

**CONFRONTING SUBSTANCE ABUSE**

**IN THE BODY OF CHRIST**

E. Logan Harkins

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Dedicated to Wayne, my beloved friend, husband and inspiration

*The righteous perish, and no one ponders it in his heart; devout men are taken away, and no one understands that the righteous are taken away to be spared from evil. Those who walk uprightly enter into peace; they find rest as they lie in death. Is 57:1, 2 NIV*

## TABLE OF CONTENTS

ACKNOWLEDGMENTS	5
PREFACE	6
INTRODUCTION	7
1. THE DIRTY LITTLE SECRET; SUBSTANCE ABUSE IN THE BODY OF CHRIST	8
2. WHAT DOES THE BIBLE SAY ABOUT SUBSTANCE ABUSE?	14
3. HOW DOES SUBSTANCE ABUSE AFFECT OUR RELATIONSHIPS?	17
4. THEIR STORIES	19
5. IS SOMEONE YOU LOVE ABUSING DRUGS OR ALCOHOL	45
❖ How You Can Tell If Your Suspicions Are True	
6. RECOGNIZING THE SIGNS OF SUBSTANCE ABUSE AND (DRUG) SYMPTOMS	48
7. DRUGS 101 –THE MOST POPULAR DRUGS ABUSED	51
❖ You Have the Power to Influence Your Child’s Decisions	
8. BASIC PREVENTIVE MEASURES & PREVENTION PROGRAMS	63
9. TO THE BELIEVER STRUGGLING WITH ADDICTION	66
10. WHAT IS DUAL-DIAGNOSIS?	68
❖ Treatment Facilities for Co-Morbid/Dual-Diagnosis Patients	
11. TO THE CHURCH - WHAT CAN WE DO?	74
12. DRUGS IN THE NEWS	76
13. CONSIDER STARTING/LEADING A SUPPORT HOME GROUP	80
14. GLOSSARY	82
APPENDIX ONE	
CHRISTIAN DRUG REHABILITATION FACILITIES ACROSS THE U.S.	84
CHRISTIAN RECOVERY SUPPORT GROUPS	90
CHRISTIAN RECOVERY ORGANIZATIONS	100
APPENDIX TWO	
INFORMATION FOR TRAINING MATERIALS TO START SUPPORT GROUPS	102
RECOVERY RESOURCE MATERIAL AND MORE ONLINE RESOURCES	103

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Statistics and facts were extracted from various government organizations and agencies including:

The Monitoring the Future Survey (MTF) is funded by the National Institute of Drug Abuse (NIDA) and conducted by the University of Michigan's Institute for Social Research. MTF has been conducting surveys since 1975 to collect data for 30-day, annual, and lifetime drug use, among some 50,000 8th to 12th grade students.

The National Institute on Drug Abuse (NIDA) was established in 1974, and in October 1992 it became part of the National Institutes of Health, Department of Health and Human Services. NIDA supports over 85 percent of the world's research on the health aspects of drug abuse and addiction.

The Substance Abuse and Mental Health Services Administration, (SAMHSA) is the primary source of information on the prevalence, patterns, and consequences of drug and alcohol use and abuse in the general U.S. civilian non institutionalized population, age 12 and older.

The National Survey on Drug Use and Health (NSDUH) Report (formerly The NHSDA Report) is published periodically by the Office of Applied Studies, Substance Abuse and Mental Health Services Administration.

The Drug Enforcement Administration (DEA) enforces the controlled substances laws and regulations of the United States, and brings to the criminal and civil justice system those organizations and principal members of organizations, involved in growing, manufacturing, or distributing controlled substances for illicit traffic in the U.S.

## PREFACE

Many of us know someone whose life is out of control because of drugs or alcohol. Perhaps it is a close friend, a spouse, a child, or some other family member. Even legally obtained alcohol, pain medications, and nicotine can quickly result in dependency. As believers we are to be salt and light in the world, but when one part of the Body suffers, the whole Body is affected. We have to be well ourselves before we can help others. "Confronting Substance Abuse in the Body of Christ" provides concerned Christians with practical information and faith-based resources to combat the destructive impact of addiction. This book addresses substance abuse from a biblical as well as from a societal standpoint.

Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$700 billion annually in costs related to crime, lost work productivity and health care.<sup>1</sup>

Over 2 million teens abuse prescription drugs in the U.S., but no age group is exempt from this current epidemic. The number of seniors addicted to prescription drugs continues to rise at an extraordinary rate. With hundreds of web sites selling prescription drugs, often without requiring prescriptions, identification or proof of age, people of all ages can purchase controlled substances online and self-medicate using highly addictive painkillers, sedatives and stimulants. The DEA has posted warnings that although some may not realize this, according to Federal and State law, purchasing prescription drugs from these sites is against the law.<sup>2</sup>

In congregations nationwide, there are believers, who passionately love Christ, but have to work very hard on their recovery to keep from relapsing into drug or alcohol abuse. Far too often, they keep their addiction hidden from their pastors and church friends because of shame and the fear of rejection. Every year countless marriages and families are split up because of the dysfunctional behaviors that accompany substance abuse. Christ-centered recovery support ministries at our churches are critical to support these families in crisis.

Following rehabilitation, structured, faith-based support groups that include one-on-one mentoring with a same sex, mature Christian have proven very effective in the restoration process. Having established and facilitated a structured and Bible-based support ministry, I witnessed first-hand the healing effect that a Christ-centered support ministry can have on participating believers and their family members, as well as on the non-churched attendees coming in from neighboring communities. This particular ministry eventually produced leaders that went on to facilitate new support groups for people dealing with other compulsive life issues such as codependency, and anger management.

The goal of "Confronting Substance Abuse in the Body of Christ" is to inspire and encourage believers to unite in fighting substance abuse in our homes, churches and communities. For those interested in establishing Christ-centered support groups with the approval and aid of their church, the book includes contact information for acquiring training materials from Celebrate Recovery, Overcomers Outreach, and Addicts Victorious. All three programs are founded on biblical principles.

*This problem won't just go away by itself, but with God's help and our dedicated commitment, we can restore lives for God's glory, one person at a time.*

## INTRODUCTION

Substance abuse is a serious public health problem that affects almost every community and family in some way. It contributes to property crimes, the spread of STDs, teen pregnancy, prostitution, traffic accidents, domestic violence and child neglect and abuse. Although heroin and cocaine usage has declined in the U.S., these gains have been countered by an increased abuse of synthetic “designer drugs”, prescription pain medications and several new drug-use profiles are also emerging.<sup>1</sup> “Confronting Substance Abuse in the Body of Christ” presents basic information to address the critical problem of substance abuse, because in some way this modern-day plague affects all of us. Addiction is a medical problem, a psychological problem, and a spiritual problem. Although some people may be genetically inclined to become dependent sooner than others, anyone who regularly abuses drugs, chemicals, or alcohol will become both physically and psychologically addicted.

Alcoholics Anonymous, a 12-step program, has helped countless individuals to stay “clean and sober.” However, many Christians have a problem with the vagueness of the so-called “higher power.” Some 12-step participants consider the program itself to be their “higher power” and the sole source of their sobriety. It is a wonderful fact that many become new believers in Christ or rededicate themselves to Him while working through these 12-step programs. However, Christians are often ostracized or ridiculed at these meetings when they try to share what God is doing in their life.

There are alternatives for Christians in recovery. Teen Challenge and international, Christ-centered, 12-step programs like Overcomers Outreach and Celebrate Recovery, the latter program also combines eight principles based on the Beatitudes. These programs are having dramatic results as the power of Christ is healing and restoring individuals and family members working through various life-issues. Within the gender-specific groups, people eventually form mentoring and accountability relationships that provide support and also encourage a deeper dependency on the Lord.

This handbook includes:

- Basic information about popular drugs used for non-medical purposes
- How to recognize signs and symptoms of abuse
- Preventative measures
- Contact information for healthcare facilities that provide treatment for dual-diagnosis, that is depression or other mental illness in addition to chemical addiction/alcoholism
- Rehabilitation facilities and faith-based aftercare support groups
- Dynamic testimonials of former substance abusers
- Information on starting a Christ-centered support group for individuals in the recovery process
- Questions for group discussions at the end of most segments

The information provided is limited. The listings included are neither a recommendation nor an endorsement of any of these organizations and groups, and are included without prejudice. Neither does omission signify disapproval.

The author is not engaged in providing legal advice or professional counseling. If legal counsel or other expert assistance is required, the services of a competent professional should be sought.

## THE DIRTY, LITTLE SECRET: ADDICTION IN THE BODY OF CHRIST

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Most Americans have at least one close relative, friend or acquaintance that drinks too much, uses illegal recreational drugs, like marijuana, or abuses prescription painkillers. Addiction, a powerful destroyer, continues to effectively and covertly devastate the lives of many believers and their loved ones. It's an embarrassing subject for most people, and few choose to talk openly about it, hoping that the problem will somehow just "go away." Unfortunately, ignoring the problem of substance abuse won't make it go away!

Substance abuse is a global problem, and epidemic in the U.S. It has invaded every level of our society, including the Church. The University of Columbia did a survey in 1994 based on a mix of about 14,000 church and unchurched young people in junior-high and high school. This is what the study revealed:

- 80% of church youth reported drinking beer compared with 88 % of the unchurched adolescents
- 38 % of church youth had smoked marijuana compared with 47 % of the unchurched youth
- 22% of church youth tried amphetamines and barbiturates compared to 28 % of unchurched youth
- 11 % of the church youth had tried Cocaine, compared with 14% of the unchurched youth<sup>3</sup>

In contrast to those findings, the National Survey on Drug Use and Health reported in 2002:

- More than 17 million youths in the U.S., aged 12 to 17, stated that their faith plays a very important part of their lives and influences how they make decisions
- About 8 million youths (33%) attended religious services 25 times or more in the past year
- Youths with higher levels of religious commitment were less likely to have used cigarettes, alcohol, or illicit drugs than youths with no or low levels of commitment to their religious belief system<sup>4</sup>

"David's" story:

I am 23 and I started using drugs when I was 15. Because of my addiction, I eventually lost my family and everyone I cared about. I was without hope, and I prayed every day, that God would take my life. When He didn't, I tried, unsuccessfully, to end it myself. Then, one day an acquaintance took me to a little church where the pastor showed me what being a Christian is really like. He not only told me about Jesus in a way that I really understood, but he also helped me get into a Christ-centered rehabilitation program. This was a major turning point in my life. That was in the spring of 2004.

In the recovery process, I learned that no matter how hard I try, I can't control my addiction. But I thank God that after I surrendered my life to Him, I have not relapsed once.

Now I know that by trusting the Lord Jesus with all my problems and staying in close relationship with Him, I can stay clean. I have peace of mind, a solid support system, and a mentoring program that keeps me accountable in Christ.

God gave me a second chance. Every opportunity I get, I tell people, that if He could do what He has done for me, He will do it for anyone who really wants His help, and is willing submit their life to Him.

*\* I can do all things through Christ who gives me the strength. Philippians 4:3 NKJV \**



MAYBE SOME OF US NEED TO HOLD ON TO HIM TIGHTER THAN OTHERS DO. THIS IS NOT SUCH A BAD THING. IN FACT, THE SOONER WE REALIZE THAT PUTTING OURSELVES UNDER HIS LORDSHIP, IS THE SAFEST PLACE IN THE UNIVERSE TO BE, THE BETTER. THE POPULAR SAYING THAT "GOD TAKES CARE OF THOSE WHO TAKE CARE OF THEMSELVES" IS NEITHER SCRIPTURAL NOR TRUE. THE FACT IS GOD TAKES CARE OF THOSE WHO ACKNOWLEDGE HOW MUCH THEY NEED HIM. HE IS ABBA, OUR HEAVENLY FATHER, AND HE WANTS TO HELP US, IF WE WILL LET HIM.

The following story is about a friend I will simply refer to as "Lorraine." When I first met Lorraine, she was a young, vibrant mother devoted to her husband and children. Lorraine was dedicated to her church family and very involved with an outreach ministry. Her life was calm and peaceful, until she contracted Lyme's Disease from a tick bite. The Lyme's triggered multiple health problems and Lorraine became very ill. Over the following years, she suffered with increasingly severe chronic pain. During that period Lorraine also became addicted to pain medication. Her life became out of control with irrational behaviors, frequent visits to the Emergency Room and random blackouts. Her husband and teenage son lived with constant worry never knowing what to expect next.

When Lorraine attended church, she could be seen after the service weeping at the altar, or being prayed over, but few knew about her struggle with addiction to pain medication. She would habitually stop using for a brief period of time, but then relapse. One night, she died in her sleep of a massive heart attack. Although Lorraine's premature death was not directly caused by a drug overdose, her frail health was further compromised by her dependency on Oxycontin and Percocet.

Lorraine's case is not unique. There are many Christians of all ages, who drink or drug to excess and struggle secretly with their addictions.

The stigma and aversion connected with substance abuse often reinforces the abuser's hesitation to seek counsel or help. One misleading claim is that all people who take drugs are morally weak or have criminal tendencies. Another is that addicts and alcoholics can stop drinking and drugging if they would just be willing to change their behavior.<sup>4</sup> Those of us living with husbands, wives, sons and daughters, who have committed themselves to follow Christ, can't understand why they repeatedly slip back into abusing alcohol or drugs and can't get delivered. These and other misconceptions about addiction sustain our prejudices.

Many people in our communities view substance abuse and addiction as strictly social problems, but for the Christian this problem goes far beyond being socially or morally objectionable. The Bible says that the body of the believer belongs to God (1Cor 6:19, 20). Therefore, defiling one's body with drugs, alcohol or nicotine is committing sin. This parasitic disease, called addiction, destroys its host's spiritual, physical, and mental health. It is an exhausting obsession that captures the abuser's thoughts and attention, making every other concern secondary. Even to the point of the abuser neglecting a one-time fervent and intimate relationship with the Lord.

Some, including those who are addicted themselves, may not believe that a Spirit-filled Christian could really become addicted to drugs, alcohol or chemicals. To compound the matter, many churches remain silent or declare that no one in their church has a substance abuse problem. The scorn associated with alcoholism and addiction, conceived through ignorance and denial, keeps us from facing the fact that this problem affects people from all social, racial, and religious backgrounds. No one group is exempt, and unfortunately, even Christians can become addicted.

In response to the multi-layered problems affecting congregations and their communities over the past decade, a growing number of churches have established Christ-centered support groups for the chemically dependent and co-dependents. Ignoring the problem of substance abuse won't make it go away! It is a fact that many abusers die prematurely. Not always immediately from a drug overdose or asphyxiation by inhalant, but more often little by little from heart disease or other internal organ damage. Addiction negatively affects every aspect of the abuser's life. If we do nothing, we will continue to lose members of our family in and outside of the church.

Christianity teaches us, that the Church should be a place of fellowship and healing, a haven where the broken-hearted, discouraged and lonely are helped and cared for. Believers in recovery from chemical dependency benefit immeasurably from faith-based support within their churches versus the standard, secular 12-step meetings. However, because of the stigma associated with drug abuse and fear of rejection, believers addicted to alcohol or drugs shy away from letting their pastors and church friends know about their predicament.

**Substance abuse** means taking drugs illegally or in the case of alcohol, consuming enough to risk physical or mental health. Regardless of any other factors, anyone abusing substances legally prescribed or illegally obtained will eventually become addicted. **Addiction** or **Chemical Dependency** is a physical and/or psychological compulsion to take a habit-forming substance. Although addiction initially starts with a conscious choice to abuse drugs or alcohol, it is more complex than just continuous or excessive drinking or drugging. The National Institute on Drug Abuse reports that "recent scientific research provides overwhelming evidence that not only do drugs interfere with normal brain functioning creating powerful feelings of pleasure, but they also have long-term effects on brain metabolism and activity. Eventually, changes occur in the brain that can turn drug abuse into addiction, a chronic, relapsing illness. People addicted to drugs suffer from a compulsive drug craving and usage. They cannot quit by themselves."<sup>5</sup> In short, willpower alone is not enough. Scientific research concludes that addiction is treatable, and that through customized treatment patients can learn to control their condition and live relatively normal lives.

Although, some believers may experience miraculous deliverance from drug addiction, alcoholism, smoking, and other compulsions, many have to work very hard on their recovery every day to stay clean and sober. The most powerful way to connect with the chemically dependent and the co-dependent in our congregations is through confidential, structured Christ-centered recovery and support groups within the church setting. These groups have proven effective and meaningful for believers in recovery and co-dependent family members as well as being an outreach serving the surrounding communities.

Another consequence of substance abuse that many people do not realize is the long-term damage to the abuser's health. The majority of individuals who habitually abuse drugs or alcohol will die prematurely. Not always immediately from a drug overdose or asphyxiation by inhalant, but more often little by little from heart disease or other internal organ damage.

Education is a powerful weapon in the war on drugs, and a strong requirement for understanding prevention. Faith in God also plays a significant part in prevention, treatment of substance abuse and successful recovery. The NSDUH Report noted: "Religious Involvement and Substance Use among Adults In 2005," stated that about 168 million adults aged 18 or older claimed that religious beliefs played a very important part of their lives. According to this study, the 64.5 million adults who attended religious services 25 times or more in the past year were far less likely to smoke, drink alcohol, binge drink or use illicit drugs than those who attended religious services less than 25 times.<sup>6</sup>

An earlier study, conducted by National Survey on Drug Use and Health (NSDUH) <sup>8</sup> reported that approximately 91% of youths aged 12 to 17 participated in one or more school-based, community-based, church/faith-based, or other activities like sports. For those participating youths, the substance abuse rates were lower than for non-participants.

These surveys affirm that parents and spiritual leaders can have significant influence in preventing children from experimenting with cigarettes, alcohol, or illicit drugs and becoming future addicts and alcoholics.<sup>7</sup>

Those within our congregations already caught in the cycle of addiction and repeated relapse need immediate family intervention, Bible-based rehabilitation and follow-up support groups. Often, embarrassment and fear keep their family members silently living with the negative consequences of the abuser's drug addiction, chemical dependency or alcoholism.

The Bible says, "All have sinned." No one is perfect. We've all made mistakes and hurt other people or others have hurt us. If our sin-issue is not alcohol or drugs, maybe it is lying, or sexual addictions, rage, or unforgiveness, or the need to control. We're all weak in different areas and we need each other. Unless we openly address this plague and deal with it, chemical addiction and alcoholism will continue to kill, steal and destroy the lives of our young people and adults alike. God works through relationships and an important part of the healing process is experienced through supporting and caring for each other in Christ-centered relationships.

Church leaders can make a huge contribution by addressing this life-threatening sin problem and encouraging their parishioners to become part of the healing solution according to their gifts and calling. Nonetheless, we can't expect our pastors to carry this burden alone. In addition to chemical dependency and alcoholism, various other abusive and compulsive behaviors continue to traumatize our marriages, families and individual lives. Pastors alone can't minister effectively to all the critical issues that demand their immediate attention. Eventually, they will experience overload-burnout themselves. Parents have the power to impact their children's lives by educating them in the home about the consequences of drug abuse and by putting basic preventative measures into practice.

Addressing any misconceptions helps to de-glamorize recreational drugs and alcohol and counter any future peer pressures in this matter. Lay ministries that provide fundamental information about substance abuse and preventative measures is essential. This basic handbook provides resources and contact information to get more help.

The great apostle Paul shared from his own experience that everyone does not receive supernatural healing or deliverance in this lifetime (2 Cor 12:7-9). To be sure, living with some type of illness or disease does not necessarily reflect the believer's lack of love for the Lord or a weak level of faith.

The originally Bible-based Alcoholics Anonymous, a 12-step program, has helped countless individuals to stay "clean and sober." However, many Christians have a problem with the vagueness of the so-called "higher power." Some 12-step participants consider the program itself to be their "higher power" and the sole source of their sobriety. Although some are saved or rededicate themselves to Christ while attending 12-step programs, and this is wonderful, very often Christians are ostracized or ridiculed at these secular meetings when they try to share what God is doing in their lives.

