support system such as that provided by Alcoholics Anonymous and similar groups which utilize the Twelve Steps of Recovery first developed by Alcoholics Anonymous.

### **Adventist Recovery Centers For Substance Abuse**

**Drug Alternative Program (DAP),** Clifford and Freddie Harris, 11868 Arliss Drive, Grand Terrace, CA 92324; (909) 783-1094. Inpatient and outpatient support for drug and alcohol abuse. For clients 18 to 65 years of age.

**Harding Hospital,** 445 East Granville Road, Worthington, Ohio 43085; (614) 885- 5381. A full-service psychiatric hospital with special units for substance abuse, adolescents, adults and outpatient services.

**Loma Linda Behavioral Medicine Center**, 1710 Barton Road, Redlands, CA 92373; (800) 752-5999, 24-hour help line. Inpatient and outpatient chemical dependency recovery services for adults, adolescents and children.

**New Day Center**, a part of Hinsdale Hospital, 121 North Elm Street, Hinsdale, IL 60521; (630) 856-7700. Inpatient and outpatient services, with a two-year after care program for those 18 and over. The Living Resource Center offers apartments for night living for day-hospital patients.

**New Life Health Institute**, Beverly and David Sedlacek, 6676 Licking Rd. (Rt. 167), Pierpoint, Ohio 44082; (216) 577-1571. Inpatient and outpatient treatment for substance abuse and compulsive behaviors.

**St. Helena Hospital and Health Center**, 650 Sanitarium Road, Deer Park, CA 94576; (707) 963-6204. All levels of care for alcohol and drug dependency are provided for those 19 and older—out-patient, residential where patients stay in a licensed residential facility at night, and inpatient.

**The Bridge**, Paul and Carol Cannon, 1745 Logsdon Bowling Green, Kentucky 42101; (502) 777-1094. Inpatient recovery for codependency, with substance abuse, compulsive behavior, and alcoholic relapse services. For clients 18 years of age or older.

### Signs of Drug Use

Changing patterns of performance, appearance, and behavior may signal use of drugs. The items in the first category listed below provide direct evidence of drug use; the items in the other categories offer signs that may indicate drug use. For this reason, adults should look for extreme changes in children's behavior; changes that together form a pattern associated with drug use.

#### Signs of Drugs and Drug Equipment

- Possession of drug-related equipment such as pipes, rolling papers, small decongestant bottles, or small butane torches.

### Serenity Prayer

God, grant me the serenity  
to accept the things I cannot change.  
The courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
This sinful world as it is,  
not as I would have it;  
trusting that You will make all things  
right if I surrender to Your will;  
so that I may be reasonably  
happy in this life and supremely happy  
with You forever in the next.

Amen

— Reinhold Niebuhr

- Possession of drug or evidence of drugs, peculiar plants, or butts, seeds, or leaves in ashtrays or clothing pockets.
- Odor of drugs, smell of incense or other "cover-up" scents.

#### Identification With Drug Culture

- Drug-related magazines, slogans on clothing and posters.
- Conversations and jokes that are preoccupied with drugs.
- Hostility in discussing drugs.
- Music which glorifies drugs.

#### Signs of Physical Deterioration

- Memory lapses, short attention span, difficulty in concentration.
- Poor physical coordination, slurred or incoherent speech.

- Unhealthy appearance, indifference to hygiene and grooming.
- Bloodshot eyes, dilated pupils.

***Dramatic Changes In School Performance***

- Distinct downward turn in student's grades—not just from C's to F's but from A's to B's and C's.
- Assignments not completed.
- Increased absenteeism or tardiness.

***Changes In Behavior***

- Chronic dishonesty (lying, stealing, cheating). Trouble with the police.
- Changes in friends, evasiveness in talking about new ones.
- Possession of large amounts of money.
- Increasing and inappropriate anger, hostility, irritability, secretiveness.
- Reduced motivation, energy, self-discipline, self-esteem.
- Diminished interest in extracurricular activities and hobbies.