Thankfully, there are alternatives for Christians in recovery. International, Christ-centered, 12-step programs like Overcomers Outreach and Celebrate Recovery, the latter program also combines eight principles based on the Beatitudes, are having dramatic results as the power of Christ is healing and restoring individual lives and families. Believers form mentoring and accountability relationships that provide support and encourage a deeper dependency on the Lord.

The following testimony is from "Jesse," a young, New Jersey born and bred Hip-Hop artist. He shares how Christ-centered support made a difference in his life.

"I needed help. I lived on the streets of Elizabeth, New Jersey occasionally sleeping in a homeless shelter run by the Salvation Army. I was doing drugs and had been in and out of jail. I was suicidal,

paranoid of the people I associated with and scared most of the time. I was in real bad shape, physically, emotionally, spiritually, the whole nine yards, when I called on God and said, "Jesus Christ, if You're out there, if You're up there, please help me."

That night, I went to an NA meeting with some people I felt safe with. The message at the meeting was simply 'don't pick up and come back next week.' The people there showed me a lot of love and I felt like they really cared. That night I thought: "Wow, God really answered my prayer!"

Up to that point, I was under the delusion that the way the way I was living and getting high was really cool. I decided that, I didn't need to drink or smoke weed. I wanted my life to be less complicated. I wanted to have peace and to feel secure.

Seven days later, I went with a friend to a Christ-centered 12-step meeting called Overcomers Outreach at a church. Right then and there, I gave my life to Christ. Man, I felt a freedom that I had never experienced before and I realized that this was really the coolest thing I had ever done.

I started going to church, praying and reading my Bible. I also met a lot of really cool Christians. Having a relationship with Christ is the best thing that ever happened to me!

For me to quit using, I had to hit bottom. That was part of the process for my recovery. I relapsed once, but again I asked God to forgive me and help me. For the past five years, He has kept me clean. I am on fire for Christ sharing the gospel one-on-one and through my music. I use many tools to create a tremendous support system that helps me to stay off drugs. When I was truly serious about getting clean and prayed to God, He showed me the way, and the way for me is to stay close to Jesus through worship, prayer, Bible studies and fellowship with other believers as well as attending Overcomers Outreach meetings. The church I go to has three Overcomers meetings a week. I also have a sponsor to be accountable to as well as a network of believers to pray with and for.

There's one other thing that I want to mention. Before I started taking drugs I didn't have any mental problems. After I started using, I heard voices in my head. I became very depressed, suicidal and paranoid, thinking everybody was 'out to get me'. Struggling with a tremendous amount of mental anguish is the only way I can put it.

Some of us in recovery, like me, need to be on medication, under a doctor's care and supervision for depression or other mental disorders. For those of us who need to take medication, this is also a necessary part of our recovery process, and can make all the difference in our quality of life. If I stopped taking my meds, I'd be in a lot of trouble. I think a lot of us need to accept the fact that drug usage can definitely cause a severe chemical imbalance in the brain, and the only way to counter that is through prayer and with prescribed medication to correct the brain's chemical processes."

Faith-based support systems for chemically dependent and co-dependent individuals are very important in the war on substance abuse and addiction. The goal of these groups is to help one another not fix another. They are in addition to, not a replacement for psychotherapy with professional counselors and certified social workers. Christians need to be actively involved. If we do nothing, we will continue to lose loved ones and members of our families.

Substance abuse must be addressed in the Body of Christ, and not avoided out of ignorance or fear of the unknown. Church leaders must address this issue boldly from the pulpit and encourage mature Christians to start and lead small support groups for believers in recovery. Youth pastors need to be informed about drugs and substance abuse in order to explain the serious consequences of addiction to our adolescents and the biblical, medical and logical reasons why they should not start to drink or drug. Introducing preventative measures is key, because the best way to not become dependent/ addicted is to not start drinking or drugging."

## Group Discussion

1. Do you believe addiction is a disease, a “recurring” sin issue, or both?
2. How does the Bible tell us to address the problem of drug abuse and alcoholism?
3. Who are the most vulnerable in the Body of Christ? Explain.

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## What Does the Bible Say About Substance Abuse?

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Alcohol is a potent nonprescription drug that is widely abused. The Bible has literally hundreds of references to alcohol, and drunkenness is condemned in no uncertain terms. We are even warned not to associate with drunkards:

*“Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags. Proverbs 23:20-21 NIV.*

The Bible describes what happens to people who continue to drink in excess. In a state of denial, they will be unable to protect or care properly for themselves and their thinking will become dysfunctional.

*“Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights and your mind imagine confusing things. You will be like one sleeping on the high seas, lying on top of the rigging. “They hit me,” you will say, “but I’m not hurt! They beat me, but I don’t feel it! When will I wake up so I can find another drink?” Proverbs 23:29-35 NIV*

A drug is any chemical you take that affects the way your body works. Chemicals are a broad class of substances, including drugs.

- Lead and tin are chemicals.
- Nicotine is a chemical that is also a drug.
- Alcohol is a potent, non-prescription drug that is widely abused.<sup>1</sup>

The Bible doesn’t specifically say “don’t smoke cigarettes, pot or PCP and don’t shoot, snort or huff chemicals,” but it clearly warns us against φαρμακείο-pharmakeia. As defined by Strong and Thayer, “pharmakeia” refers to medication, pharmacy, magic, sorcery, witchcraft and the making and using of drugs for illicit, non-medicinal purposes.<sup>2</sup>

Christians are not prohibited from taking drugs for legitimate medical reasons as prescribed by a medical health professional. To neglect caring for ourselves, by refusing to take medicine when prescribed and necessary, is unwise. In Galatians, we learn that a number of sins will keep us from inheriting the kingdom.

*“The acts of the sinful nature are obvious: sexual immorality. Impurity and debauchery, idolatry and witchcraft, hatred, discord. Jealousy, fits of rage, selfish ambition, dissensions, factions and envy, drunkenness, orgies and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.” Galatians 5: 19 & 20 NIV.* Here the translation for witchcraft is from the word, pharmakeia.

In his Expository Dictionary of New Testament Word, W.E. Vine says regarding “pharmakeia”: "In sorcery, the use of drugs whether simple or potent, was generally accompanied by incantations and appeals to occult powers, with the provision of various charms, amulets, etc., professedly designed to keep the applicant or patient from the attention and power of demons, but actually to impress the applicant with the mysterious resources and powers of the sorcerer."<sup>3</sup>

Many pagan societies surrounding and influencing ancient Israel, including the Egyptians, the Greeks and the Romans used drugs for medicinal as well as for occult purposes. Early Greek and Roman temple priests were doctors and magicians. The Chaldean priests of Babylonia were also magicians and astronomers who used drugs to produce an altered state of mind to see into the future and to contact the dead.

Though some abuse drugs today for supernatural or paranormal experiences most do not. Either way, abusing drugs alters a person's perceptions, and leaves their spirits vulnerable to attacks from Satan. From ancient times to the present, mind altering drugs have been used by shamans and occult practitioners to achieve an altered state of consciousness, to induce visions, and to make contact with the spirit world. Experimenting with the occult on any level is clearly forbidden. The scriptures are clear and leave no room for assuming otherwise.

*“Do not allow a sorceress to live.” Exodus 22:18 NIV and “Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft or casts spells or is a medium or spiritist or who consults the dead.” Deuteronomy 18:10 & 11 NIV.*

### **A WORD ABOUT “PHARMAKEIA” (SORCERY/DRUG USE) TODAY:**

There are numerous ways to open a door into the world of the occult. Commonplace activities, like fooling around with Ouija boards, tarot cards, consulting horoscopes or psychics, even studying the subject of occult practices may seem harmless, but yielding to the supernatural, on any level, has consequences. Drugs, which affect the mind, body and spirit of the abuser, are very much a part of sorcery and witchcraft. Drugs not only alter the mind, but they can act as a means of transition that buffer the mind to accept the supernatural with an open and receptive mind. Feeling a part of something out of the ordinary is hard to resist, but know that the dark side is real, powerful and dangerous. If you start to experiment with it, you will soon be way over your head. You will experience dread and torment beyond anything you've ever imagined.

Additional scriptures include: Lev. 19: 26, 31, 20:6; 2 Kings 17:17, I Chron. 10:13, 14, Is. 8:19, 47:12-15, Ez. 13: 20, 21, Acts 7:41-44, and Rev. 21:8.

For more info log on to:

believersweb.org, <http://aoreport.com>, [searchgodsword.org/lex/grk/](http://searchgodsword.org/lex/grk/)

[www.sacrednamebible.com/kjvstrongs](http://www.sacrednamebible.com/kjvstrongs), [http://philologos.org/bpr/files/Misc\\_Studies/ms079.htm](http://philologos.org/bpr/files/Misc_Studies/ms079.htm)

### **Group Discussion**

1. According to Galatians 5:19-20 drunkenness is among the sins that will keep people out of heaven. Why is this sin especially perilous for the believer?
2. What harm could there be in a Christian watching movies like “Twilight” or the Harry Potter series or T.V. shows like “Supernatural” or “True Blood?”
3. How could experimenting with drugs just once be hurtful?
4. How might drug use and the occult be connected in our modern world?
5. If we neglect to care for our health, are there consequences outlined in Scripture? Be

Pharmakeia: the use of medicine, drugs or spells  
Original Greek word: φαρμακεία

**\* STRONG'S CONCORDANCE DEFINITION**

#5331 = FROM 5332 - MEDICATION, PHARMACY I.E. BY EXTENSION MAGIC LITERALLY OR FIGURATIVELY: SORCERY OR WITCHCRAFT.

#5332 = WORD IS PHARMAKEUS = FROM PHARMAKON = A DRUG, I.E. SPELL-GIVING POTION; A DRUGGIST.

PHARMACIST OR POISONER, I.E. BY EXTENSION A MAGICIAN, A SORCERER.

#5333 = WORD IS PHARMAKOS = SAME AS #5332 = A SORCERER

**THAYER'S GREEK-ENGLISH LEXICON OF THE NEW TESTAMENT**

#5331 = DEFINITION: A. THE USE OR THE ADMINISTERING OF DRUGS. B. POISONING. C. SORCERY, MAGICAL ARTS, OFTEN FOUND IN CONNECTION WITH IDOLATRY AND FOSTERED BY IT.

#5332 = ONE WHO PREPARES OR USES MAGICAL REMEDIES, A SORCERER

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1. The New Dawn Report: "Emergency Department Visits Involving Underage Drinking," 2006.

July, 2, 2007. <<http://www.oas.samhsa.gov/facts2k6.htm>> Lkd to

<http://www.oas.samhsa.gov/DAWN/underage.pdf>)

2. Thayer and Smith. "Greek Lexicon entry for Pharmakeia". "The New Testament Greek Lexicon," <<http://www.studylight.org/lex/grk/view.cgi?number=5331>>. (26 June 2005). Based on Thayer's and Smith's Bible Dictionary plus others; this is keyed to the large Kittel and the "Theological Dictionary of the New Testament." These files are public domain.

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### 3

## How Does Substance Abuse Affect The Quality of Life?

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### How does substance abuse affect the abuser's relationship with God?

Christians are supposed to be filled with the Holy Spirit." *Do not get drunk on wine, which leads to debauchery. Instead be filled with the Spirit.*" Ephesians 5:18 NIV

Not being intoxicated includes all other substances which warp our perception. If we become addicted, our drug of choice becomes our main obsession. Our compulsion to obtain and consume said drug(s) becomes an idol, and our primary focal point. In other words, the drug/substance, not God, is sitting on the throne of our hearts. When we abuse drugs/alcohol, we are under the control of an overpowering chemical reaction. We are out of control, and our thought processes are distorted. Chemical dependency deprives us of our freedom to choose. This is unacceptable.

*"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.*

*"1 Tim 1:7 NIV. - Substance abuse obstructs our relationship with God.*

*"The end of all things near. Therefore be clear-minded and self-controlled so that you can pray."*  
*1 Peter 4:7 NIV.*

### How does substance abuse affect overall health?

Drug abuse ruins both physical and mental health. We belong to God and are responsible to take the best possible care of our bodies, minds and spirits.

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."* 1 Cor 6:19, 20.NIV

If we willfully continue to abuse drugs, we are playing Russian roulette with our lives, and it's just a matter of time before our addiction kills us, or God does.

*"Do you not know that you yourselves are the temple of God and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him. For God's temple is sacred, and you are that temple."* 1 Corinthians 3:16-17 NIV

### How does substance abuse affect others?

Substance abuse not only hurts the abuser spiritually, physically, mentally and financially, but the problem of addiction also affects all the people personally connected with the addict. Addiction destroys relationships, careers, and even the addict's desire to live. Whether the consequences of substance abuse are imprisonment, debilitating health problems, broken relationships, or ultimately death, family and close friends are also deeply affected and suffer loss too. Christians, who don't have a drinking problem, but choose not to drink alcohol anyway encourage people who do have a potential drinking problem to also choose alcohol-free beverages. Their deliberate choice to abstain also honors the scripture that admonishes believers:

*"Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak."*  
*1 Cor 8:9 NIV*

## How does substance abuse affect society as a whole?

According to the Bible, believers are commanded to obey the laws of the land. *"Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves"* Romans 13:1-2 NIV.

Like with any other business, when people buy and use illegal drugs, they have a direct influence on a market that responds to the perceived need for illicit drugs by importing, manufacturing and supplying more drugs. The illegal drug trade indirectly supports numerous criminal activities like prostitution, theft, terrorism and murder. Substance abuse is surely one of Satan's most powerful weapons in his quest to *"to steal, and to kill, and to destroy,"* John 10:10.

Billions of dollars are generated annually, primarily from retail drug sales.<sup>1</sup> Like with any other business, when people buy and use illegal drugs; they have a direct influence on a market that responds to the perceived need for illicit drugs by importing, manufacturing and supplying more drugs. The illegal drug trade indirectly supports numerous criminal activities like prostitution, theft, terrorism and murder. Substance abuse is surely one of Satan's most powerful weapons in his quest to *"to steal, and to kill, and to destroy"*. However, *"I have the freedom to make responsible choices because, "everything is permissible to me, but not everything is beneficial. Everything is permissible for me, but I will not be mastered by anything."* I Corinthians 6:12 NIV. Not being under the power of anything, even lawful things, includes physical or psychological addictions. Destructive habits should have no place in our lives. The Bible gives us guidelines for abundant living in perfect peace, and warns us about the consequences of disobedience.

*"Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; looking to yourselves, lest you too be tempted."* Galatians 6:1

## Group Discussion

1. Does substance abuse affect anyone besides the individual abusing drugs or alcohol?
2. How does abusing alcohol or drugs affect our relationship with God?
3. What affect does a parent, spouse, sibling or child abusing drugs or alcohol have on their family?
4. What are some the consequences of substance abuse on society as a whole?
5. How important is it for church leaders to address the problem of substance abuse? Why?

### SOURCE:

1. The World Drug Report 2012, the United Nations Office on Drugs and Crime, June, 2012 Lkd. [www.unodc.org/unodc/en/world\\_drug\\_report.html](http://www.unodc.org/unodc/en/world_drug_report.html) (viewed November 25, 2012)

## THEIR STORIES

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*Nicky's story was created from his journals, records and medical docs and submitted by his wife.*

The following powerful testimonials are all anonymous. Some of these people were miraculously delivered from the vicious cycle of addiction, some were set free over a period of time and some are still in recovery. Their dynamic personal stories affirm that our God is able and willing to empower us to live clean and sober lives that glorify Him. They also serve to inform, and to warn readers who are less familiar with the destructive impact substance abuse has on the abuser and on their close relationships.

When I was a teenager, I experimented with drugs. In the sixties and for many years to come drinking and smoking pot continued to be a central part of my life. In 1990, I accepted Jesus Christ's lordship over my life, and I was completely delivered from drugs and alcohol. Then, two years later, after a serious car accident and surgery that hospitalized me for almost a month, I came home and used painkillers to excess. When the prescription was finished, I looked up a couple of "old" buddies and went on a three-day Coke run. On the third day I hit my bottom, and checked myself into a hospital to detox and from there I went into rehab. While I was there, I rededicated my life to Christ.

After I got out of rehab, I was more in love than ever with Jesus and my God-fearing wife. Everything was going great, I was making a good living at a job that I really liked, and our kids were doing well in a good school. We had a new home, a new car and we lived in a great town. For the next 13 years, I put God first and life was pretty good.

After a long bout with what I thought was the flu, I went to the doctor, and found out I had third stage Lyme's Disease. My health and my quality of life deteriorated drastically. On a weekly basis, I saw several specialists and went to physical rehabilitation. I couldn't concentrate and I was tired all the time. From reading three papers daily, I now couldn't even finish a newspaper article or remember what I read. A combination of health problems, including chronic pain/fatigue, diabetes, fibromyalgia, and an irregular heartbeat forced me to take an early, medical retirement from my job. I became very depressed.

My first mistake was not being honest with the specialist treating me for CFIDS, and telling him about my drug history. So he wrote a 200 Percocet prescription for me each month when I saw him and he also gave me a prescription for injectable vitamin B+ and the syringes. Soon, I had a Percocet habit, and 200 pills were not lasting a month, so I bought more pills on the street. I started to occasionally snort Heroin. Then I was shooting up a couple times a month. I managed to keep this up for a year. My wife thought I was over-medicating myself on the prescription Percocet. We argued about this all the time. I thought, she was a real "buzz kill" and started resenting her. One day she and my daughters went to see my doctor and confronted him about all the prescriptions he had me on. He was prescribing Percocet, and trying me on different narcotic pain killers, pills and patches, as well as various anti-depressants. After that, I let my wife distribute the pills, I deceived myself on the one hand to believe this would help me but at the same time I hoped that now she would stop questioning me.

The first time, I blacked out I don't remember what happened, just that I was driving around. I came home 28 hours later; right after my wife notified the police that I was missing. Then my family confronted me and I admitted that I needed help. The next day, my wife and daughters drove me to a well-known clinic in Central New Jersey, where I admitted myself. After a week, the clinic staff asked me to leave, because I was verbally abusive to another patient.

The place was full of patients who had been in and out three and four times before. It seemed like a waste of time and money to me. After the family conference, my wife realized that she had no power over my addiction and could not help me. She no longer tried to regulate my drugs or control my behavior. She decided to trust God with my life.

I started going to NA and Overcomers Outreach 12-step meetings every week and for individual counseling. For a short while everything seemed to be getting better. Then I was taken to the emergency room one day and admitted with kidney stones. The doctor kept me heavily medicated to dull the pain. I left a couple of days later with a prescription for Percocet, which I took as prescribed by the doctor. When the prescription was finished, I had no cravings to get more pills. I thanked God for this victory and was hopeful of a complete delivery from relapsing.

About a week later, I took my dog to an open field in the park where a few regulars met on Saturdays to walk their dogs and "shoot the breeze." Suddenly, Conan, a huge, black Lab that I played with many times in the past, ran toward me. I am a big guy 6 foot and 225 pounds, but Conan crashed into me and knocked me over like I was a child. The result was a rotator cup injury. Again more pain and after extensive testing to determine the extent of nerve damage, more pain killers. I quickly ran through the prescription, and looked up old connections to cop Heroin and self-medicate.

The depression escalated. My doctor prescribed both Ultram and Prozac for me. There is a risk of seizures and other serious side effects if they are taken simultaneously, but I did not realize that until after I had an episode. I thought I was in the U.S. Navy stationed overseas in England. My wife not knowing what was wrong with me took me to the hospital's emergency ward. With all the testing they did, they found no trace of narcotics and couldn't figure out what was wrong. My wife watched me closely and noted that as time passed I seemed to be "normalizing." The doctors' wanted to keep me for observation, against my will, and tried to get my wife's consent. She wouldn't agree and took me home. After the effect of the drugs wore off, I didn't remember any of what had happened.