—From "Schools Without Drugs," pp 16.

United States Department of Education, 1986.

(For a report on drugs and Seventh-day Adventist Youth, see Chapter 10.)

**How To Effectively Confront An Addict**

**Goal:** Getting the alcoholic or addict to admit he/she has a problem and agree that he/she needs help.

***Essentials***

1. Knowledge of the disease and of denial.
2. Facts about the person's use and consequent problems.
3. Belief that every drinking person knows at some level he/she has a problem and that he/she needs help and that it's alright to cajole him/her into getting help.
4. Understanding of the alcoholic's fear and panic when treatment is suggested.
5. Leverage (power)—knowing what's most important to that person and using it.

***Counseling Techniques***

1. Listening with an interpretive mind; showing kindness, gentleness, respectfulness, empathy, warmth, sincerity, honesty, and vulnerability; the ability to instill hope, and have a sense of humor.
2. Having enough courage, firmness, assertiveness, self-possession, specific information, and tough skin to interrupt denial and delusion.
3. Taking a risk: Once addiction is established, nothing else matters except getting help for the dependent person.
4. Surrendering: Once the counselor has presented his/her case, the counselor is powerless to control the results and must recognize that the disease will have to convince the victim if the counselor can't.

***Simple Form for Self-Evaluation.***

Ask if the person is drinking AND...

1. Has a family history of addiction.
2. Has had one or more blackouts (memory losses) in the last two years.
3. His/her significant others (family and close friends) are concerned about his/her drinking/drugging.
4. His/her personality has changed.
5. Has had more than one traffic ticket for driving while intoxicated.
6. Has a prior addiction to any other drug.
7. He/she drinks in an out-of-control fashion.
8. He/she is concerned about him/herself.

Answering "yes" to three or four out of the eight indicates a problem.

**Seventh-Day Adventist Drug Needs Assessment Survey Tool**

***Why do a survey?***

The first step toward developing a drug-free school is to assess the current status of the school with respect to student alcohol, tobacco, and drug use and attitudes. Until recently, this has been an expensive process, feasible only for larger schools. The Institute for the Prevention of Addictions, has used comprehensive needs

assessment surveys to study the prevalence and correlates of Adventist youth in North America, Inter-America, and Africa, as well as provide contract assessment services to local public school systems. Now an inexpensive drug survey tool has been developed by the Institute with the cooperation of the Andrews University Center for Statistical Services for use with Adventist students, grades 7-12.

**What is included?**

The survey contains questions validated on national surveys by the University of Michigan High School Senior Survey. Special question features include inquiries into attitudes, practices, and factors which Adventist youth find motivational for choosing abstinence. Completed surveys are optically scanned and computer analyzed, with full protection for individual student anonymity.

The needs assessment service includes a full report, with data tabulations and graphs, presented to the contracting school. Schools may use the results to educate staff, the student body, parents and church members about the actual situation present at the time of the survey. Important insights into how students think about chemical substances will be gained.

**How much does it cost?**

The service costs \$0.90 US per student survey processed plus \$200 US for preparation of a written report. If the Institute staff make a personal presentation to the school community, travel expenses will be an additional cost.

**How to order:**

For detailed order information contact Institute for Prevention of Addictions, 8408 Westwood Drive, Andrews University, Berrien Springs, MI 49104-0211,  
Internet E-mail: ipa@andrews.edu;  
CompuServe e-mail: 74532,350; (616) 471-3558;  
Fax (616) 471-6611.

**Substance Use Among Seventh-day Adventist Youth**

The Institute for the Prevention of Addictions prepared a briefing paper for the North American Conference on this subject. It is reprinted in Chapter 10 on Youth Ministries.

**Further Reading and Study Bibliography  
Chemical Addiction**

- Jerry Dunn. *God Is for the Alcoholic*. Revised ed. Chicago: Moody Press. 1986.
- Vernon Johnson. *Everything You Need to Know About Chemical Dependence*. Minneapolis, MN: Johnson Institute. 1990.
- Gerald May. *Addiction and Grace*. New York: Harper and Row Publishers, Inc., 1988.
- Keith Miller. *Hope in the Fast Lane: A New Look at Faith in a Compulsive World*. San Francisco: Harper and Row Publishers, Inc., 1987.
- Craig Nakken. *The Addictive Personality: Roots, Rituals, and Recovery*. Minneapolis: Hazelden Foundation, 1988.
- Anderson Spickard and Barbara R. Thompson. *Dying for a Drink: What You Should Know About Alcoholism*. Waco, Texas: Word Books, 1985.

**Other Addictions**

**Work:**

- Bryan E. Robinson. *Overdoing It: How to Slow Down and Take Care of Yourself*. Deerfield Beach, FL: Health Communications, 1992.
- Diane Fassel. *Working Ourselves to Death: The High Cost of Workaholism and the Rewards of Recovery*. San Francisco: Harper San Francisco. 1990.

**Relationships:**

- Anne Wilson Schaef. *Escape from Intimacy: The Pseudo-Relationship Addictions*. San Francisco, CA: Harper & Row, 1989.

**Sex and Love:**

- Patrick Carnes. *Out of the Shadows: Understanding Sexual Addiction*. Minneapolis, MN: CompCare Pub., 1983.

**Tobacco:**

- Karen Casey. *If Only I Could Quit: Recovering from Nicotine Addiction*. Center City, MN: Hazelden Foundation, 1987.
- Linda Royer, Taking Control, Resources for Better Living, Inc. A self-help kit of instructive audio tapes to help overcome the habit of smoking or chewing tobacco. Contact (703) 477-9653.

**Religion:**

- Stephen Arterburn and Jack Felton. *Toxic Faith: Understanding and Overcoming Religious Addiction*. Nashville, TN: Thomas Nelson, Inc. 1991.

## *Addiction Prevention and Recovery*

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Carmen Renee Berry. *When Helping You Is Hurting Me: Escaping the Messiah Trap.* San Francisco: Harper San Francisco, 1988.

### **Peer Prevention:**

Adventist Youth to Youth Staff Manual. Institute of Alcoholism and Drug Dependency (now the Institute for the Prevention of Addictions). Andrews University, Berrien Springs, MI 49104-0211, 1993.

How to Make It Happen: A Local Club Manual for AY2Y. Institute of Alcoholism and Drug Dependency (now the Institute for the Prevention of Addictions). Andrews University, Berrien Springs, MI 49104-0211, 1993.

Sharon Scott. PPR: Peer Pressure Reversal. Amherst, Massachusetts: Human Resource Development Press, 1985.

### **Parenting for Prevention:**

Ken Barum. *When Saying No Isn't Enough.* New York: Penguin/Signet Books, 1988.

Harriet W. Hodgson. *A Parents Survival Guide: How to Cope When Your Kid Is Using Drugs.* Hazelden Foundation, 1986.

Marsha Manatt. *Parents, Peers, and Pot II: Parents in Action* National Institute on Drug Abuse, 1983.

Gabriel G. Nahas. *Keep Off the Grass.* Revised edition. Oxford: Pergamon Press, 1979.

Beth Polson and Miller Newton. *Not My Kid.* New York: Arbor House, 1984.

J. M. Tobias. *Kids and Drugs: A Handbook for Parents and Professionals.* Annandale, Virginia: Panda Press, 1986.

David J. Wilmes. *Parenting for Prevention: How to Raise a Child to Say No to Alcohol and Drugs.* Minneapolis, MN: Johnson Institute, 1988.

Active Parenting is a widely respected training program used by Christian churches for teaching parenting skills. For more information, call 1-800-825-0060.

### **School-Based Prevention:**

Drug Prevention Curriculum. Office of Education, Research, and Improvement. United States Department of Education, 1988.