But my wife suspected this frightening incident had something to do with my medication as there was nothing else to base it on. So she researched the medications I was on, namely Prozac and Ultram, and found the disclaimer on the Internet about the dangers of mixing Ultram with antidepressants. Later, this was further confirmed through conversations I had with other people using Ultram. One person using Ultram with over-the-counter cold medicine also had a similar experience. Confronting and questioning my doctor who prescribed both medications amounted to absolutely nothing.

Because of the CFIDS (chronic fatigue immune deficiency syndrome), a cold would go into bronchitis or pneumonia that could last for weeks. My memory gradually improved, but the chronic pain and the fatigue were incredibly draining. In addition to traditional medical practices and physical rehabilitation, I tried acupuncture and Chinese herbs, but nothing relieved the joint pain particularly in my knees and lower back. I kept going back to the drugs, deceiving myself that I would get relief and escape this cycle of misery. Every time I relapsed I knew it wasn't worth it and that I had fallen for the lie again. The relapses caused pain to those closest to me and ultimately to myself. Even more frightening was the fact that the compulsion had become so strong. I was confused by my behavior and often didn't feel like I was even in control. I decided to lock myself in the house and not go out.

I gave my wife the keys to my truck. After a few weeks in my house, I started to feel "safe" again. So I decided to go to an NA meeting one night and got the car keys back to drive myself there. Before the meeting I hooked up with one of the guys who was holding. The rest of the night was a blur. I didn't return home until the next day. I actually stayed in a house five minutes away from my own, but I didn't want to go home while I was high. I wanted to avoid the inevitable scene as long as possible

The second time I blacked, was on my wife's birthday, I had been clean for a couple of months and looked forward to taking her out to eat and then to see a show. Suddenly, I got an irresistible urge to go out and told my wife that I would be right back. I was gone for 16 hours and this time, I went out and remember buying a bottle of Vodka and Scotch and air-bubbling both bottles. After I came to, I knew that God spared my life, because as a diabetic, this could have killed me on the spot. I had no intention of getting drunk. I needed and wanted help. I talked to my Pastor. I started to go to counseling with a Christian therapist, as well as marriage counseling with my wife for months. Still, I continued to struggle with compulsive thoughts about getting high and being pain-free. I had lost control and was afraid because I didn't know why I was doing the things I was doing.

One day, I woke up in the hospital's cardiac unit. My wife told me that, after she came home early from work, she had an urgent prompting to check on me, and when she came into the bedroom she realized right away that I wasn't breathing and that I was turning purple in the face. She immediately called 911. She said, before she was off the phone, I sat straight up in bed and the color came back in my face. I wanted her to cancel the call, but she didn't. At the hospital, they moved me from emergency ward to the cardiac unit when the machine monitoring my heart showed that my heart had stopped for a few seconds. In fact, I had just injected Heroin, before my wife came home and found me. While I was laid up, the hospital had my doctor come in to see me. They advised me of the opiates they found in my bloodstream. After that, he never prescribed narcotic pain-killers for me again. He did keep me on as a patient and seemed more concerned about my health and progress with the chronic fatigue, chronic joint pain, diabetes and multiple other health problems than previously

My wife and other believers from our church were praying for me all along and I am sure this was crucial in keeping me alive. I called out to God and asked Him to help me. I told my wife that this addict was not who I was or what I was about. I did not follow up with a cardiologist. I was sick of seeing doctors and for a while, about three months, I was doing okay. Then one night, I was taking out the trash and I slipped on the stairs and cracked several ribs. I told my MD that I had a problem with addiction and pain medication, so I took over-the-counter medicine. Within a week, I had a problem with a tooth and needed a root canal. The surgery went well and I took the pain medication as prescribed until it was finished. I had no desire to "pick up" and believed I came through the cracked ribs and oral surgery with flying colors.

I saw my CFIDS doctor regularly, went to meetings and continued seeing a therapist. Then I decided to stop taking, Klonopin, a medication I was on for anxiety. What I didn't realize, is that you can't stop taking a benzodiazepine, like Klonopin "cold turkey" without risking serious side effects like seizures, psychotic episodes ect. It was a ride in Hell, but knew this altered reality was chemically induced. All I remember is that as soon as I took a dose of the Klonopin, I started to feel like myself again. After that, I weaned of the medication very gradually, over a period of time and under doctor's supervision.

I admitted to myself and my wife that I was scared and that I needed help. I couldn't understand why I couldn't be free from this obsession. I don't know how many times I cried out to God, asking for forgiveness and rededicating myself. I went to individual counseling, NA meetings and again my life seemed to be getting back on track, but about every three months, I would relapse. And every time something a little worse would happen. On two separate occasions, my wife told me that if I continued to use drugs, God would take me home. It was a confirmation, of the warning I had already received in my spirit from the Lord.

But I still couldn't stop picking up. One night, while my wife was away visiting our daughter, I brought an "NA buddy" over to the house, and we got high. That night, I overdosed. My partner panicked, but he called 911 before he slipped out of the house, leaving the front door unlocked.

I don't remember much of what happened except I was charged with drug paraphernalia.

They found residue in one of the syringes that I had on prescription for the injectible vitamin B. I consulted with a lawyer, who told me I could fight the charge. Even before the interview was over, I decided to trust God to be my advocate and plead guilty. In the end that worked out for me. I saw God's favor during the process. I was put on probation for a year and lost my license, and I had to check with the board every other week at first then once a month.

During the year of my probation, my life got back on track. I was taking medication for depression under my doctor's care and feeling pretty even. Every morning, I was transported in a mini-bus to a clinic for outpatient drug rehab. I attended at least one 12-step meeting every day and I went to marriage counseling. I spent time with the Lord and in the Word. I worked on regaining my wife's trust and my relationships with my two adult daughters.

The only interruption during that year was for three days in March when my 44 year old brother-in-law died suddenly of a heart attack, and I flew down to Florida with my wife to help her mother make funeral arrangements. Ten weeks later, I was off probation, paid my fine and I got my license back.

That summer my father was diagnosed with Cancer. It was in his throat and spreading through his lungs. We all took turns flying down to North Carolina to visit him. As his condition worsened, my mother became increasingly nervous and anxious. There were also problems with my mother-in-law, who became very bitter after we told her that we were not moving down to Florida. It seems, she planned that me and the wife would take care of my deceased brother-in-laws three teenagers, manage her affairs until they were of age, and then turn over her estate to them. She was unwilling to discuss the matter on any level. We sought counsel with our pastor, who affirmed the decision we had arrived at considering the circumstances. It was four months since I had used any drugs. My relationship with my wife and my two daughters was restored. We had a wonderful Thanksgiving with family and friends. I even thought that I might be well enough to work part-time in the upcoming new year. For the first time since I had gotten sick seven years ago, we were making new plans for our future. My youngest daughter had just returned to the East Coast from California following a promotion with her company, and was staying with us. Her birthday was a week after Thanksgiving and the three of us looked forward to celebrating with a movie and dinner at our favorite Chinese buffet.

The day before my daughter's birthday, I worked all day on fixing the toilet. It was very cold, and I ran in and out of the house to pick up the parts I needed at a couple of the local hardware stores. By the time, I replaced all the old guts and got the toilet to work perfectly, I was exhausted, but satisfied that I had completed the job as well as any plumber could.

During the day, I ran into an old connection. I quickly decided that a little Roxicodone would just take the edge off and give me the energy I needed to go with my wife that night to Home Depot for the door hanging class.

When I completed the plumbing job and proudly called my wife to see the final results, she took one look at me and knew I was not "straight." She asked me if I had used. At first I denied it, and then I started to explain. She got real mad, but didn't say very much. Just that she didn't want our daughter to see that I had relapsed again. She asked me to go to bed and sleep it off. I told her I was hungry. She went downstairs and came back a little while later with a tray of food and a glass of orange juice. I asked her if she had diluted the juice with water, for my diabetes. She said, she had I tried to tell her I was sorry, but she still didn't want to talk to me. I knew that she was disappointed and angry with me. I didn't feel so good about myself. Then my daughter came home from work. In spite of my wife's request, I called her into the room. She had briefly been married to an addict herself and had gone through an ugly divorce. I could tell that she could see that I had "picked up," but she didn't say anything. She looked tired and I knew that she wasn't in the mood to deal with another one of my relapses, but for whatever reasons I wanted to give her my Nikon camera. She, took it, thanked me and went quietly to her room.

I felt convicted and lonely, I asked my wife to give me a hug, but she wouldn't, saying she wasn't "going to reward bad behavior." She never did that before. Then she went downstairs to sleep on the couch.

That night, I couldn't sleep. I didn't feel well and kept throwing up. So I showered and got dressed. My wife came upstairs and asked me to sleep downstairs, because I was making so much noise that she couldn't sleep. I went downstairs with my dogs and fell asleep on the couch

*Post script:*

*While Nicky slept, his heart stopped, and he never woke up.*

IT'S NOT TOO BIG A STRETCH TO COMPARE ADDICTION TO A MODERN-DAY PLAGUE. WHEN THE LORD HEALED THE LEPERS, THEY WERE NOT RECOVERING LEPERS, THEY WERE HEALED, BUT LEPROSY IS A VERY CONTAGIOUS DISEASE. IT IS PRETTY REASONABLE TO ASSUME, THAT IF THE PEOPLE WHO WERE HEALED OF LEPROSY DECIDED TO GO BACK AND HANG OUT WITH LEPERS AGAIN, THAT THEY MOST LIKELY WOULD BECOME RE-INFECTED WITH THE DISEASE. THE POINT HERE IS THAT ONCE WE ARE IN RECOVERY, WE NEED TO AVOID PEOPLE, AND PLACES THAT WILL DRAW US BACK INTO THE "OLD" LIFE AND SEEK OUT PEOPLE AND PLACES THAT WILL SUPPORT OUR DESIRE AND DETERMINATION TO STAY CLEAN WHILE WE GROW IN OUR RELATIONSHIP WITH GOD.

### **For Family Members of the Substance Abuser / Addict**

Those of us living with husbands, wives, sons and daughters who are struggling with substance abuse often have a tendency to try and protect our loved ones (and ourselves) by keeping their "problem" secret. Confronting the addict one on one or as part of an intervention group and getting him or her into a rehab facility is critical.

Living with a family member who has a substance abuse problem is incredibly anxiety-provoking and stressful. Until you realize that you can't fix this problem and decide to allow God to guide them through the process of dealing with the consequences of their poor choices, the destructive roller coaster lifestyle of the addict can negatively affect both your mental and physical health. Finding a Bible-based support group for yourself where you can share what you are going through with other people who are living the same thing is vital. Praying with the group members for each other's children or spouses is not only edifying, but petitioning God to take control and trusting in Him to provide solutions and the right people to help the addict is also empowering. Consider counseling for yourself.

## **Conchita O'Brien, 36**

*God, in His sovereign goodness and mercy, started to heal her physically and spiritually even before she had a relationship with Him.*

During the seventies, I lived in a hippie-type community in Pennsylvania, where I hauled water, chopped wood and cared for my husband and two little boys without the benefits of electricity or hot water. However, because of heavy smoking, I woke up every morning congested with phlegm. I couldn't even walk up a flight of stairs without stopping several times to catch my breath. I smoked as many packs of cigarettes a day as I could get my hands on. Filtered or non-filtered, it didn't matter. When I ran out of cigarettes, I rolled my own with Blue Bugler, the cheapest, rot-gut package tobacco you could buy at the time. I also smoked pot and drank too much.

One day a friend stopped by the house and left an unopened, fresh pack of Pall Malls on the table. Normally, I would consider this like found money, a rare and glorious event, but this time, to my surprise, I had no desire to smoke cigarettes and never opened the pack. I was baffled by this dramatic release that was not achieved through any effort on my part. However, I continued to smoke pot and practice divination.

By 1980, we had a new house, a new car and both sons attended a good school in New Jersey. Because of my job benefits working for a major airline, we were able to travel often and stay at the best hotels, all practically for free. Nevertheless, I still drank too much, smoked pot and struggled with my inability to stop doing either. Thinking clearly was getting harder for me, even when I wasn't high. Then a time came when, I couldn't seem to control sudden bursts of tears whether I was at home or at work. I was on the verge of a breakdown and deeply depressed. I concluded that life was a pointless succession of disappointments and painful events. On the evening that I secretly considered suicide, my husband came into the room where I isolated myself and unexpectedly said, "Jesus Christ is the answer." Incredibly, for a moment, the pain inside stopped. I wanted to know more about this Jesus, but my husband just said, "you know" and left the room. I wondered what it all meant, and asked God if He was real to make Himself real to me.

The next morning, I got up with a new feeling of expectancy. At work, I spotted a hand-written sign: "Jesus" on someone's desk. After I introduced myself, the lady sitting there patiently answered all my questions about Jesus. She also told me about a promiscuous, young woman, who had been in a mental hospital eight times with nervous breakdowns. When I asked her what happened to this unhappy, angry woman, she told me that she was the woman before she asked Christ to take over her life and make her a new person. As I looked into her kind face and observed her crisp, professional appearance, I became excited. If God could do that for her, He could help me too! At lunchtime, in the cafeteria, she asked me if I wanted to accept God's gift of eternal life. We prayed together, and I eagerly accepted Jesus as my Lord and Savior!

That night, I sat at my vanity table looking in a drawer filled with "tops," the most potent part of the marijuana plant. With newborn faith, I told God that I couldn't free myself from this addiction and simply asked Him to help me. Softly, I "heard" in my spirit, "Go ahead, roll a joint and smoke it," I was surprised, but without hesitation, I rolled one, took a deep drag, waited and then I laughed. The pot, as potent as it was, significantly decreased my sense of well being! This thrilled and amazed me. I thought, "I felt more elated and at peace before I smoked. So why would I do anything that would "bring me down?" Thanking God for His gift of deliverance, I knew it that as long as I trusted the Lord to keep me clean, He would. If I chose to relapse, He wouldn't interfere but somehow I sensed that a "new" drug dependency would be even more destructive and hard to overcome than my previous addiction.



It was wonderful and liberating to know that my sobriety and drug-free existence wouldn't be dependent on my willpower, but on God alone. I was learning to trust Him.

Within 48 hours of my conversion, I "heard," *"You shall not suffer a witch to live!"* I thought, "Is that me?" I found the complete scripture in Exodus 22:18, and I read the cross reference in Deuteronomy 18:10, 11. *"Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft or casts spells or is a medium or spiritist or who consults the dead."* I knew, I had to get rid of all my books on the black arts and occult practices. At first, I was afraid to destroy them myself. I considered giving them to the Catholic priest at the church we went to, but immediately realized that it would be wrong and foolish to pass this problem on to someone else. So I prayed, and while I prayed, I got the courage to burn them all in my fireplace. After they were burned up, I felt peaceful and relieved.

A couple of days later, my husband bought a bottled of our favorite white wine. He had been watching me suspiciously, since my spiritual conversion, not sure if he liked this "new" person. For one thing, I had always been his "party buddy". After I stopped "getting high" my memory improved immediately as well as my peace of mind and I didn't want to drink. I dreaded a confrontation with him, but God whispered in my spirit again, "Just go along with him." A scripture verse came to mind about winning the unbelieving husband without a word (I Peter 3:1).

My husband poured us each a glass of wine, but in the morning both glasses were still full on the kitchen counter with the half-full bottle of wine. We talked and laughed the night before and forgot all about drinking. This had never happened before. We always drank a whole bottle at the time. I thank God that I haven't relapsed into the occult or craved alcohol or drugs of any kind in over 24 years.

Within a month of my conversion, my husband and two sons committed themselves to follow Christ, and were born-again. That summer, we were all baptized together at the Pentecostal church, we attended.

I might not be here today, if that lady at work had not been willing to lend herself to a stranger and share her destructive past and the secret of her present success; a total surrender to the Lordship of Jesus Christ. The Lord Jesus really is the solution to every problem, including the problem of addiction. Let us make ourselves available to help people within the Body of Christ, who are hurting and need our love and support. Even Jesus ministered to His own people first, and then He sent out disciples to minister to the rest of the world.

*\*"Above all, love each other deeply, because love covers over a multitude of sins." I Peter 4:8 NIV \**

## Ben, 46

*Addiction, alcoholism and violence filled his life until God touched him through a kind stranger. The Lord gave him a whole new start in life, and today, he is a minister of the Gospel of Jesus Christ.*

I was raised in a household where alcohol was always present. I did not have a real childhood. I spent most of my childhood hiding from my feelings through drugs, alcohol, sex, and violence. I vented some of my pain by getting into fights.

I started smoking cigarettes when I was seven and took my first drink of beer when I was about eight. I got into pornography when I was eight or nine years old. I do not remember for sure. By the time I was eleven, I started smoking pot and I was a pill freak at the age of 12. For those of you who do not know what a pill freak is, it is a person that will take any pill you lay in front of him and then ask you what they just took. I got very drunk for the first time at the age of 12, also. I was very active in sports such as baseball and football. Football being my favorite as I could vent my frustrations on the field and not get into trouble for it. I got really good at these because it was the one thing I did that my dad took notice of. I really wanted him to love me and give me his attention. I got his attention through football and baseball.

My first memory as a child is of a tree falling on the house. It was blown down by Hurricane Camille. This is kind of prophetic of the way my life was to go for many years to come. The first thing I remember as a child about my parents is when my dad threw my mom across the room into a bookshelf he built. This kind of violence happened until I was 12. My mom would scream for my older brother to help her, but he was only 2 years older than me. He could do nothing. When I was 8 years old I had enough of the abuse and tried to stop my Dad from beating my Mom. I ran up to him and started to hit him. He picked me up by the hair of my head and threw me on the couch. I remember sitting on the couch in the living room in tears, because I knew my Mom was hurting and there was nothing I could do about it. My Dad spent a lot of time telling my brothers and me, how worthless we were and how we would amount to nothing. I believed him and always had a very low self esteem. My parents divorced when I was 12 and I was glad about it. Finally, I thought, the Hell was ending.

I had an ugly duckling life. I spent the first nine years of school being picked on by all the other kids. They called me all sorts of names until the summer between my 9th and 10th grade years when a lot of the kids started drinking and drugging like me. All of a sudden, I was, sort of, popular with the ladies, but because of all the things in my past I did not trust anyone. I was not capable of having a real relationship with anyone because of the way I was abused by the kids and my Dad. By the time I was 15; I was smoking about an ounce of pot each week and knocking down a fifth of Jack Daniels with a beer chaser when I drank. Most of my sophomore year in high school is a blur because I was always high or drunk. I got my girlfriend pregnant when I was 17, so we got married half way through my senior year. Four years later, we divorced. I was married four more times and I was very abusive to each wife whether it was verbally, physically or sexually. I have six children from these marriages

I wanted to see the world so I joined the Army and requested to be sent to West Germany. In the Army, I had to quit drugs because of the drug tests we had to go through, but I continued to drink heavily. By the time I left West Germany, 3 ½ years later, I could drink a half gallon of liquor and still get up and walk. I drove home in that shape many times.

I did a lot of different drugs, but I never shot up. I was strung out on crack for two years while I was married to my third wife. There was a church that met at the clubhouse in the apartment complex where I lived. One Saturday, I found myself with no money and no food for our 10-month old child, so I went down there to see if I could get some money. When I got there around noon, they were having a service. I left and came back at 1 o'clock, but they were still in there having church.

When I came back at 2 o'clock, they were still in there. I was starting to get a little frustrated. A group of people came out of the church so I asked them where the pastor was. "Pastor is in the church," I was told. A lady asked me what I wanted and I told her the situation. She handed me five dollars and invited me inside.