The P.A.C.T. Manual. North American Division of Education. 12501 Old Columbia Pike, Silver Spring, MD 20904. 1994.

What Works: Schools Without Drugs. United States Department of Education, 1986; (800) 624-0100.

### **Addiction:**

Melody Beattie. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.* Center City, MN: Hazelden Educational Materials, 1988.

Claudia Black. *It Will Never Happen to Me.* New York: Ballantine Books, 1981.

John Bradshaw. *Bradshaw: On the Family.* Deerfield Beach, FL: Health Communications, Inc.

Carol Cannon. *Never Good Enough.* Boise, ID: Pacific Press Publishing Association, 1993.

Anne Wilson Shaef and Diane Fassel. *The Addictive Organization.* San Francisco, CA: Harper and Row Publishers, Inc. 1988. ISBN 0-06-254841-7.

Abraham Twerski. *Addictive Thinking: Why Do We Lie to Ourselves? Why Do Others Believe Us?* Hazelden Educational Materials, 1990.

Jeff VanVonderen. *Tired of Trying to Measure Up.* Minneapolis, MN: Bethany House Publishers, 1989.

### **Intervention:**

Toby R. Drews. *Getting Them Sober.* Vol. 1 & 2. Bridge Publishing, Inc., 1980, 1983.

Merle Fossum. *Catching Fire: Men's Renewal and Recovery Through Crisis.* Center City, MN: Hazelden Foundation, 1989.

Vernon E. Johnson. *Intervention: How to Help Someone Who Doesn't Want Help.* Johnson Institute Books, Minneapolis, MN, 1986.

Will Maloney. *Chemical Dependency Treatment Programs: A Guide to Referral.* Center City, MN: Hazelden Foundation, 1987.

Joy Miller. *Addictive Relationships: Recovering Your Boundaries.* Deerfield, FL: Health Communications, Inc., 1989.

Mary Ellen Pinkham. *How to Stop the One You Love from Drinking.* 1986. New York: G.P. Putnam's Sons, 1986.

Melody Beattie. *Codependent's Guide to the Twelve Steps.* New York: Prentice Hall Press, 1990.

Friends in Recovery. *The Twelve Steps for Christians.* 1201 Knoxville St., San Diego, CA: Recovery Publications, Inc., 1991.

## *Addiction Prevention and Recovery*

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Robert Hemfelt and Richard Fowler. *Serenity: A Companion for Twelve Step Recovery*. New Testament, Psalms, and Proverbs. Nashville, TN: Thomas Nelson Publishers, 1990.

Dale and Juanita Ryan. *Rooted in God's Love: Biblical Meditations for People in Recovery*. Downers Grove, IL: InterVarsity Press, 1992.

### **Relapse Prevention:**

Tammy Bell. *Preventing Adolescent Relapse*. Independence, MO: Herald House, 1990.

Terence Gorski and Merlene Miller. *Staying Sober: A Guide for Relapse Prevention*. Independence, MO: Independence Press, 1986. ISBN 0-8309-0459-X.

### **Adult Child Recovery:**

Nancy Groom. *From Bondage to Bonding: Escaping Codependency, Embracing Biblical Love*. Colorado Springs, CO: NavPress, 1991.

Earnie Larsen. *Stage II Recovery: Life Beyond Addiction*. San Francisco, CA: Harper & Row, 1985.

Earnie Larsen. *Stage II Relationships: Love Beyond Addiction*. San Francisco, CA: Harper & Row, 1987.

Keith Miller. *A Hunger for Healing*. New York: Harper Collins, 1991.

Veronica Ray. *Design for Growth: Twelve Steps for Adult Children*. Minneapolis, MN: Hazelden Foundation, 1988.

Arlene Taylor. *Back to Basics: Timely Tips for Building Bona Fide Boundaries & Optimum Self-Esteem*. Teach Services, Inc. Brushton, NY, 1994.