I was dressed in a pair of shorts that was entirely too short and a muscle shirt that had sexually explicit pictures all over it. I told her I would not enter a church the way I was dressed. She told me they did not care how I looked and to come in anyway. This got my attention as I was under the impression that you did not go to church without your Sunday best on. I went in and sat there through four hours of preaching with my wife and son. At the end of it another lady got up and asked us to come to the front of the church because she wanted to pray for us. Well, she prayed over us in tongues and then they took up a collection for us. They gave us \$30 to get some food with. When we got back to the apartment my wife started cussing, and I was offended. That surprised me, since I myself had a very foul mouth. I asked her not to talk that way, and that was when I realized there was a change in me.

While the church lady prayed over us, I was delivered from all drug addiction and alcoholism. I was also delivered from the filthy temper I had. Best of all I was delivered from the pain in my heart. I realized that for the first time in my life, I knew what it felt like to be loved and to love someone. I had fallen in love with Jesus. I got down on my knees and started praying for the Lord to teach me about Himself. My wife left the next day and moved away.

The Lord held up his promise in his word that he would send the Holy Spirit to be my teacher. I was taught through several preachers on TV and through a lot of time studying the word of God, which is the Holy Bible, and through a lot of prayer. There were men and women of God sent to me at different times to help me but the Lord never allowed any of them to stay around me for extended periods of time as he wanted to teach me Himself and for me to depend on Him alone.

I have been walking with the Lord now for seven years. I am a minister of the Gospel of Jesus Christ, and I love Jesus with all my heart and soul.

*\*Whatever you ask for in prayer, believe that you have received it, and it will be yours. Mark 11:24NIV\**

**ARE YOU COMPLETELY "SOLD OUT" FOR JESUS? DO YOU NEED TO REDEDICATE YOURSELF TO THE LORD AND PUT HIM BACK ON THE THRONE OF YOUR HEART? PRAY THIS SIMPLE PRAYER AND EXPECT GOD TO DO GREAT AND WONDERFUL THINGS IN YOUR LIFE.**

Lord Jesus, I turned away from You and I am sorry. Please forgive me. I know you died for my sins on the cross and shed Your blood for me. I know that You are the Savior and I want You to be the Lord in every part of my life. I rededicate my life to You. Lead me and guide me by the power of Your Holy Spirit. In Your name I pray. Amen.

*\* Therefore if the Son makes you free, you shall be free indeed. John 8:36 NIV*

## Jack, 35

*In his own words: "I have a lot of experience relapsing. The recovery process does not happen overnight, nor is it painless, but there's 'hope after dope'. It's about a process not an event."*

Who is an addict? Oh yeah, I am most definitely a dope fiend! When the drugs of my choice, opiates and Coke, whispered in my head, I jumped to the call. While I was "high", I constantly obsessed about using and buying drugs, and I lied. In spite of overdoses, close calls with death, and numerous stays at rehab facilities, as long as I was under the influence of narcotics, nothing else mattered. I convinced myself, that it was okay to use drugs. It was as if my low self-esteem rose up to kill me, and after several blackouts and a run-in with the law, I became a recluse. I thought that if I stayed at home and did not go out, I would be able to stay clean and out of trouble. That worked for a very short time, because as soon as I thought, I was okay and left my house, I would find somebody to cop from or get high with.

Last year a drug counselor told me that I have a chemical-biological poisoning, and if I continued to use drugs, I would die. It was not until about a year or a year and a half ago, that I was ready to acknowledge my addiction. It's by my own poor choices that I ran amok and allowed drugs to turn my life upside down. Drugs are my weakness and a familiar old crutch, but I admit that I can't handle them anymore. Using had a destructive effect on my relationships, health, and finances. Worst of all it, it affected my relationship with God. My addiction was on the throne, and I was the footstool.

I am starting to believe, that I was an addict even before I began using. My life has been in chaos due to my drug use. I can no longer live and use and my survival instinct to tell me if I want to live, I must totally abstain from all mood-altering chemicals. It grieves me to realize the pain, confusion and alienation I caused my family and me. Without God I am stuck in self-pity. He never left me or rejected me, I left Him.

I trust that keeping certain tools in place will keep me connected to my recovery. For me, that means being accountable to God first, developing my relationship with Him through prayer and time in the Word, and participating in a solid support system. I need to be accountable to someone for my growth in Christ. Only a close walk with the Lord will keep me drug-free. I have a lot to be grateful for and a grateful addict will never use. The addict in me resists any change in lifestyle, but I cannot have growth without change. I must grow in spite of my pain and fear of a "clean self".

*\* Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your path straight. Proverbs 3:5, 6 NIV \**

THE ROBERT WOOD JOHNSON FOUNDATION, AMERICA'S LARGEST HEALTHCARE PHILANTHROPY, CONTINUES TO IDENTIFY SUBSTANCE ABUSE AS THE COUNTRY'S NUMBER ONE HEALTH PROBLEM <sup>1</sup>

## Stu, 27

*He felt trapped by alcoholism, a job with no future, and a live-in girlfriend, but God spoke to him one day through a stranger, who gave him hope and pointed him in the right direction for his life.*

I am a born-again Christian. I attend a Pentecostal church. I work in construction, and I am an alcoholic. No matter how hard I try I can't beat this thing every few weeks or so, I relapse. I feel like I'm slapping God in the face, and I don't want to do that.

My boss expects me to put in a lot of extra time with no pay. He also told me that there is no hope of advancement for me at this job. I catch a ride or take the bus to work every day, because I got a DWI, and my driver's license was suspended.

The other day, someone gave me a name and number to call to help me find another job. I called "Pete", who couldn't help me directly, but gave me some leads on getting started with my job search. After we talked for awhile about my situation, "Pete" asked me if I have a relationship with God. I told him I that I am a Christian and for some reason, I started to confide in this complete stranger. I told him about my struggle with alcohol, and also that I am living with a woman I am not married to. I know it's wrong for us to live together and it bothers me, but she has no place to go and cries whenever I bring up the subject. Although I want her to leave, I don't have the heart to put her out on the street. At least she doesn't drink or use drugs.

After I shared all this stuff with "Pete", he asked if I had talked with my Pastor or another spiritual leader in my church about resolving this situation with the live-in girlfriend. He also suggested that I get a mentor or a sponsor, a man strong in the faith, who would disciple me in the Lord and hold me accountable regarding my recovery. In fact, I had an appointment that day to talk to my pastor, but at the last minute, I canceled it and didn't reschedule another one.

Following my conversation with "Pete," I realized that sin in my life was responsible for my inability to stay sober and for my weak relationship with Christ. The realization was liberating and I decided to get serious with God and follow up my decision with another appointment to talk to my pastor and get some advice or suggestions about the live-in girlfriend.

Not even a week later, I relapsed again. My girlfriend threw a fit, crying and screaming, and we had a big, fight. She insisted that the people at my church are all against her and that's why I want her to leave. All I could think of the whole time was that I needed a drink. I was sure, that just one drink would make me feel better.

So, I went out to get a drink, but after spending \$150, the only memory I have from that night was of me being sick and throwing up on the street. When I sobered up, I felt so guilty and ashamed. How many times had I done this before, and wasn't God as sick of me as I was of myself by now? Still Christ is my only hope, so I got down on my knees and cried out to Him for forgiveness and help. I know that I have to get my life straight with God.

It's been five days since my last relapse, and I have an appointment to talk to my pastor tonight....

*\* Where does my help come from? My help comes from the Lord, maker of heaven and earth.  
Ps121: 1, 2 NIV \**

## **FRANK, 56**

*Pride and poor choices were destroying everything he cared about, but God in His mercy healed him and restored his family relationships.*

After a major car accident, my doctor prescribed oxycodone for pain. When I was young I used all kinds of drugs, but since that was decades ago, I didn't bother to tell the doctor about my drug history. A few months later, I was addicted and I needed more drugs than the doctor was prescribing. So I started traveling to dangerous areas far from my home to buy drugs. I avoided hanging out with my wife and old friends and chose the wrong people, namely active dope fiends, to be "close" to.

My addiction was eroding my life on many different levels. It had an effect on my attitude, and dulled my thought processes. I became hardened towards my wife, family members and worst of all, the wall I put up to shut out any acknowledgment of my addiction, also blocked my relationship with God. Drugs were on the throne instead of the Lord, and I was the foot stool. I had no credibility as a man or father to those I loved most. I lied when it was to my advantage and in my pride I resisted the message of help and love which was available to me all along. I was determined to do things my way. I didn't stop to think of the consequences of my actions and didn't consider my obligations to be of immediate importance.

The guilt was eating me alive about lying to my wife when she asked me if I was using or where I had been for hours on end. Nothing compared with the shame I felt when she saw the needle marks in my arm and it was disclosed that I was an IV user. At the time, I was in the ER because my heart had stopped, but I swore it was trivial. Several visits to the ER followed this one.

Finally, the combination of my obsession to obtain drugs, and the come-downs that only amplified any pre-existing depression, frightened me into a moment of clarity. I realized that my compulsive behavior could endanger my loved ones in any number of ways depending on any combination of factors. That was when I admitted to myself that I was not in control, and that I needed help.

I am in a hospital that has a 3-month drug rehabilitation program and the facilities to address my other health problems as well. I rededicated my life to Christ, and He healed my relationships with my wife and family. God is back on the throne of my heart.

*\* He sent His Word and healed them. He delivered them from Death Psalm 107:20 NIV*

## Tony, 50

*For a while it didn't look as though he would survive the journey from rebel to visionary, but God sanctified him and now he and his wife pastor a growing, urban congregation. He is the father of four.*

My parents were God-fearing Catholics, who worked hard and provided a stable, loving home. My life started out happy and uneventful, but when I was 6, I had open-heart surgery. After that, I was never able to play football or baseball with the other kids on the block. I wanted to fit in, but I could only watch from the sidelines.

At twelve, I started drinking wine with the guys on the railroad tracks. After getting drunk, being sick and hung-over a few times, smoking Pot seemed to be an attractive alternative. I didn't believe it when I heard that Pot would lead to using harder drugs, and anyway, I was convinced at the time that I could handle it. Of course, it was all a lie of the devil. After the Pot, making the choice to use narcotics like Coke, Crack, Heroin and Barbiturates was easy. I also experimented with mind-altering drugs like Acid and THC.

Soon I was not only using drugs, but also selling them to support my habit and to pay off my debts. I hardly noticed that I was changing for the worse, getting angrier, harder and more reckless. People all around me were overdosing or getting busted, or killed, but Satan's hooks were so securely in place that I still believed that I was in control. Fact is that without God's protection, I could never have survived some of the situations I found myself in. More than once, I almost died of an overdose. On one occasion, a drunken cop pulled me over and after we hassled back and forth, he threatened me at gunpoint. "Go ahead," I told him, "you'd be doing me a favor," but instead, he changed his mind and drove off.

There were countless horror trips on drugs, like the time I was at a Peter Frampton concert at Madison Square Garden. I had ingested a large quantity of THC, and I was hallucinating wildly. I saw the green, yellow, blue and red colors from the laser light show and the people merging and melting into one huge, downward, spiraling vortex. I screamed horrified "we're going to Hell, we're going to Hell, we're all going to Hell." I "saw" everyone, including myself and my friends all sliding into Hell. I didn't realize it then, but again God was trying to get my attention, and I know now that if I had died then I would have gone to Hell.

Another time, my cousin gave me some bad dope; it was a combination of Heroin and Cocaine. After I snorted it I got extremely ill and thought I was going to die, but again God spared my life. In the following years, I lost buddies, several died in their sleep, choking on their vomit. One of my friends was found in Branchwood Park with his mouth sewn shut and a needle stuck in his arm. He said something that one of the mob bosses didn't like. Another friend that I used to go to Harlem with to cop Methadone was stabbed in the heart. He was found dead, sitting in a chair in an otherwise empty room. I was in all these places, and at any time anything could have happened to me. Now I thank God that in His mercy, He spared my lifetime after time.

In high school, I was a troublemaker, only barely managing to graduate. All my teachers gave me passing grades to get me out of the system. But I had other problems. Although I was selling drugs, I couldn't support my gambling, drugging and riotous partying. I got into a cycle of endless debt owing the Mob \$14,000. I saw what the Mob did to people that cross them.

After high school I went to work for the Post Office on the overnight shift. I had no respect for anyone. I argued with the supervisors and frequently left work halfway through my shift. I just wanted to get high and didn't care too much about anything else. Management tried unsuccessfully to fire me.

When I was twenty, my mother died from Cancer. My father remarried shortly after her death and immediately moved his new wife into our home. My brothers and I fought with him, and he promptly threw us all out on the street.

Several of my co-workers on the night shift used drugs to stay up for work, and to go to sleep afterwards, or just to get high. So I dealt Speed, Barbiturates, hits of Mescaline, Pot and pills on the side. I could have been busted at anytime for selling narcotics at the Post Office. When I finally did get arrested on the job, I was carrying a ¼ pound of grass on me and 2 pounds in the car. Because of the weight, I was charged with intent to distribute. At the time, I also had pills on me, but miraculously, the cops didn't find them when they searched me. Later, in the jail cell, I managed to flush the pills down the toilet. If the police had found them, I would have gotten significant jail time and lost my job. Instead, I was put on probation, and I had to go to drug rehabilitation.

I went through the drug rehab program, because I had no choice, but I never took any of it seriously. When I completed the program, I was still deeply depressed, waking up every day wondering if the pain would ever stop. Life seemed pointless and I dreaded each new day. Many times, I called out to God, but I still wasn't ready to listen.

The turning point in my life was a gradual process. During the holidays and family get-togethers, my brother's sister-in-law, a spirit-filled, born-again believer, would talk to me about Christ. This went on for a couple of years and although I was always high or loaded, gradually something caught my interest. Her daughter, also a born-again Christian, and I became friends. For a while, we talked just on the phone, and then I started dropping by the house. On one of these occasions, I was given a Bible, which I began to read on and off. Eventually, the mother and daughter invited me to go to church with them. The mother was a member of a Presbyterian church, but she was also involved in women's ministries at a full gospel church. At first, I resisted going to church, excusing myself that I didn't have the proper clothes to wear. But the mother told me that I might want to go to on a Wednesday night. The atmosphere there at the Wednesday night Bible study was laid back, and people dressed casually in T-shirts and jeans. Furthermore, she told me, I needed the Holy Spirit. I didn't know what she was talking about, but I let her take me to a Pentecostal church.

Three times in a row, I went to the Wednesday night service there, and every time I went, it seemed as though the Pastor was talking right to me. A few times, I even asked her if she had spoken to the pastor about me, but each time she insisted that she hadn't. After one of those Wednesday night services, I went home and started to read in the gospel of John. "I am the Way, the Truth and the Life. No one comes unto the Father but by Me." Suddenly, it was like a light bulb went on, and I realized that Jesus, Himself is the meaning of life. I was broken. I cried out to God, confessing to Him that I had made a mess of my life and that I needed Him. I couldn't help myself. I made a decision right then and there to surrender my life to the Lord and do things His way. That night, I was filled with the Holy Spirit and started to pray in an unknown language, "in tongues," as I was later informed.

The next morning, when I got up, I had a deep sense of peace and for the first time, in 15 years, I had no desire to use drugs. With the baptism of the Holy Spirit, the night before, I received a complete and immediate deliverance from all my addictions and compulsions. Next, I threw away all the pot, pills, bundles of hits, and drug paraphernalia. All I could think about was God. I had a growing hunger to learn more about Him and His Word. The people at the church in Livingston showed me unconditional love and the youth pastor there took me under his wing. He started to disciple me in the Word of God and encouraged me to break with my former friends.

The pastor also got me involved in the singles ministry, and the home Bible study groups. I became an exemplary postal clerk and was promoted to increasing responsible positions.



Soon, I was training employees and new hires on job–related computer programs and office policies and procedures. My general attitude changed as well. I wasn't trying to use or con anyone anymore. I stopped stealing and determined with God's help, to be a man of integrity. My new social life was exclusively with the church. I was at church at least four times a week learning about God, praying and worshipping with other Believers.

This was the foundation that developed a solid relationship with the Lord, and I am convinced that my complete recovery, with no relapses ever, was due to the initial baptism of the Holy Ghost and the following and ongoing immersion in the Word of God. All my free time was spent at church. At first, I just helped wherever I was needed, but gradually, I was asked to participate and then to lead in various ministries.

The more I trusted the Lord to direct my life, the more He used me. Eventually, I was asked to be a deacon at the church. God restored every aspect of my life. He gave me a new family; my pastor and his wife became my spiritual parents. When I got saved, I owed the Mob \$14000. Selling drugs to get the money to repay them was not an option for me now, but God gave me grace with a cousin, who paid my debt. In turn, every two weeks when I got paid, I gave him half of my paycheck for the next two½ years. It wasn't easy, but I learned about personal accountability and financial stewardship. God restored my health with no residuals from 15 years of drug abuse. He also gave me a positive attitude and concern for my fellow man. Then God called me into full time ministry. I went to seminary and became an ordained minister of the gospel.

As a once a hard core addict without any hope, who God transformed into a new person, clean and totally free, I can assure anyone struggling with the bondage of addiction that God is able to deliver them. Growing in a close relationship with Christ, was the answer in my case, and I can share what I have learned both from my own experience and from what I've seen and learned over the years as a pastor. Just like you can develop bad habits, you can develop good habits. I wasn't born a heroin addict or a crack cocaine addict, I started drinking, then smoking pot and then on to the hard drugs. It was a process and in the same way, developing good habits is a process

It is a proven fact, that repeating behavior after 21 days develops into a habit. I have learned that any good relationship is developed by spending time getting to know the other person. The same is true with God. Reading the Bible, praying and worshipping God everyday drew me closer to Him. I learned to trust the Lord and then to depend on Him to meet all my needs. The baptism of the Holy Spirit broke the stranglehold of my drug addiction, and the power of the Holy Spirit transformed me from a hardened, thief into a person of compassion and integrity, who wanted to live for God.

The indwelling Holy Spirit directs, guides and gives me the ability to live a sanctified life that pleases God. I can't do this in my own strength. In my case, the one on one mentoring program with the youth pastor had a strong impact on my life. He disciplined me and held me accountable to read the Word and pray in the Spirit every day. This was a gradual process that established a foundation for me to become strong and mature in the Lord.

*\*In my anguish I cried to the Lord and He answered by setting me free. Psalm 118: 5 NIV \**

## **Rick, 33**

*He was in and out of trouble for years until he called on God for help. Now he has a new life free from addiction, a new wife and a ministry to troubled teens.*

At a young age, I started hanging with the wrong crowd and doing drugs. During my teen years, I was getting high every day, and getting in trouble with the law on a regular basis. The only time I ever remember calling on God was when I got in trouble with the law. In desperation, I would promise God, that if He got me out of the trouble I was in, I would serve Him for the rest of my life, but I never kept my word. For years, my mother prayed constantly for me.

I was still a teenager, when I was arrested for aggravated robbery. I was facing a life sentence in prison of 7-25 years for aggravated robbery and 2-5 years for robbery. On the very day, before I went to court for sentencing, I cried out to God, "Please save me." Again, I thought I could make a deal with the Lord, "If You get me out of this, I will truly serve You for the rest of my life." At the time, I had no idea what kind of commitment I was making.

Instead of sentencing me to a prison term, the judge decided to allow me to go to Teen Challenge. In my mind, I thought that I could "beat this rap," go through the program and be back out on the street in a year. God had other plans for my life. My heart and attitude changed while I was in the program. I lost the desire to use drugs or drink alcohol. I didn't want to gang-bang anymore. God gave me a new life even after He gave me so many second chances. I am grateful to the Lord and the people at Teen Challenge. If it were not for Jesus Christ, I would be dead in Hell or in jail. I deserved to be in prison for a life sentence, but God pardoned my life, and I never served a single day in prison. In His wonderful mercy, God spared my life and healed me from many problems, including the psychological damage from the mental and physical abuse my father inflicted on me.

When I came out of Teen Challenge, 18 months later, the Lord called me to minister the Gospel in my old neighborhood and to work with troubled teens. Since then God has used me in many ways and sent me to many cities to share the Gospel and the love of Jesus for a dying world. Two years ago, He gave me a wonderful, God-fearing wife. I am so grateful for the Lord, my wife and my family in Christ.

*\*He who believes and is baptized will be saved. But he who does not believe will be condemned. Mark 16:15-17 NIV\**

## Lucy, 43

*Now she is thankful for the mountains as well as for the valleys, knowing that all her former experiences brought her to the realization that she needed God in her life.*

My mother was only fifteen when I was born. She could hardly take care of herself much less a baby. So when I was little, she left me with anyone willing to take care of me. Most of the time that was my grandmother, who eventually took care of me all the time. Before that was the case, my mother decided several times, that she wanted me back. Each time that happened, she would come and take me to live with her. Then, after a short period of time, I would be back with my grandmother again. My childhood was very unstable.

The last time my mother took me from my grandmother's, I was nine years old. She brought me to another state where she lived with her husband and their two children. He hated me from the first day I met him and beat me on a regular basis. One day he raped me. This abuse went on from when I was nine until I was thirteen. That was when I finally got up the nerve to tell my mother, but she wouldn't believe me. In fact, no one I told believed me. So I stopped talking about it and instead told my mother that I wanted to go back to live with my grandmother. My mother consented right away, glad to be rid of me because she felt I was causing so much trouble.

In the meanwhile, my grandmother remarried. I felt her husband took her away from me and I resented him. Although I was always very rude to him and caused many problems, he never stopped being very kind to me. I just refused to accept him. Finally, after a series of problems, my grandmother went to the courts and told the judge that I was out of control, and they just could not handle me any longer. So the courts placed me in a foster home. Although the home I went to was wonderful, I could not see things clearly at that time. All I could see was that the only person who should love me had now turned her back on me as well, so I ran away. Then the courts made me a ward of the state, and I was placed in a Catholic all girls reform school for three and a half years. Now, as I look back, I can honestly say it was one of the best things that ever happened to me. At the time, all I could see was that I was totally alone, unloved and unwanted.

Now I will jump ahead. Several years later, after an unhappy marriage, I lost custody of my three children to their father. After that happened, I turned at first to alcohol, but eventually I started using crack cocaine. Very quickly, I lost everything including my dignity. I turned to prostitution to support my drug habit and was arrested several times on numerous charges. By the grace of God, I was never convicted, and never served any time. I know that God was taking care of me even back then. To God be all the glory!

One day. I met a man, who told me about Jesus, and how He could deliver me and make my life an example to others. I had not eaten in a couple of days and he asked me if I was hungry. He took me to a restaurant and bought me something to eat. While I ate, he talked about Jesus Christ with me. He told me that Christ could and would set me free, if I were willing. He said that Jesus would give me a new life without all the pain and turmoil I was living in. Of course, being a Christian does not exclude us from suffering, but Christ goes through our trials with us and He gives us the strength to overcome and withstand even in the worst of times. I began sharing my life story with this man. He assured me that Jesus was the answer. Right then and there, I gave my heart to the Lord and I decided to live for Him and serve Him for the rest of my life.

I sang professionally in times past, but drug abuse had destroyed my voice. I was sorry, that I abused the gifts that God had given me. So I prayed and told the Lord that if He would heal and restore my voice, I would use this gift for His glory for the rest of my life. He did! Now, all the songs that I sing and the ones I have written, are all to honor Him.

It does not matter where you are, Christ will come to you and meet you if, you are willing to let your life go and let Him be the Lord of your life.

Now I am an ordained minister, married to a wonderful man, who is also a minister. We know God has put us together for ministry and we enjoy serving the Lord. I am also a gospel singer\songwriter. The Lord blessed me in so many ways. My desire is only to serve Him. I travel all over sharing my testimony, and singing. Through Him, we have the promise of becoming joint heirs. He is our Deliverer, Savior, Helper, and Healer. God is wonderful, and He is good all the time.

We all make mistakes. Confess those mistakes to God and get them under the blood of Jesus as soon as possible. God loves us no matter what, and He is always willing to help us and forgive us when we confess our wrongdoing. When I gave my heart and life to the Lord, He forgave me for everything and straightened out my life.

*\*If we confess our sins, He is faithful and just to forgive us and purify us from all unrighteousness. 1 John 1:9 NIV\**

**IF YOU HAVEN'T TURNED YOUR LIFE OVER TO CHRIST, BUT WANT TO GIVE YOUR LIFE TO HIM NOW, SAY THIS PRAYER:**

Lord Jesus, I confess that I have sinned. I am sorry. Thank You for dying in my place on the cross. I know You rose from the dead. Come into my life, take over my life, and give me a brand new life, in Your name I pray. Thank You.

## Rena, 32

*God restored her life, gave her a family and a second chance. She knows that her Lord will help her work through any problems that come up, because she depends on Him and because He loves her.*

I was a totally selfish addict. I didn't care about my young daughter or her father. All I cared about was getting high. From the time I woke up in the morning to when I went to bed at night, all I thought about was the next fix and how was I going to get the money to get it. I couldn't fall asleep at night until I had or knew how to get the \$15 I needed to buy the next a bag of dope. And I didn't care how I got it either. I stole, panhandled and sold newspapers on the corner to support my habit. I would even hook if I had to. I hated my life and I hated life on the streets.

God, in His mercy, kept sending people into my life to talk to me about Jesus. One day, a lady told me that God loves me and that He sent His Son Jesus to die for my sins. She said, I didn't have to live the way I was living and she told me that Jesus was waiting with open arms to embrace me. I broke down and I cried out to Him and asked Him to forgive me for my sins

After that, God worked through my partner to get me into a program called New Life for Girls. At first, I didn't want to stay in the program so I misbehaved and was disruptive. No matter how difficult I was, the people leading the program responded to me calmly with love. Then, just before they threw me out, I realized that the love and care they showed me was genuine. I watched others in the program growing in their relationship with God and changing, and I knew that I wanted what they had. I wanted that peace and joy too.

The director told me that God could restore my life and heal my broken heart, if I wanted Him to. So I went to the chapel and surrendered my life to God. I cried out to Him and released all the unforgiveness, hatred and memories of abuse that I suffered over the years. An incredible sense of God's warmth and forgiveness enveloped me like a soft blanket. It felt as though He wiped away my tears and all my past sins in an instant. For the first time, I felt completely clean inside and at peace with myself.

Ever since that day, I've been "hooked" on Jesus. The Lord restored my life on every level. I married the father of my daughter, and now we are a real family, all serving God. As time passes, I've learned to trust Him more and more. Without a doubt, I know, that I have eternal life and that God loves me.

*\*As the Father has loved Me so have I loved you. Now remain in My love. If you obey My commands, you will remain in My love, just as I have obeyed My Father's commands and remain in His love. John 15: 9,10 NIV\**

IT IS A MYSTERY, WHY SOME BELIEVERS ARE MIRACULOUSLY SET FREE FROM THEIR ADDICTIONS AND FORMER SELF-DESTRUCTIVE BEHAVIOR WITH NO OBVIOUS EFFORT, WHILE MANY OTHERS STRUGGLE ON A DAILY BASIS FOR YEARS TO RESIST THEIR COMPULSION TO DRINK OR TAKE DRUGS. IN MOST CASES, RECOVERY IS GRADUAL AND REQUIRES BOTH THE DESIRE TO BE CLEAN AND A SOLID SUPPORT SYSTEM SPECIFICALLY STRUCTURED FOR CHEMICALLY DEPENDENT INDIVIDUALS.

## Harry J., 48

*For over 30 years he was addicted to drugs. Three times he overdosed and nearly died. Years of self-destructive behavior left him broken and without hope. When he finally surrendered to God, the Lord restored him and gave him a whole new and satisfying life.*

Now I am grateful to know what it means to have a relationship with Jesus Christ as Lord and Savior of my life. Praise His Holy Name! Committing my life to follow Christ was the best choice I ever made. God immediately changed so many aspects of my life for the better. He delivered me from drug addiction and alcoholism. I married the mother of my youngest daughter and the Lord also reunited me with my two other children. He made us a family.

I was trained and disciplined through the Teen Challenge program. Before graduating in 2000, the T.C. staff at God's Mountain in Rhersburg, Pennsylvania, asked me to stay and work with them, manning the front desk. This was an honor. However, I had to address some personal matters, that I had put on hold to follow Jesus. So I left God's Mountain and returned to Newark. That is when the Lord reconciled me with my daughter and her mother, my future wife. My twin brother and my family helped me during this process. I lived with my sister and attended a spirit-filled church with her. During this time, the Holy Spirit told me to stay involved in drug ministries, so I went to Teen Challenge in Pittsburgh and the Shepherd's House in Philadelphia and completed Urban Bible Training and Certified Drug and Alcohol classes (CDAC).

Today I am on staff at Teen Challenge in New Jersey. I counsel, teach and lead urban street evangelism teams. Because Jesus is the Lord of my life, I am free. I live by the standards and statues outlined in His Word. I am a man of God, husband, father and servant. I am happy, at peace with myself and able to reach out to others with genuine compassion.

SUBMISSION - OBEDIENCE - SELFLESSNESS - HUMILITY – SERVANTHOOD - SANCTIFICATION

The closer you walk with God asking for His guidance, direction and purpose for your life, and asking for the obedience and boldness to follow His directives in all things, the less room/space/ void there will be in your life/spirit/heart for any godless agenda, compulsion or obsession to become the focus/idol that consumes your attention and shifts lordship away from the Lord your God.

When He is on the throne of your heart, when your main life concern is to first please, delight, obey and serve Him, no distraction, no thief can steal you away from your love relationship with Him. In this Father/Child, Master/Servant, God/Worshiper, Bridegroom/Bride relationship you find grace, peace, growth, power, healing and sanctification.

Don't fight God. Surrender and submit to His tender care and love.

*\* For God so loved the world that He gave His only begotten Son, so that anyone who believes in Him would not perish but have everlasting life John 3:16 NIV \**

## Alec, 27

*He was addicted and suicidal, but through Christ-centered rehabilitation God gave him hope and a new life.*

It seemed like the more I drank and got high on drugs the angrier I got. Years of substance abuse and repeated relapses had alienated me from my wife and children. I didn't really know who I was anymore. Finally, I felt so hopeless and miserable that I tried to kill myself, but God in His mercy wouldn't let me die. That was when I realized that I needed help. I cried out to God to help me.

First, I tried going to a couple of different churches for help. They were not equipped to deal with drug addicts or the alcoholics, but a Christian friend directed me to Teen Challenge. I got in the program, recommitted my life to Christ and completed the Teen Challenge program. I was doing fine until I got cocky and decided that I didn't need God's help to stay clean and sober. I could handle things my way and even hang out with some "old associates." So I had to find out again that without God, I couldn't resist the temptation to use. I relapsed and had a frightening experience while I was stoned, that brought me down on my knees, crying out to Jesus to help me.

I immediately got in touch with a Teen Challenge center and they directed me to a ministry of restoration that put together a recovery plan designed specifically for me.

My relationship with God is key to my recovery. Without God, I would still be doing drugs and on my way to hell. In Christ, I don't have an addiction. When I stay in His will, that's when I can stay off drugs.

If someone reading this is having a hard time with addiction and keeps "picking up," I would say to cry out to God and ask Him for help. There is no other way. I would say, "Don't give up. Have faith in God and He will pull you through." I thank God for His Son, Jesus Christ who died on the cross to save me.

*\*Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!  
II Cor5:17 NIV\**

OUR GOD HAS THE DESIRE, ABILITY AND POWER TO CHANGE LIVES AND GIVE THOSE WHO LOVE AND TRUST HIM ANOTHER CHANCE TO LIVE FREE FROM SUBSTANCE ABUSE.

### **A Word about Teen Challenge USA**

A three-year research program that was conducted at Northwestern University in Illinois reported in 1999 that 86% of those who completed the Teen Challenge program remained drug free. The study stated that "nearly all TC graduates have escaped the "revolving door phenomenon" of substance abuse treatment, and that they were more likely to lead normal lives and not need further treatment." The survey also noted that 84% attend church weekly.

Bicknese, Todd "Northwestern University, The Teen Challenge Drug Treatment Program in Comparative Perspective, A Dissertation Submitted To The Graduate School In Partial Fulfillment of The Requirements For The Degree, Doctor Of Philosophy, Field of Political Science June 1999" [http://teenchallengeusa.com/docs/a\\_summary\\_of\\_teen\\_challenge\\_studies.pdf](http://teenchallengeusa.com/docs/a_summary_of_teen_challenge_studies.pdf) (13 Sept 2012)

## Max, 38

*He struggled for many years with heavy substance abuse. After he totally surrendered his heart and life to Christ, God used his experience and victory to lead in a powerful support ministry for addicts.*

I started drinking cough medicine to get high when I was eleven. By the time I was fifteen I was strung out on barbiturates. Shortly after my 19th birthday, I surrendered my life to Christ. He took away the desire to use that same night.

Shortly after I started attending church, I was introduced to an international ministry known as Evangelism Explosion, a laymen-training ministry that was founded in Florida. Reaching the lost for Christ motivated me to continue advanced training. I received certification to train and qualify lay people, pastors, and church leaders. God used me to equip His saints for evangelism.

In 1987, after eight years of serving the Lord, I gave myself permission to have a drink of wine during a dinner engagement. After that one lapse in judgment, I immediately started drinking very heavily on a regular basis. I told my Pastor and the leaders of the EE training ministry of my struggles, and was put on probation. During this period, I attended an outpatient rehab, but I still couldn't stop "getting high." Eventually, I had to be dismissed from working with the training ministry.

After that, I also started to use Cocaine and continued with that for about 3 years. My life was an ongoing nightmare of surviving overdoses, seizures, attempted suicides, and muggings. Although I constantly cried out to God and went up to the altar for prayer, I could not stop picking up. Then in 1990, I hit my bottom and checked myself into a rehab in Maryland. Over the following 60 day period, I realized that without God I was nothing and that I had nothing but God. As I trusted the Lord my faith in His ability to restore my life grew.

After I had been clean for seven years, the pastors at my church asked me to start up a ministry for the chemically dependent. Praying continually for direction, I also contacted many support ministries for information. The ministry I was hoping to establish would be based on a combination of Christ's message and the 12-steps. It would support both Christians and non-Christian affected by substance abuse.

I want to reach hurting people in the Church as well as people on the street who have never heard the gospel or known the grace of Christ. Many who attend 12-step fellowships manage to stay clean, but because they have never established a true relationship with God, they don't know who to pray to, or where their source of strength comes from in order to be successful "one day at a time." I believed that God could use the testimony of my recovery process after many years of addiction to bring hope and healing to addicts and their families.

Overcomers Outreach proved to be the program I had been praying for. This Christ-centered, 12-step recovery program reaches out to the Christian afflicted with the disease of addiction, and introduces Christ as the One true "Higher Power." It has proven very effective working in conjunction with a network of churches throughout the metropolitan tri-state area. God has used me to help several churches establish Overcomers Outreach support groups that also serve their local communities.

*\* Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible. I Cor 9:19 NIV \**



## Laura, 25

*When she was an active alcoholic, all she could think about was that first drink of the day. Now she thinks about God and thanks Him every day for giving her a new, full life without alcohol.*

At one time, booze was more important to me than anything, even my family. I didn't admit to myself or anyone else that I needed help until my son became mentally ill and both his doctor and psychologist confronted me about my irresponsible drinking. It had to stop or I would not be able to care for my son.

I sought out my best friend, who talked to me about Jesus Christ, and how He could help me, if I surrendered myself to His Lordship and direction. She also arranged for a pastor to call me. As we spoke, I knew Jesus was the only one who could help me and I wanted to have a personal relationship with Him. Right then and there, I got down on my knees and asked Him to take over my life and deliver me. That was 12 years ago and I have never had a relapse. Glory to God alone! I know that my deliverance was a gift from Him and not achieved through any effort on my part.

Since staying clean is also a choice that I have to deliberately make, I have a solid support system that helps me in my recovery. As it happens my best friend and sister in Christ has been leading an Overcomers Outreach program for the past 11 years. Overcomers Outreach is a Christ-centered 12-step program, but I also attend traditional AA meetings and other 12-step programs. I learned a lot about addiction at these meetings and I found speaker meetings to be especially powerful.

One thing I learned was that alcohol was not the only thing that caused problems in my life. My behavior had to change as well. My recovery is an ongoing process that I am working through. First of all, I stay in close fellowship with Jesus through prayer, and by reading the Bible. I also attend Overcomers Outreach and secular AA meetings and I stay connected to mature Believers who are strong in the Lord. I am convinced that without the Lord Jesus, I could never stay sober. Recently He also delivered me from years of smoking cigarettes.

Life isn't easy, but I know God will give me the strength and grace to get through each day, one day at the time.

*\* .. My God will meet all your needs according to His glorious riches in Christ Jesus. Phil4:19 NIV \**

## Carl (T.J.), 32

*God used one faithful person to make a huge difference at a critical point in his life. Now he is born-again, delivered from addiction, filled with the Holy Spirit, and sharing the message of God's mercy and grace.*

My life was in a rapid, downward spiral after more than a decade of substance abuse. Addiction to drugs was in control of every aspect of my life and it robbed me of everything. I didn't care about anyone and there was hardly anything I wouldn't do for a bag of dope. I stole from family members and I robbed strangers. Eventually, I got busted and charged with "Breaking and Entering." I lost my self-respect, neglected my family and finally became homeless. I had nothing to live for and believed that suicide was my only solution.

But before I carried this out, God sent a deacon into my life, who befriended me. He took me off the street and started to teach me about God and His mercy. While I stayed with him, I saw a Christian man up close who was real. He became my closest friend and his personal testimony influence me to repent. I realized that I needed God's help to get clean and live a good life. I also admitted to myself that much of my pain was by my own hand and that I turned my back on God. He didn't reject me. But I also needed His forgiveness for the salvation of my eternal soul.

The first time I went to rehab, I didn't take the program seriously. I didn't know the Lord and I had a very bad attitude. For me, rehab was just an opportunity to socialize and kill time. But four weeks later, after I met the Deacon, he arranged for me to enroll myself in a Christ-centered, 12-month program. When I went into the program seven months ago, I prayed constantly to be free from the bondage of addiction. Then one day God opened my eyes, I was born-again, and He delivered me. Now my focus is on the Father, Jesus, the Son, the Holy Spirit and the Bible. I am convinced that with Jesus' help, I will become a strong Christian. I have formed many good habits like studying God's Word, attending church, and worshipping God. The Lord restored the broken relationships with my daughter and my family. Presently, I am writing a book about the good things God has done in my life. I hope to have it published in the future.

When I am tempted, I pray and meditate on the good things the Lord has done for me. I know that if I turn my back on God, I will lose everything and end up in Hell. Drug addiction is a tool of the devil and only evil comes out of using drugs. I believe that when you buy drugs, you are selling out to the lies of the Devil, whose whole purpose is to steal your hope and peace of mind, destroy everything good in your life and ultimately kill you. That is why, I believe, your life immediately starts to fall apart.

I confessed my sins to God, accepted His lordship over my life and became a new person in Christ. The Lord restored all that I had lost. He healed my relationship with my family and gave me a new start. The Lord Jesus played a major part in my deliverance, and He never let me down in spite of the mess my life was in. I would tell anyone struggling with addiction and repeatedly "picking up" to get to know Jesus. That high is better than any street drug around.

He gave me a fresh start and He will do the same for anyone who repents and follows Him.

*\* Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. II Cor 7:10 NIV \**

## Cody, 44

*He grew up in New Jersey, but spent a lot of time in New York exploring the music scene. When he was 19 years old, he married, in his words, "the love of my youth."*

I grew up on the Jersey Shore with my grandparents, who were very loving people. Grandpa introduced me to the Almighty, as he called God, and taught me to pray to Jesus when I was just a little kid. But when I moved to New Jersey in my teens to live with my mother and her new husband, I lost touch with God. I started drinking cough medicine to get high. Then I got into smoking opium and brown sugar (Heroin). Instead of going to school, I'd catch the bus in to the City on a regular basis. Soon, I knew all the wrong people and had connections for everything from amphetamine to Quaaludes. One day, my mother caught me getting high in the house and flipped out. I left home and stayed in NYC for good. Immediately, I started selling drugs and soon made fast money running drugs between New York and Boston.