*Talk, Trust and Feel*. New York: Ballantine Books, 1991.

Barry Weinhold. *Breaking Free of Addictive Family Relationships: Healing Your Own Inner Child*. Stillpoint Publishing, 1991.

Stanley D. Wilson. *Rising Above Shame: Healing Family Wounds to Self-Esteem*. Rockville, MD: Launch Press, 1991.

### **Congregational Education**

Patricia Mutch and Winton Beaven. *Regeneration: A Video Course*. Ten modules (50 minutes each) with study guide for educating Adventist churches and their leaders on addiction and recovery. Available from The Health Connection.

### **Group Study Guides and Workbooks:**

Hal Gates and others. *Regeneration Manual*. Silver Spring, MD: The Health Connection. Second Edition, 1994.

*Friends in Recovery*. Twelve Steps: A Spiritual Journey. 1201 Knoxville St., San Diego, CA 92110: Recovery Publications, Inc., 1988. An advanced workbook for spiritual recovery groups.

Keith Miller. *A Hunger for Healing Workbook*. New York: Harper Collins, 1992.

Ron Ross, *When I Grow Up...I Want to be an Adult*. 1201 Knoxville St., San Diego, CA 92110: Recovery Publications, Inc., 1990. A workbook for use in groups for adults who had dysfunctional childhoods.

Kolleen Neff and Jean Watkins. *The Tie that Binds: Shame and the Church*. A video and discussion guide from a Seventh-day Adventist perspective. Available from: Creative Horizons, 11665 W. Olympic Blvd., Suite #204, West Los Angeles, CA 90064.

Dale and Juanita Ryan. *Life Recovery Guides*. A series of Bible study and discussion guides on various recovery issues. Six studies per guide. Available from InterVarsity Press.

### **Leader's Materials:**

Ron Halvorson and Valerie Deilgat. *Living Free: Making the Church a Safe Place for Recovery*. Valuable suggestions for organizing and leading recovery groups in Christian churches. 1201 Knoxville St., San Diego, CA 92110: Recovery Publications, Inc.

*Steps*. A quarterly publication for recovering Christians which has material for group discussion in each issue. Available by subscription from: National Association for Christian Recovery (NACR), P.O. Box 11095, Whittier, CA 90603.

### **Recommended Material Available From A.A. World Services, Inc. (Alcoholics Anonymous)**

A.A. World Services, Inc.  
Box 459  
Grand Central Station  
New York, NY 10163  
(212) 870-3400

## *Addiction Prevention and Recovery*

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### **Books:**

Twelve Steps and Twelve Traditions  
The Big Book

### **Pamphlets:**

"A Member's Eye View of Alcoholics Anonymous"  
"How A.A. Members Cooperate With Other  
Community Efforts to Help Alcoholics"  
"The A.A. Member"  
"If You Are a Professional, A.A. Wants to Work With  
You"  
"Problems Other Than Alcohol"  
"Understanding Anonymity"  
"Let's Be Friendly With Our Friends"  
"Is A.A. for You?"  
"A.A. in Treatment Centers"  
"A.A. in Occupational Alcoholism Programs"  
"A.A. As a Resource for the Medical Profession"

### **Guidelines:**

For A.A. Members Employed in the Alcoholism Field  
Forming Local Committees in Cooperation With the  
Professional Community  
Public Information  
Cooperating With Court, A.S.A.P., and Similar  
Programs

### **Toll-Free Information Sources**

Federation of Parents for Drug-Free Youth (800)  
554-5437

National Clearinghouse for Alcohol and (800)  
729-6686. See below (Agencies)

### **Drug Information**

Also INTERNET: [info@prevline.health.org](mailto:info@prevline.health.org)

Parents' Resource Institute for (800) 241-9746  
Drug Information tapes after 5:00 p.m.