In 1979, I met "Quinn" at a party in the Village. After three months we moved out of the city to my hometown in New Jersey and got married. I got a job selling heavy equipment and Quinn worked for a medical marketing firm. For awhile, I limited my drinking and smoking dope during the week, but soon I was staying out all night snorting Coke with my buddies. Quinn and I fought all the time. She was a Pot head, but now she started to drink heavily too. Our marriage was in trouble, but I still thought I had everything under control. The roller coaster life style went on for a few more years.

One morning, Tony, a local Pot dealer, came by the apartment. I had never seen him excited about anything before, but he could hardly contain his enthusiasm as he told us how Jesus had changed his life. He wanted us to come with him to check out this church that he found. We weren't sure what he was talking about, but his exuberance spiked our curiosity. So we went with him to see what it was all about. The people at the church were very friendly and treated Tony and us as though we were all family. I had never been in this kind of church setting before and I was suspicious. Then preacher delivered the most powerful message I ever heard. I don't remember exactly what he said, but it was just like he was speaking directly to me. When he gave the altar call for salvation, Quinn and I both ran up to the altar to accept the invitation to follow Christ.

Somehow I felt different and when we got home that night I noticed that I had no desire to get high. Neither of us wanted to drink or use drugs. We became regular attendees and then members involved in the "little" church. Our lives continued to improve on many levels. My marriage was happy, my relationship with Quinn was better than ever before and I even made peace with my mother. I was selling medical and dental devices and did so well that Quinn was able to work part-time and go back to college to complete her Bachelor's degree.

One afternoon, we went out for a drive in our new Honda and got into a serious car accident. The driver in a Lincoln Town car ran the red light at high speed and hammered our little car into a telephone pole. The fire department had to cut us out of the car with the Jaws of Life. Quinn went into a coma, and I had emergency surgery when one of my broken ribs punctured a lung. We were both in the hospital for several weeks.

The church, relatives and friends provided us with cooked meals, drove us to our doctor visits, physical therapy and to Sunday services, but it was a difficult time for us. Quinn had to have numerous surgeries and I wondered if she would ever be the same after the severe head trauma. She stopped taking prescription pain killers almost as soon as she was out of the hospital, but I continued to get the Percocet prescriptions for both of us from each of the doctors we were seeing.

I thought I would get by filling them at different drug stores until one pharmacist found me out through the computer system and angrily refused to fill any more prescriptions for me. After that I looked up some old connections and started buying pills from them. It didn't take long for me to pick up where I left off three years prior, but as God would have it, I hit bottom fast and hard. After a three day Coke bender I checked myself into a hospital for drug rehabilitation. I felt the impact of the pain I had caused when I called Quinn from the hospital to apologize and tell her that I had checked myself in. She was relieved to know that I was alive, and 100% supportive. I was 31 at the time.

While I was there, I drew close to God and rededicated myself to Him. After I got out, I went through the 12-step program for awhile, then one day I decided to get more involved with church and stopped going to NA and AA meetings. By His grace and mercy, He has kept me off alcohol and drugs for the past 13 years and although it took along time He completely restored Quinn, who runs her own Public Relations business.

*\* "For You have been my hope, O Sovereign Lord, my confidence since my youth." Psalm 71:5 NIV\**

I AM NOT DEFINED BY WHO YOU SAY I AM OR WHAT YOU THINK OF ME. I AM DEFINED BY WHO I AM IN CHRIST, WHO LOVED ME SO MUCH THAT HE GAVE HIS LIFE ON THE CROSS TO SAVE MY SOUL.

HIS PROMISES ARE TRUE AND GIVE ME THE POWER TO LIVE A VICTORIOUS LIFE HERE AND NOW. "CODY"

### **Group Discussion**

1. Take any two testimonies and discuss whether or not there are similarities in their experiences.
2. Can you identify why the principal person in the testimony started to abuse drugs or alcohol or is this not evident in each case?
3. What specific lessons can be learned from their testimonies, and how can they apply to our lives? Explain.
- 4 What part did God play in the outcome of each of their lives?

*\* Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible.\* I Cor 9:19 NIV*

### **SOURCE:**

1. U.S. Department of Justice, Office of Justice Programs. "Substance Abuse: The Nation's Number One Health Problem". May 2001. November 25, 2012.  
<<https://www.ncjrs.gov/pdffiles1/ojjdp/fs200117.pdf>>

## IS SOMEONE YOU LOVE ABUSING DRUGS OR ALCOHOL?

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You probably know when your spouse or your child doesn't look right, right? In spite of an inclination to think this is somehow our fault, don't blame yourself if you suspect that someone in your family is abusing drugs or alcohol. Do trust your intuition, that uncomfortable "feeling" or that little voice inside telling you that "something's not right." Denying the facts, ignoring the signs or thinking that you can control their addiction or dependency, won't resolve the problem. Get help! Early intervention is very important. It may be a matter of life and death. Addiction is physiological, psychological and spiritual. It's bondage. Pray and fast to break the power of "the strong man," over their lives.

### How You Can Tell If Your Suspicions Are Right

People abusing drugs are often totally in denial about their drug use, and become astute at lying. Their personality changes and they start to behave like someone you don't really know (or like). If questioned about their goings on and whereabouts, they can become very hostile, even violent. Some warning signs of possible substance abuse include:

- Changes in personality including secretiveness, moodiness, irritability, and extreme selfishness.
- A change in dress, physical appearance or grooming, a change in friends.
- Pinned or extremely dilated pupils, bloodshot eyes, and an overall unhealthy appearance.
- Very fast or slurred speech.
- Extreme changes in sleep habits; either sleeping to excess or not sleeping for days at a time.
- Disappearance of money, credit cards, valuables.
- Noticeable loss or increase in appetite.
- Drug paraphernalia, like pipes, rolling papers, strange, sweet or acrid odors.
- Burnt spoons with tiny balls of cotton, hypodermic needles, and glassine packets.
- School-agers may have a problem with tardiness, truancy and a drop in grades.
- Adults may have trouble keeping their jobs and may disappear for hours with no explanation.<sup>1</sup>
- **Experimentation:** Almost all drug abuse begins this way. Young people are curious, feel invulnerable, and just want to see what it is like.
- **Recreational alcohol and other drug abuse:** If experimentation progresses, the young person will be using, with friends, once or twice a week...or every day.
- **Habitual use:** With continued recreational use, vulnerable individuals, especially those with a mental health problem, like depression, increase the amount and frequency of use.
- **Drug abuse:** When substance abuse becomes so frequent and important that it interferes with school, family life, and personal development, the person has reached this level.
- **Drug dependence:** If the situation grows even more serious, the individual's body craves the drug, and avoidance of the pain of withdrawal becomes an additional motivator for drug use. The central focus of the person's life has become to acquire and use drugs.<sup>2</sup>

## Interview with a Former Addict

Over 23 years ago, “Nat” was delivered from addictions ranging from grass to hard drugs. He credits God alone for his complete recovery. The author asked Nat to share from his experience.

CSABC: *“How did you get clean and stay off drugs all these years?”*

Nat: “I was delivered from IV drug addiction, all at once, before I even had a relationship with the Lord. A few years later, when I became a born-again believer, I was delivered from the last strongholds separating me from the Lord, alcohol and smoking weed. At the time, I wanted to stop getting high. It was ruining my health and I was desperate, but I couldn’t stop. The day I got saved, I cried out to Him and in His mercy He took away my compulsion to get high. God’s deliverance and restoration is a wonderful gift and as long as I choose to keep this gift and remain in a close relationship with Him, I will stay clean and free. For me it’s just that simple. If, however, I choose to start using again, I believe that my life will immediately spin out of control and the consequences will be devastating.

CSABC: *“What is addiction?”*

Nat: Addiction to drugs or alcohol is a disease that destroys the abuser’s life. Whether you have a genetic predisposition to become an addict or not, the fact is that if you take drugs, for any amount of time, you will become addicted. Genetically predisposed or not, it doesn’t matter. Anyone and everyone who starts dropping, snorting, shooting or smoking, prescribed or illegal drugs will become addicted sooner or later. I used, I became addicted and incidentally, no one else in my family ever had this “problem” before me.”

CSABC: *“Shouldn’t all followers of Christ be able to live free from addictions and other compulsive behaviors?”*

Nat: “God sometimes delivers people instantaneously and completely from substance abuse. Sometimes God delivers people over a period of time. For whatever reasons, many Believers struggle with repeat cycles of relapse and recovery. Everyone is different, and other factors like physical and mental health issues also have to be considered. In any case, learning to trust the Lord for guidance, healing and restoration is an ongoing, step by step process. But it is also a sure way to stay “clean.”

CSABC: *“So if it’s just a matter of choice, it sounds pretty easy like; ‘just say no,’ right?”*

Nat: “Yeah, that may sound easy, but it’s not very realistic. There are social pressures like wanting to fit in, ignorance about addiction, or maybe the nightmare starts with prescribed pain medication or tranquilizers. Regardless of how it starts, when you’ve “got to have it,” you’ve already become an addict. Many kids start taking drugs at a young age. Preventative drug education should be mandatory in grade school. Being introduced to the ugly consequences of substance abuse would certainly establish the fact that drugs are neither harmless nor cool.”

CSABC: *“What would you tell a fellow-believer struggling with addiction and repeatedly “picking up?”*

Nat: “I would suggest that this person admit that he or she needs help and check into a rehabilitation program, preferably one that is Christ-centered. Those suffering from mental illness and/or serious health issues need a facility that is equipped to address all those issues as well as the addiction. The Mayo clinic in Minnesota is one of the best places with in and outpatient programs that address all the mental and physical issues as well as substance abuse (alcoholism and drug addiction). After completing the rehabilitation program, I would recommend that he or she gets a same-sex sponsor or mentor.

A mature Christian, to disciple and hold the recovering addict accountable. It is vital to develop a solid support network with other Believers in recovery through church, faith-based 12-step programs, and small support groups under church authority.

*CSABC: "How does having a relationship with Jesus Christ impact the problem of addiction?"*

*Nat: "Drug addiction is all consuming, but so is the Holy Spirit in a life dedicated to follow Christ. When God touched my heart, through someone's testimony, I submitted myself to God's authority. I fell in love with Jesus, and getting to know Him became my obsession, so to speak. As I studied the Bible, I also learned about the baptism of the Holy Spirit. I knew, I needed this power in my life, and prayed intensely for it. The power of Holy Spirit broke all demonic activity in my life, including the desire to get high."*

*CSABC: "Since so many in The Body of Christ are secretly struggling with addiction and its stigma, how can the church get involved?"*

*Nat: "First, by openly addressing chemical dependency issues from the pulpit. Then by providing godly, professional counseling within the church, and establishing biblical recovery and 12-step programs for those dealing with chemical dependency as well as for family members living under the shadow of someone else's addiction and compulsive behaviors."*

*\* Nothing is impossible with God. Luke 1:37 NIV\**

## **Group Discussion**

1. Is substance abuse a physical, mental and/or spiritual problem? Explain.
2. What are some warning signs that might indicate that someone you know or love has a problem with drug or alcohol abuse? Can you name five of them?
3. How would you approach a friend or family member about their substance abuse problem? Be specific.
3. Would you feel comfortable talking to a pastor or another Christian about this problem? Why? Why not?

## **SOURCES**

1. Substance Abuse and Mental Health Services Administration. "SAMHSA's National Survey on Drug Use & Health," last referenced. October 1, 2003. August 22, 2005. <<http://www.family.samhsa.gov/set/signs.aspx>>
2. SAMHSA's National Mental Health Information Center, "Trends in Substance Use, Dependence or Abuse, and Treatment among Adolescents: 2002 to 2007." December 4, 2008. November 26, 2012. <<http://mentalhealth.samhsa.gov/>>

## RECOGNIZING THE SIGNS OF ABUSE AND DRUG SYMPTOMS

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**Marijuana:** Glassy, bloodshot eyes; inappropriate laughter; a sweet burnt scent; apathy, loss of interest, weight gain or loss.

**Alcohol:** Slurred speech; unsteady walk, loss of balance, sleepiness; dilated pupils.

**Depressants:** (including barbiturates and tranquilizers) Seems drunk as if from alcohol, but without the associated odor of alcohol; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness; and contracted (“pinned”) pupils.

**Stimulants:** Hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; dilated pupils; weight loss; dry mouth and nose.

**Inhalants:** (Glues, aerosols) Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appears to be intoxicated; poor muscle control; changes in appetite; anxiety; irritability; an unusual number of spray cans in the trash.

**Hallucinogens:** Dilated pupils; bizarre and irrational behavior including paranoia, aggression, confusion, hallucinations; mood swings; obsession with self or other objects.

**Heroin:** Needle marks; sweating; vomiting; itching; sleeping at unusual times; loss of appetite; contracted (pinned) pupils and no response of pupils to light.<sup>1</sup>

SOME CHEMICALS ARE PAINTED ON THE HANDS OR FINGERNAILS OR PLACED ON SHIRT SLEEVES OR WRIST BANDS TO ENABLE AN ABUSER TO CONTINUALLY INHALE THE FUMES WITHOUT BEING DETECTED BY A TEACHER OR OTHER ADULT. ALTHOUGH INHALANT ABUSERS MAY PREFER ONE PARTICULAR SUBSTANCE BECAUSE OF TASTE OR ODOR, A VARIETY OF SUBSTANCES MAY BE USED BECAUSE OF SIMILAR EFFECTS, AVAILABILITY, AND COST. ONCE INHALED, THE EXTENSIVE CAPILLARY SURFACE OF THE LUNGS ALLOWS RAPID ABSORPTION OF THE SUBSTANCE AND BLOOD LEVELS PEAK RAPIDLY. ENTRY INTO THE BRAIN IS FAST AND THE INTOXICATING EFFECTS ARE INTENSE, BUT SHORT LIVED. A RASH AROUND THE NOSE AND MOUTH MAY BE SEEN, AND THE ABUSER MAY START WHEEZING. AN ODOR OF PAINT OR ORGANIC SOLVENTS ON CLOTHES, SKIN, AND BREATH IS SOMETIMES A SIGN OF INHALANT ABUSE.<sup>2</sup>

Need more proof that someone you love is drinking or drugging? There are affordable drug testing kits available. MEDCO School First Aid has drug and alcohol abuse tests. For more information call 800-556-3326 or log on to [www.medco-school.com](http://www.medco-school.com). Also log on to <http://www.btnx.com/> for FDA approved drug test kits.

The importance of early intervention can't be emphasized enough. Try communicating one on one, or get your closest family members, with or without a drug counselor, to sit down with the person abusing drugs, chemical and/or alcohol and to talk about rehabilitation. The sooner intervention takes place the sooner the addict/alcoholic can get help and start the recovery process. Drug abuse treatment does not need to be voluntary to be effective.

How much do you know about what drugs teens are abusing and where they're getting them? Can you spot some of the signs that a teen may be abusing drugs? Take this quiz to test your knowledge, then find out where on the site, [getsmartaboutdrugs.com/identify/quiz.html](http://getsmartaboutdrugs.com/identify/quiz.html), you can learn



## A RESOURCE FOR PARENTS QUIZ - Answers on page 50

**1. How many of the top eleven drugs abused by twelfth graders are prescription and over-the-counter drugs?**

- 3
- 5
- 7

**2. Two in five teens report abusing cough medicine to get high.**

- True
- False

**3. Which of the following everyday objects can be used as drug paraphernalia?**

- Magic markers
- Lipstick container
- Soda container
- All of the above

**4. Which is NOT a common Internet acronym kids may use to warn their online friends that parents are nearby?**

- POS
- PIF
- P911
- PAW

**5. Kids get most of the medication they use to get high from their friends.**

- True
- False

**6. Which is a common inhalant found around the house, that kids use to get high?**

- Glue
- Aerosol spray
- Cleaning fluids
- All of the above

**7. You have to have a prescription in order to get prescription drugs from an online pharmacy.**

- True
- False

**8. Which drug is "the drug of choice" of the majority of teens who are seeking treatment for drug abuse or dependence?**

- Amphetamines
- Cough medicine
- Marijuana
- Vicodin

**9. Declining grades could be a sign that your child is abusing drugs.**

- True
- False

**10. Which age group most commonly uses prescription medication for nonmedical use?**

- Under 12
- 12-17
- 18-25
- over 25

SOURCES:

1 "Signs and Symptoms of Drug Use," American Council for Drug Education, 1999. June 10, 2005.  
<<http://www.acde.org/parent/signs.htm>>

2. Get Smart About Drugs, A DEA Resource for Parents. "Quiz". n.p. September 5, 2012.  
<<http://www.getsmartaboutdrugs.com/identify/quiz.html>>

Answers to the DEA Quiz:

1- 7 6- All of the above

2- 3 7- False

3- All of the above 8- Marijuana

4- PIF 9- True

5- False 10- 18-25

If you suspect drug use or drug abuse by your child, he or she may be using instant messages to prevent you from eavesdropping. POS = "Parents Over Shoulders;" PIR = "Parents in Room;" P911 = "Parents Alert;" PAW = "Parents Are Watching;" PAL = "Parents Are Listening"

## DRUGS 101 - THE MOST POPULAR DRUGS ABUSED

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Unless noted, the following drug descriptions are courtesy of the Drug Enforcement Agency.<sup>1</sup>

**ALCOHOL**, a tranquilizer and member of the family of sedative, hypnotic drugs. It is an intoxicant that depresses the central nervous system and can lead to a temporary loss of control over physical and mental powers. The signs of drunkenness are well known: Consistent abuse of alcohol will eventually cause permanent damage to vital organs like the brain, the heart and the liver. You can drop dead right where you stand, if you drink enough, fast enough. Alcohol is the most widely abused drug and the most frequently used drug by high school seniors.<sup>1</sup>

**BAC** (blood-alcohol content), **Effects on the Drinker**

- .02 Increased relaxed feelings, less alert, less coordinated
- .05 Increased relaxed feelings, less alert, less coordinated
- .08 Impaired coordination and judgment
- .10 Typically unable to control embarrassing behavior, moody, slow reaction time
- .15 Drastically impaired coordination and balance
- .30 Risk of losing consciousness
- .40 Probably losing consciousness, death is a possibility
- .50 Will lose consciousness and stop breathing; death is a strong possibility

For more on symptoms of alcohol abuse see [http://www.testsymptomsathome.com/SYM\\_alcohol.asp](http://www.testsymptomsathome.com/SYM_alcohol.asp)

**BAC of 0.05% means that out of 10,000 blood component parts, five parts are alcohol.**

ALCOHOL IS THE CHOICE DRUG AMONG YOUTH AND MANY ADOLESCENTS START TO DRINK AT VERY YOUNG AGES. IN 2003, THE AVERAGE AGE OF FIRST USE OF ALCOHOL WAS ABOUT 14. EACH YEAR, APPROXIMATELY 5,000 YOUNG PEOPLE UNDER THE AGE OF 21 DIE AS A RESULT OF UNDERAGE DRINKING.<sup>2</sup>

**ANABOLIC STEROIDS**, a group of powerful compounds closely related to the male sex hormone testosterone. Both males and females have testosterone produced in their bodies: males in the testes, and females in the ovaries and other tissues. The full name for this class of drugs is androgenic (promoting masculine characteristics,) anabolic (tissue building,) steroids (the class of drugs). Some of the most abused steroids include Deca-Durabolin, Durabolin, Equipoise, and Winstrol. Slang for anabolic steroids include arnolds, gym candy, pumpers, roids, stackers, weight trainers, and juice.

WHEN A CHILD OR ADOLESCENT TAKES ANABOLIC STEROIDS, THE ARTIFICIALLY INCREASED LEVEL OF SEX HORMONES CAN SIGNAL THE BONES TO STOP GROWING PREMATURELY (NIDA, 2005).<sup>3</sup>

**BARBITURATES** affect on the central nervous system range from mild sedation to coma to death. Amytal, Nembutal, Seconal, Tuinol, Phenobarbital. Some street names include "Tuies, *Barbs, Reds, Red Birds, Phennies, and Yellow Jackets*". Abusers generally prefer short-and intermediate-acting barbiturates that include Amytal, Nembutal, Seconal and Tuinol. Results of barbiturate usage include reduced anxiety; lowered inhibitions; slowed pulse and breathing; lowered blood pressure; fatigue; confusion; impaired coordination, memory, judgment; addiction, and respiratory depression.

BARBITURATES ARE CLASSIFIED AS ULTRASHORT, SHORT, INTERMEDIATE, AND LONG-ACTING. THE ULTRASHORT-ACTING BARBITURATES PRODUCE ANESTHESIA WITHIN ABOUT ONE MINUTE AFTER INTRAVENOUS ADMINISTRATION. THOSE IN CURRENT MEDICAL USE ARE BREVITAL, SURITAL AND PENTOTHAL AND ARE PURPOSED AS SEDATIVES, HYPNOTICS, ANESTHETICS, AND ANTICONVULSANTS.

**BENZODIAZEPINES:** Ativan, Halcion, Librium, Valium, Klonopin, Xanax; also nicknamed "*Candy, Downers, and Tranks*" are depressants that cause drowsiness/depression, unusual excitement, fever, irritability, poor judgment, slurred speech, dizziness, physical dependence and life-threatening withdrawal. The withdrawal syndrome is similar to that of alcohol and may require hospitalization. Abrupt cessation of benzodiazepines can result in seizures and symptoms that mimic psychotic episodes. Gradually tapering down the dose, under medical supervision, is recommended to avoid many of the unpleasant symptoms.

ABUSERS OF BENZODIAZEPINES OFTEN MAINTAIN THESE DRUGS BY GETTING PRESCRIPTIONS FROM SEVERAL DOCTORS, FORGING PRESCRIPTIONS, OR BUYING ON THE ILLICIT MARKET. ABUSE IS FREQUENTLY ASSOCIATED WITH ADOLESCENTS AND YOUNG ADULTS WHO TAKE BENZODIAZEPINES TO OBTAIN A "HIGH." ABUSE OF BENZODIAZEPINES IS PARTICULARLY HIGH AMONG HEROIN AND COCAINE ADDICTS. ALPRAZOLAM AND DIAZEPAM ARE THE TWO MOST FREQUENTLY ENCOUNTERED BENZODIAZEPINES ON THE ILLICIT MARKET.

**COCAINE** comes from the coca plant that originates in South America. Cocaine is a stimulant and increases heart rate, restricts blood vessels, and stimulates mental awareness. Smoking cocaine delivers a much more intense high than snorting. The smoke goes from the lungs, to the heart and then directly to the brain. The New England Journal of Medicine reports that deaths can occur even if the user never had previous heart problems and regardless of how the cocaine was taken. *Crack* is cocaine mixed with baking soda and water and heated (cooked). This material is then dried and broken into tiny chunks that resemble rock candy. Users usually smoke these crack rocks in glass pipes. The crackling sound when heated is where the name Crack originated. Because Crack is absorbed rapidly through the lungs and hits the brain within seconds, it is the most dangerous form of Cocaine and also the most addicting. "*White Widow*" or "*White Death*" is Crack mixed with Marijuana. Currently, adults 18 to 25 years of age have the highest percentage of Cocaine usage.

COCAINE WAS WIDELY USED IN BEVERAGES (LIKE COCA-COLA) AND MEDICINES IN THE NINE-TEENTH CENTURY, BUT WAS RESTRICTED IN 1914 BY THE HARRISON NARCOTICS ACT. EVERY DAY SOME 5,000 NEOPHYTES SNIFF A LINE OF COKE FOR THE FIRST TIME. TODAY THE GOVERNMENT ESTIMATES MORE THAN 300,000 AMERICANS ARE INTRAVENOUS COCAINE USERS AND THAT THERE MAY BE AS MANY AS 6 MILLION REGULAR COCAINE.<sup>4</sup>

**Heroin,** Smack, "*Thunder, Hell Dust, Horse, Big H, Brown Sugar*" a powder that varies from white to dark brown. "*Black tar*" Heroin is sticky like roofing tar or hard like coal, and its color may vary from dark brown to black. Heroin use is highly addictive and physical dependency develops quickly. Chronic use may cause collapsed veins, infection of heart lining and valves, abscesses, liver disease, pulmonary complications, pneumonia, depression of central nervous system, compromised mental functioning, respiratory failure. Heroin overdose may cause convulsions, coma, and death.

**HALLUCINOGENS**, like Datura/Jimson Weed, Peyote, Mescaline and Psylocybin have been known for millenium and used over time in occult practices and to induce spiritual experiences. Physiological effects include elevated heart rate, increased blood pressure, and dilated pupils. Perceptual distortions include disorders of thought associated with time and space. Weeks, even months after some hallucinogens have been taken, the user may experience flashbacks, that is, memories of certain aspects of the (former) drug experience without actually taking the drug. The occurrence of a flashback is unpredictable, but is more likely to occur during times of stress and seem to occur more frequently in younger individuals.

**MARIJUANA**, aka MaryJane, Pot, Boo, Weed, or Grass is produced from the hemp plant (*Cannabis sativa*). It is estimated that about one-third of all teenagers have tried marijuana. The most popular way to consume it is to smoke hand-rolled Marijuana cigarettes, a.k.a. joints. Marijuana is also baked into cookies and brownies. It can be brewed as tea and drunk. Physical effects include an increase in heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite. Ongoing abuse impairs or reduces short-term memory, comprehension and concentration. It causes damage to the lungs and pulmonary system. Marijuana smoke also has more cancer-causing agents than tobacco smoke. Marijuana also interferes with the immune system and reduces the sperm count in males.

**METHAMPHETAMINE**, "*Ice, Crystal, Speed, Crank, Poor Man's Coke*" is a white powder that easily dissolves in water. Meth also comes in tablets of differing colors, with names like "Purple Passion, Purple Hearts, and Yaba." This drug is a stimulant and highly addictive. Withdrawal symptoms include depression, anxiety, fatigue, paranoia and aggression. Chronic use can cause violent behavior, anxiety, confusion, insomnia, auditory hallucinations, mood disturbances, delusions and psychotic behavior. Damage to the brain cause by meth usage is similar to Alzheimer's disease, stroke, and epilepsy.

**TIK**, a new and powerful form of methamphetamine coming out of South Africa. Extremely addictive. Commonly smoked in a light bulb or a glass pipe called a "lolly". The crystals are heated in the bulb/pipe and inhaled. It can also be swallowed, injected or sniffed for an immediate, intense high. The pattern of abuse is "crash and binge". Chronic use results in psychosis, violence, confusion, memory loss and risk of suicide

**METHYLPHENIDATE**, (Ritalin®, Methylin®, Concerta®) has a high potential for abuse and produces many of the same effects as cocaine or the amphetamines. Binge use, psychotic episodes, cardiovascular complications, severe psychological addiction, serious damage to the lungs and retina of the eye have all been associated with methylphenidate abuse. Methylphenidate is used legitimately in the treatment of excessive daytime sleepiness associated with narcolepsy, as is the newly marketed Schedule IV stimulant, modafinil (Provigil®), but the primary medical use of the drug is to treat attention deficit hyperactivity disorder (ADHD) in children.

#### **SYNTHETIC OR DESIGNER DRUGS:**

Manufactured in underground laboratories and in every way imitate real drugs.

**BATH SALTS**, synthetic derivatives of cathinone, a central nervous system stimulant, which is an active chemical found in the khat plant. Mephedrone and MDPV (3-4 methylene-dioxypyrovalerone) are two of the designer cathinones most commonly found in these "bath salt" products. Many of these products are sold over the Internet, in "head shops" and convenience stores. "Bath Salt" products is a fine white, off-white, or slightly yellow-colored powder sold in small plastic or foil packages of 200 and 500 milligrams under street names like Bliss, Blue Silk, Cloud Nine, Energy-1, Ivory Wave, Lunar Wave, Meow Meow, Ocean Burst, Pure Ivory, Purple Wave, Red Dove, Snow Leopard, Stardust, Vanilla Sky, White Knight, White Lightning. It can also be found in tablet and capsule form. Methods of abuse: "Bath salts" are usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins.

In addition to reported agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, and panic attacks side effects including impaired perception of reality, reduced motor control, and decreased ability to think clearly. Cathinone derivatives act as central nervous system stimulants causing rapid heart rate, which may lead to chest pains, nosebleeds, heart attacks, and strokes.

*PHENCYCLIDINE* or “*PCP, Angel Dust, Supergrass, Embalming Fluid, Rocket Fuel, Wack, Ozone.*” PCP comes in tablet, capsules or as a powder or liquid, and can range in color from white to brown on the street. It is usually sprayed marijuana joints or cigarettes and smoked. PCP abusers have severe memory problems. Common symptoms under the influence include auditory hallucinations, image distortion, numbness, loss of coordination, rapid and involuntary eye movements, violent hostility, and mental illness. Originally designed as a human anesthetic and later produced only as a veterinary anesthetic, it is believed to be one of the most dangerous drugs of abuse.

*MDMA, “Ecstasy, XTC, Go, X, Adam, Hug Drug”* is sold in tablet form and often imprinted with graphic designs or commercial logos. The drug is a stimulant that suppresses the need to eat, drink, or sleep. It has been called the “LSD of the '80s” and gives the user a cocaine-like rush with hallucinogen euphoria. Ecstasy can cause overdose rapid heartbeat, high blood pressure, faintness, muscle cramping, panic attacks, loss of consciousness, seizures, stroke, kidney and cardiovascular system failure, possible permanent damage to sections of brain critical to thought and memory, and death.

The National Institute on Drug Abuse reports that they can cause brain damage. Was sold legally for a few years. In 1985 the DEA outlawed MDMA, although it is still widely available.

In 2000, more than 6.4 million people age 12 and older reported that they have used *Ecstasy* at least once in their lives. Ecstasy is popular among middle-class adolescents and young adults and is sold primarily at nightclubs, at “acid houses,” (underground night clubs) and at all-night parties known as “raves.” A common side effect is jaw muscle tension and teeth grinding, which is why Ecstasy users will often suck on pacifiers to help relieve the tension.

*GHB, Liquid Ecstasy, Scoop, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Liquid X, and Goop,”* is an odorless, colorless liquid or white powder usually mixed with alcohol, and has anabolic effects.

## **PRESCRIPTION PAINKILLERS**

*OXYCONTIN/OXYCODONE* a.k.a. “*Hillbilly Heroin, Oxy, Oxycotton*” is prescribed as a pain medication and comes in tablet form. Illegal use of this drug has especially increased in recent years on the East Coast. 19.9 million Americans have used pain relievers illegally in their lifetime. Long-term usage leads to addiction and over dosage can cause severe respiratory depression and death. Painkillers like Percocet, Oxycotin, Demerol and Fentanyl are highly addictive narcotics prescribed as a pain medication. The synthetic variation Fentanyl is considered more potent than Heroin and known on the street as “*China White.*” OxyContin/Oxycodone comes in tablet form. Illegal use of this drug has especially increased in recent years on the East Coast. 19.9 million Americans have used pain relievers illegally in their lifetime. Long-term usage leads to addiction and over-dosage can cause severe respiratory depression that can lead to death.

Recently, the epidemic rise in prescription drug overdose deaths has been escalating at an alarming rate in a wide-range of the population including teenagers and senior citizens. Every day 100 people in the United States die from drug overdoses, and most are from prescription drugs or from mixing pain pills with alcohol. Even a relatively small amount of alcohol can be Fatal. the person goes to sleep and doesn't wake up because the combination of two strong depressants **gradually** slow down body functions to a complete halt. Accidental overdose can also happen by taking more pills or taking the medication more frequently than prescribed for pain relief.

**KETAMINE:** "*Jet, Super Acid, Special K, Big K, Green, K, Cat Valium,*" comes in a clear liquid and a white or off-white powder form. It is a tranquilizer most commonly used on animals. It is injected, consumed in drinks, or smoked in cigarettes or joints. Higher doses produce an effect referred to as "*K-Hole,*" an "out of body," or "near-death" experience. This drug can cause delirium, amnesia, depression, blood clots, gangrene, abscesses, and long-term memory and cognitive difficulties.

**ROHYPNOL:** "*R-2, Mexican Valium, rophies, roofies, circles,*" comes in an olive green, oblong tablet, imprinted with the number 542. This drug is physically and psychologically habit-forming. Side effects include decreased blood pressure, drowsiness, visual disturbances, dizziness, confusion, astro-intestinal disturbances, and urinary retention. The new Rohypnol tablet includes a dye that, according to Hoffman-La Roche (produces Rohypnol) will be visible if it is slipped into a drink.

**SYNTHETIC POT,** a psychoactive designer drug derived of natural herbs sprayed with synthetic chemicals that, when consumed, allegedly mimic the pleasurable effects of cannabis. It is best known by the brand names K2 and Spice. Extremely large doses may cause increased agitation and vomiting. Initial studies focused on the role of synthetic cannabis and psychosis suggest that synthetic cannabinoid intoxication is associated with acute psychosis, worsening of previously stable psychotic disorders, and also may have the ability to trigger a chronic long-term psychotic disorder among vulnerable individuals such as those with a family history of mental illness.

One case has been reported wherein a user, who had previously suffered from cannabis-induced recurrent psychotic episodes, suffered reactivation of his symptoms after using Spice. Psychiatrists treating him have suggested that the lack of an antipsychotic chemical, similar to cannabidiol found in natural cannabis, may make synthetic cannabis more likely to induce psychosis than natural cannabis. As of March 1, 2011, five cannabinoids have been placed on Schedule I of the Controlled Substances Act and are illegal to possess or use in the US. The Drug Enforcement Administration states said action is "to avoid an imminent hazard to the public safety."

**INHALANTS,** which include volatile solvents and gases from glues, lighter fluid, gasoline, cleaning fluids, and paint products. These fumes are sniffed, snorted, huffed, or bagged to produce intoxicating effects similar to alcohol. Inhalant abuse is the inhaling or sniffing of these substances to get high, and it is estimated that about 1,000 substances are misused in this manner. The easy accessibility makes inhalants one of the first substances abused by children. The highest incidence of use is among 10 to 12 year old children with rates of use declining with age. Common slang includes "laughing gas" (nitrous oxide), "snappers" (amyl nitrite), "poppers" (amyl nitrite and butyl nitrite), "whippets" (fluorinated hydrocarbons, found in whipped cream dispensers), "bold" (nitrites), and "rush" (nitrites). The chemicals found in these products include toluene, benzene, methanol, methylene chloride, acetone, methyl ethyl ketone, methyl butyl ketone, trichloroethylene, and trichlorethane. Butyl nitrite, sold as tape head cleaner and referred to as "*Rush, Locker Room, Climax,*" is often "huffed," Slang for inhaling the fumes to get high.

Inhalants depress the central nervous system, producing decreased respiration and blood pressure. Other indicators of inhalant abuse include slurred speech or staggering gait, red, glassy, watery eyes, and excitability or unpredictable behavior. Serious health problems include kidney abnormalities, liver damage, memory impairment, and diminished non-verbal intelligence. Deaths result from heart failure, asphyxiation, or aspiration. See products abused as inhalants at [www.inhalants.org/product.htm](http://www.inhalants.org/product.htm), National Inhalant Prevention Coalition.

- Inhalant abuse is increasing and kills more than a thousand children each year.
- Inhalants are highly toxic; one session of inhalations can result in cardiac arrest and death.
- Even some first-time users, are left with respiratory problems and permanent brain damage.

## ADDITIONAL DRUGS <sup>6</sup>

According to NIDA, there is an explosion of new drugs across the nation resulting in escalating overdose deaths. These include synthetic cannabinoid products, sold under brand names like "**Spice,**" "**K2,**" "**No More Mr. Nice Guy, Blonde, Summit, Standard, Blaze, Red Dawn X, Citron, Green Giant, Smacked, Wicked X, AK-47; Geeked Up, Ninja, Caution, Red Giant, and Keisha Kole.**" Synthetic cannabinoids are chemically related to THC, the active ingredient in marijuana, and are sometimes called "synthetic marijuana" or "legal marijuana," but the effects can be significantly more powerful than marijuana. Users can experience anxiety and agitation, nausea and vomiting, high blood pressure, shaking and seizures, hallucinations and paranoia.

Makers of designer drugs that are chemically similar to marijuana's active ingredient THC, called synthetic cannabinoids or colloquially "**synthetic marijuana**" or "**synthetic pot**"—are constantly creating new products to evade legal bans on older compounds. Despite the similarity on the molecular level, these drugs are much more dangerous than marijuana, and have resulted in very serious health consequences including overdoses and aggressive or suicidal behavior in users. Some new compounds have recently emerged that are sending many users to the hospital in cities around the country. They include:

*AB-PINACA, AB-FUBINACA*, sold as "**Cloud 9,**" "**Relax,**" or "**Crown**" is sold as a liquid in eyedropper bottles and often used with vaporizing devices—e-cigarettes or "hookah pens." Numerous hospitalizations in Michigan prompted the Macomb County Health Department to issue an emergency warning and ban on the sale of these drugs, which are reported to cause hallucinations, aggressive behavior, racing heartbeat, drowsiness, and vomiting.

**Spice, or K2**, also known as **synthetic marijuana**, is popular among youth. A synthetic version of marijuana, K2/Spice is a mixture of plant material sprayed with synthetic psychoactive chemicals. Often looks like potpourri and typically labeled "not for human consumption." Dangerous to purchase from Internet because its origins and chemical amounts are unknown.

*MAB-CHMINACA, ADB-CHMINACA*, sold as "**Mojo,**" "**Spice,**" "**K2,**" and "**Scooby Snax**", resulted in over 150 hospital visits in Baton Rouge and Lafayette, LA in October, prompting the governor to ban the drug in that state. It is reported to cause severe agitation, anxiety, and paranoia; raised heartbeat and blood pressure; nausea and vomiting; muscle spasms, seizures, and tremors; intense hallucinations and psychotic episodes, including suicidal fixations and other harmful thoughts.

Recent surges in hospitalizations and calls to poison control centers in several southern and northeastern U.S. states linked to consumption of synthetic cannabinoid products have prompted officials to issue health warnings. After a surge in synthetic cannabinoid exposures and poison center calls in April and May, 2015, the Maryland Poison Center issued an urgent notice about the dangers of these drugs. New York Governor Andrew Cuomo issued an alert after more than 160 patients were hospitalized following synthetic cannabinoid use in under two weeks in mid April, 2015.

According to NIDA, one out of nine U.S. 12th graders had used a synthetic cannabinoid product during the prior year.

Warning from Europe: "**Superman**" pills.

An alert was recently issued in The Netherlands warning about pills with a distinctive Superman logo, sold as MDMA (also called **Ecstasy or Molly**) but actually containing a lethal dose of another substance, PMMA (paramethoxymethylamphetamine). These pills have not been reported in the U.S., but four people in the UK are thought to have died after taking these pills. Posted January 16, 2015.