Drug Education - PRIDE (404) 658-2548 in Georgia

National AIDS Clearinghouse (800) 458-5231

U.S. Dept. of Education (800) 624-0100

Cocaine Helpline (800) COCAINE [262-2463]  
24 hour information and referral service for treat-  
ment

U.S. National Institute on Drug Abuse  
(800) 662-4357

### **Associations**

Association of Adventist Parents  
c/o Francis Soper, President  
Route 2, Box 368A  
Stanley, VA 22851  
(540) 778-5132

American Lung Association  
Write for catalog of materials on  
smoking prevention.  
1740 Broadway  
New York, NY 10019

P.R.I.D.E.  
Numerous resource publications for  
parents and teachers.  
(Parents Resource Institute Drug Educ)  
Catalog available  
Woodruff Bldg., Suite 1002  
100 Edgewood Avenue  
Atlanta, GA 30303  
(800) 241-9746

Institute on Black Chemical Abuse  
Catalog available.  
Resource Center  
2616 Nicollet Ave., South  
Minneapolis, MN 55407  
(612) 871-7878

Addiction Research Foundation  
Resources available in Canada.  
33 Russell St.

Also: Canadian Centre on Substance Abuse, 112  
Kent Str., Suite 480,  
Toronto, Ontario Canada M5S 2S1  
Ottawa, Ontario, Canada K1P 5P2;  
(613) 235-4048  
(416) 595-6144

## *Addiction Prevention and Recovery*

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Alcoholics Anonymous (AA)  
See local telephone directory.  
Al-Anon Family Groups  
Or contact: Alcoholics Anonymous  
Alateen Youth Groups  
Box 459, Grand Central Station  
New York, NY 10163; (212) 870-3400

National Council on Alcoholism  
Source of statistics on alcohol problems.  
12 West 21st Street  
Has state and local network affiliates.  
(212) 777-8923  
Provides referral information.  
New York, NY 10010

National Families in Action  
2296 Henderson Mill Road  
Suite 300, Atlanta, GA 30345  
(404) 934-6364

Youth to Youth  
Parent organization for peer prevention program.  
700 Bryden Road  
Sponsors national conference in Ohio.  
Columbus, OH 43215  
(614) 224-4506

International Youth to Youth  
For information on other Y2Y publications;  
Institute for Prevention of Addictions  
and training events see Chapter 10.  
Andrews University  
Berrien Springs, MI 49104-0211  
tel: (616) 471-3558 fax: (616) 471-6611;  
Compuserve: 74532,350

### **Government Agencies**

National Clearinghouse for Alcohol  
Ask for the name of the RADAR  
coordinator in your and Drug Information  
(NCADI) state. They have free loan items  
and pamphlets available.  
P.O. Box 2345  
Rockville, MD 20852

Also, can subscribe to Prevention Pipeline  
published by  
(301) 468-2600  
NCADI for bimonthly updates: (800) 729 6686  
These are the answer people for the nation. Call  
them up!

Office on Smoking and Health  
Smoking prevention information.  
Technical Information Center  
5600 Fishers Lane, Park Bldg., Room 116  
Rockville, MD 20857  
(301) 443-1690

### **Commercial Sources of Further Materials:**

The Health Connection  
Review & Herald Publishing Assoc.  
55 West Oak Ridge Dr.  
Hagerstown, MD 21740  
(800) 548-8700

Hazelden Educational Materials  
Pleasant Valley Road  
P.O. Box 176  
Center City, MN 55012-0176  
(800) 328-9000

Johnson Institute  
7151 Metro Boulevard  
Minneapolis, MN 55435-3425  
(612) 944-0511

Tools for Recovery  
1201 Knoxville Street  
San Diego, CA 92110  
(619) 275-1350

CompCare Publishers  
2415 Annapolis Lane  
Minneapolis, MN 55441  
(800) 328-3330

Health Communications, Inc.  
3201 SW 15th St.  
Deerfield Beach, FL 33442  
(800) 851-9100