**Flakka (alpha-PVP)**, also called "Gravel," is another dangerous, synthetic drug that is surging in Florida and in other parts of the country, according to news reports. Alpha-PVP is chemically similar to other synthetic cathinone drugs popularly called "bath salts," that take the form of a white or pink, foul-smelling crystal that can be eaten, snorted, injected, or vaporized in an e-cigarette or similar device. Vaporizing, or "vaping" which sends the drug very quickly into the bloodstream, may make it particularly easy to overdose. Like other drugs of this type, alpha-PVP can cause a condition called "excited delirium" that involves hyper-stimulation, paranoia, and hallucinations that can lead to violent aggression and self-injury. The drug has been linked to deaths by suicide as well as heart attack. It can also dangerously raise body temperature and lead to kidney damage or kidney failure. <sup>7</sup>

**Budder**.aka, butane hash oil, marijuana wax, ear wax hash., is a bi-product made from THC and other chemicals extracted from the stems and leaves of marijuana plants. <sup>8</sup>

The e-cigarette and other vaping devices are not only in vogue, they come in all shapes and sizes, from pens to bulky contraptions "that are as big as hair dryers." The latest craze in recreational inebriation is to vape Budder and Flakka in them. <sup>6</sup>

The U.S. Drug Enforcement Agency (DEA) has issued a nationwide alert about the dangers of Fentanyl and related compounds (Fentanyl analogues). Fentanyl, an opioid that is 30 to 50 times more potent than heroin and 50-100 times more powerful than morphine, is both abused on its own and commonly added to heroin to increase its potency. Fentanyl and Fentanyl-laced heroin have been a concern for over a decade and have caused numerous overdose deaths among injection drug users in several U.S. cities. Heroin is not the only drug that can be laced with Fentanyl, however. Officials in Vancouver, British Columbia, Canada, recently issued public warnings about a wide range of Fentanyl-laced drugs causing overdose deaths among users. They warn that Fentanyl is now being concealed in non-injection drugs, including Oxycodone and various "party drugs" in powder or pill form, as well as in marijuana (although no deaths have been confirmed from Fentanyl-laced marijuana)." <sup>6</sup>

The summer of 2015 ended with a surge in overdose deaths related to Fentanyl, that prompted Baltimore health officials to launch a public health campaign to raise awareness among drug users. Hundreds of people have overdosed on Fentanyl across the nation since 2013, often as a result of using Heroin that has been laced with the much stronger substance. A quarter of drug overdose deaths in Maryland now involve Fentanyl, up from 4 percent in 2013. Updated July 9, 2015 <sup>6</sup>

Opioid overdose can stop a person's respiration, and Fentanyl can have this effect very quickly. Other parts of the country such as Detroit and surrounding suburbs are also seeing major surges in Fentanyl use and fentanyl-related deaths. In some cases users are unknowingly taking Fentanyl in what they believe to be pure Heroin, but a growing number of opioid users are deliberately taking Fentanyl. <sup>6</sup>

**Fentanyl** and other opioid overdoses can be reversed if the drug Naloxone (Narcan) is administered promptly. In a growing number of states, naloxone is being distributed to injection drug users and other laypersons to use in the event of overdose. For example, Baltimore's Staying Alive Drug Overdose Prevention and Response plan issues Naloxone and training in its use. <sup>6</sup>

Health officials in Indiana have announced a fast-spreading outbreak of new HIV cases in the southeastern portion of the state that are linked to injection drug abuse of the powerful prescription opioid painkiller Opana. Injecting drugs and sharing injection equipment is one of the main routes of transmitting HIV. Also, a few new HIV cases in southeastern Indiana were transmitted sexually. Officials advise that people in southeastern Indiana who have engaged in needle sharing or unprotected sex should get tested for HIV and then re-tested after 2-3 months, as HIV may not appear on tests immediately when the virus is contracted. To reduce risk of contracting HIV, avoid injection drug use, sharing or re-using needles, and having unprotected sex or sex with commercial sex workers. <sup>10</sup> Posted February 27, 2015

**Caffeine** is generally safe at the dosages contained in popular beverages, but caffeine powder is so potent that safe amounts cannot be measured with ordinary kitchen measuring tools, making it very easy to overdose on them even when users are aware of their potency. The FDA thus recommends that consumers avoid caffeine powder altogether, and wishes to alert parents to the existence of these products and their hazards.<sup>6</sup>

The death of an Ohio high school senior caused by an overdose of powdered caffeine has prompted the FDA to issue a safety advisory about caffeine powders. Bulk bags of pure caffeine powder are readily available online, and these products may be attractive to young people looking for added caffeine stimulation or for help losing weight, but they are extremely dangerous. Just a teaspoon of pure caffeine powder is equivalent to about 25 cups of coffee—a lethal amount. Besides death, severe caffeine overdose can cause fast and erratic heartbeat, seizures, vomiting, diarrhea, and disorientation, symptoms much more extreme than those of drinking too much coffee or tea or consuming too many sodas or energy drinks.

Effects common to all club drugs can include anxiety, panic, depression, euphoria, loss of memory, hallucinations, and psychotic behavior. Drugs, traces of drugs, and drug paraphernalia are direct evidence of drug abuse. Pacifiers, menthol inhalers, surgical masks, and other such items could also be considered indicators.<sup>6</sup>

What are **Marijuana Concentrates** or **THC Concentrates**? A marijuana concentrate is a powerful substance that may look like honey or butter. It is made by extracting THC from marijuana. THC (tetrahydrocannabinol) is the psychoactive chemical in marijuana that produces the “high” feeling users seek. Some marijuana concentrates contain 40 to 80 percent THC. Regular marijuana contains THC levels of 15 to 20%.<sup>8</sup>

The street names: Butane Hash Oil (BHO), Honey Oil, Wax, 710, Budder, Dabs, THC Extractions.<sup>8</sup>

How is it made? One popular extraction method uses butane, a highly flammable solvent, which is put through an extraction tube filed with finely ground marijuana. The residue is a mixture of very concentrated THC and butane. The butane evaporates leaving a sticky liquid known as “wax” or “dab.” This extraction method is dangerous because butane is a very explosive substance. Law enforcement personnel report explosions in houses, apartment buildings and other locations where persons attempted the extraction. Persons with serious burns have gone to hospitals.<sup>8</sup>

How is it used? The “wax” is used with vaporizers or e-cigarettes or heated in a glass bong. Users prefer using e-cigarettes or vaporizers because it is smokeless, odorless, and easy to hide.<sup>8</sup>

**Kratom** is a tropical tree native to Southeast Asia. Consumption of its leaves produces both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychotic symptoms and psychological addiction. The psychoactive ingredient is found in the leaves from kratom tree. These leaves are subsequently crushed and then smoked, brewed with tea, or placed into gel capsules. Also known as thang, kakuam, thom, ketum, and biak, kratom is more commonly abused in the Asia Pacific region than the United States. It is mostly abused by oral ingestion in a pill form, kratom may also be dissolved and ingested as a tea or the kratom leave may be chewed. The effects at low doses, kratom produces stimulant effects with users reporting increased alertness, physical energy, and talkativeness. At high doses, users experience sedative effects. Kratom consumption can lead to addiction. Several cases of psychosis resulting from use of kratom have been reported, where individuals addicted to kratom exhibited psychotic symptoms, including hallucinations, delusion, and confusion.<sup>5</sup>

**Salvia divinorum** is a perennial herb in the mint family that is abused for its hallucinogenic effects. *Salvia* is native to certain areas of the Sierra Mazateca region of Oaxaca, Mexico. It is one of several plants that are used by Mazatec Indians for ritual divination. *Salvia divinorum* plants can be grown successfully outside of this region. They can be grown indoors and outdoors, especially in humid semi-tropical climates. Common street names include: Maria Pastora, Sally-D, and *Salvia*. *Salvia* can be chewed, smoked, or vaporized. Psychic effects include perceptions of bright lights, vivid colors, shapes, and body movement, as well as body or object distortions. *Salvia divinorum* may also cause fear and panic, uncontrollable laughter, a sense of overlapping realities, and hallucinations. <sup>5</sup>

### **A Recap of the Most Popular Club Drugs and Their Affect: <sup>9</sup>**

#### 1) Methylenedioxymethamphetamine (MDMA)

Street names: Ecstasy, E, X, XTC, Adam, Clarity, Lover's Speed. An amphetamine-based, hallucinogenic type drug that is taken orally, usually in a tablet or capsule form.

Effects:

- Lasts 3-6 hours.
- Enables dancers to dance for long periods of time.
- Increases the chances of dehydration, hyper tension, heart or kidney failure, and increased body temperature, which can lead to death.
- Long-term effects include confusion, depression, sleep problems, anxiety, paranoia, and loss of memory.

#### 2) Gamma-hydroxybutyrate (GHB)

Street names: Grievous Bodily Harm, G, Liquid Ecstasy, Georgia Home Boy

A central nervous system depressant that is usually ingested in liquid, powder, tablet, and capsule forms.

Effects:

- May last up to 4 hours, depending on the dose used.
- Slows breathing and heart rates to dangerous levels.
- Also has sedative and euphoric effects that begin up to 10-20 minutes from ingestion.
- Use in connection with alcohol increases its potential for harm.
- Overdose can occur quickly-sometimes death occurs.

#### 3) Methamphetamine

Street names: Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass

A central nervous system stimulant, often found in pill, capsule, or powder form, that can be snorted, injected, or smoked.

Effects:

- Displays signs of agitation, excited speech, lack of appetite, and increased physical activity.
- Often results in drastic weight loss, violence, psychotic behavior, paranoia, and sometimes damage to the heart or nervous system.

#### 4) Ketamine

Street names: Special K, K, Vitamin K, Cat Valium

An injectable anesthetic used primarily by veterinarians, found either in liquid form or as a white powder that can be snorted or smoked, sometimes with marijuana.

Effects:

- Causes reactions similar to those of PCP, a hallucinatory drug.
- Results in impaired attention, learning, and memory function. In larger doses, it may cause delirium, amnesia, impaired motor function, high blood pressure, and depression.

5) Rohypnol

Street names: Roofies, Rophies, Roche, Forget-me Pill

Tasteless and odorless sedative, easily soluble in carbonated beverages, with toxic effects that are aggravated by concurrent use of alcohol.

Effects:

- Can cause anterograde amnesia, contributing to Rohypnol's popularity as a "date rape" drug.
- Can cause decreased blood pressure, drowsiness, visual disturbances, dizziness, and confusion.

6) Lysergic Acid Diethylamide (LSD)

Street names: Acid, Boomers, Yellow Sunshines

Hallucinogen that causes distortions in sensory perception, usually taken orally either in tablet or capsule form. Often sold on blotter paper that has been saturated with the drug.

Effects:

- Are often unpredictable and may vary depending on dose, environment, and the user.
- Causes dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, dry mouth, and tremors.
- Can cause numbness, weakness, and nausea.
- Long-term effects may include persistent psychosis and hallucinogenic persisting perception disorder, commonly known as "flashbacks."<sup>6</sup>

## **KNOW THE SIGNS<sup>9</sup>**

Effects of stimulant club drugs, such as MDMA and Methamphetamine:

- Increased heart rate
- Convulsions
- Extreme rise in body temperature
- Uncontrollable movements
- Insomnia
- Impaired speech
- Dehydration
- High blood pressure
- Grinding teeth

Effects of sedative/hallucinogenic club drugs, such as GHB, Ketamine, LSD, and Rohypnol:

- Slow breathing, Drowsiness
- Decreased heart rate (Except LSD)
- Respiratory problems, Tremors
- Intoxication, Nausea
- Confusion

Effects common to all club drugs can include anxiety, panic, depression, euphoria, loss of memory, hallucinations, and psychotic behavior. Drugs, traces of drugs, and drug paraphernalia are direct evidence of drug abuse. Pacifiers, menthol inhalers, surgical masks, and other such items could also be considered indicators.

### **Where Do You Go for Help?**

If you suspect your child is abusing drugs, monitor behavior carefully. Confirm with a trustworthy adult where your child is going and what he or she is doing. Enforce strict curfews. If you have evidence of club drug use, approach your child when he or she is sober, and if necessary, call on other family members and friends to support you in the confrontation.

Once the problem is confirmed, seek the help of professionals. If the person is under the influence of drugs and immediate intervention is necessary, consider medical assistance. Doctors, hospital substance programs, school counselors, the county mental health society, members of the clergy, organizations such as Narcotics Anonymous, and rape counseling centers stand ready and waiting to provide information and intervention assistance.<sup>9</sup>

#### **For more information:**

##### **Office of Justice Programs**

<http://ojp.gov/>

##### **Office of Juvenile Justice and Delinquency Prevention**

1-800-638-8736 <http://www.ojjdp.gov>

##### **Drug Enforcement Administration** [www.dea.gov](http://www.dea.gov)

##### **Center for Substance Abuse Treatment (CSAT)**

1-800-662-HELP

##### **Community Anti-Drug Coalitions of America**

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

##### **Substance Abuse and Mental Health Services Administration**

<http://www.samhsa.gov/>

##### **National Institute on Drug Abuse**

<http://www.drugabuse.gov/>

##### **Office of National Drug Control Policy Clearinghouse**

1-800-666-3332

[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

##### **Substance Abuse Treatment Facility Locator**

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

## Group Discussion

1. Nicotine, marijuana and prescription painkillers are 2nd, 3rd, and 4th most commonly abused drugs in the U.S. What do you think is the number one drug of abuse?
2. Are there any physical symptoms to signal that a person is abusing drugs?
3. Are there any behavioral changes to indicate that a person is using drugs?

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## BASIC PREVENTIVE MEASURES & PREVENTION PROGRAMS

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Twenty years ago who ever heard of “*Dragon Rock*” (mixed Heroin & Crack)? ” Ten years ago who ever heard of “*Cat*” (Methcathinone, a combination of methamphetamine and cathinone.) Five years ago who ever heard of “*Bath Salts*”, a designer drug reported to increase tolerance for pain and cause extreme violent, even bizarre behavior, and two years ago who ever heard of “*TIK*,” what is to methedrine as “*Crack*” is to cocaine in its potency and speed of addiction? It is important for parents to educate their children about the dangers of drugs, alcohol and the serious consequences of substance abuse *as early as possible*. Many kids start drinking in middle school.<sup>1</sup>

The SAMHSA, an agency in the Department of Health and Human Services, is the Federal Government's lead agency for improving the quality and availability of substance abuse prevention, addiction treatment, and mental health services in the United States. According to SAMHSA, in 2010, an estimated 22.5 million Americans aged 12 or older had used an illicit drug during the month prior to the survey interview. Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used non-medically.<sup>2</sup>

Research funded by NIDA, the National Institute on Drug Abuse, and other federal research organizations, such as the National Institute of Mental Health and the Centers for Disease Control and Prevention, shows that early intervention can prevent many adolescent risk behaviors. Drugs pose a real threat to our children, but parents can counter this threat by working on the following preventive measures<sup>3</sup>:

- **Build up your children's self-esteem.**

A negative self-image makes people much more vulnerable to substance abuse, promiscuity, eating disorders, self-mutilation and suicide. Some self-doubt is considered healthy during adolescence, but it can also be symptomatic of emotional problems. Parents have the power to help build positive self-esteem and independence in their children. Praise them for good character traits, like kindness, integrity and diligence. Talk with them, and show interest in every area of their lives. Accept them for who they are and allow them to make decisions and choices. If they are allowed to solve problems for themselves, they will gain self-confidence when they solve them. For more information go to: [www.self-esteem-nase.org](http://www.self-esteem-nase.org)

- **Teach your children about drugs.**

Don't depend on schools to teach your children about the dangers and consequences of substance abuse. You have to get personally involved and let your kids know what your convictions and beliefs are in this matter. Show them pictures of how drugs ravage the looks and health of young people. Tell them that drugs will not be tolerated. Be educated yourself regarding drugs and drug paraphernalia.

- **Promote alternatives to drugs.**

Churches and schools should develop "Just Say No" clubs and fun programs. Activities that challenge the mind, sports, the arts, reading books and hobbies are all positive alternatives to the negative influence of drugs.

- **Parents, who are drug-free themselves, set a good example, but...**

Even if you don't use recreational drugs, it is sometimes necessary to take cold medicines or other medicines prescribed by your doctor to take care of your health. Keep a close watch on all your medicines. Keep them secure, because today some teenagers are abusing cough/cold medicines.

Talking to your teens about medicine abuse is the best way to keep them from “experimenting.” For more information go to: [www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org)

- **Life and health is a gift from God.**

Teach children that their bodies are the temple of the Holy Spirit and should be treated with respect and cared for. Let them know that they are valuable and that they are loved. “Children are a heritage from the Lord, the fruit of the womb a reward. Happy, blessed, and fortunate is the man whose quiver is filled with them!” (Psalm 127:3, 5 AMP)

- **Monitor your children’s friendships**

Before allowing your child to spend too much time with another child, parents should get to know the other child’s family. Be acquainted with your child’s friends and their parents. Does the child come home to an empty house after school? Is there adult supervision of the children’s activities? An unsupervised home often invites drug/alcohol experimentation. Set up a curfew, with clear guidelines for your teenagers, and stick to it!

About 20.8 million youths, aged 12 to 17, have talked with a parent about the dangers of substance abuse or have been exposed to some kind of substance abuse prevention message from media sources during the past 12 months, according to SAMHSA’s National Survey on Drug Use and Health in 2003.<sup>4</sup>

### **Did you know?**

- One out of every two 8th graders has tried alcohol.
- More children are killed by alcohol than all illegal drugs combined.
- Children who begin drinking alcohol before the age of 15 are 5 times more likely than those who start after age 21 to develop alcohol problems.
- The chances of becoming dependent decrease by 14% for each year of delay of alcohol use.
- About 14.6 million of the youths reported that they talked with at least one of their parents during the past year about the dangers of tobacco, alcohol or drug use.
- Youths who talked with a parent about the dangers of tobacco, alcohol, or drug use over the past year were less likely to report past month alcohol use, alcohol use, or illicit drug use than youths who had not talked with a parent.

### **You Have the Power to Influence Your Child’s Decisions**

According to SAMHSA’s National Survey on Drug Use and Health about 20.8 million youths, aged 12 to 17 talked with a parent about the dangers of substance abuse or were exposed to some kind of substance abuse prevention message from media sources during the past 12 months. The survey found that youths who talked with a parent about the dangers of tobacco, alcohol, or drug use over the past year were less likely to report alcohol use, alcohol use, or illicit drug use than youths who had not talked with a parent. Prevention messages received in school as well as outside of school (media, community) were also associated with lower rates of substance use among youths.

The following, helpful sample interview questions are provided by SAMSHA for you to interview your child and then let your child interview you. Showing interest in what your child says will validate your child’s feelings. If your child says something you don’t agree with, respond positively and try to find a constructive answer.<sup>5</sup>

1. What three words would you use to describe yourself? To describe me?
2. Who are some of your role models? What do you admire about these people?
3. What scares or concerns you? What makes you happy?



4. What are your future goals?
5. How would drinking alcohol or using drugs get in the way of your future goals?
6. What would you do if you were offered alcohol or drugs at a party?
7. What would you do if the person responsible for driving you has been drinking alcohol?
8. What would you really like to ask me but are too afraid to talk about?

### Group Discussion

1. Do you think that teaching kids about the dangers of illicit drug use, and substance abuse is the sole responsibility of parents? Why? (Why not?)
2. When should drug and alcohol prevention start? How?
3. Do you think it is important for the Church to address the dangers of substance abuse as well as the Biblical standpoint? Why? (Why not?)
4. What can be done to discourage adolescents from experimenting with drugs, alcohol, chemicals?
5. How important are role models for our children and youth growing up?

For additional online prevention information:

"Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders, Second Edition booklet (PDF format). The National Institute of Drug Abuse (NIDA) Home Page Lkd. <<http://www.drugabuse.gov/pdf/prevention/InBrief.pdf>>

<http://www.drugabuse.gov/pdf/prevention/InBrief.pdf>

This guide can also be obtained, free of charge, from the National Clearinghouse for Alcohol and Drug Information (NCADI) by calling-800-729-6686.

[www.monitoringthefuture.org/](http://www.monitoringthefuture.org/), [www.theantidrug.com](http://www.theantidrug.com), [www.positiveaction.net/](http://www.positiveaction.net/)

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## TO THE BELIEVER STRUGGLING WITH ADDICTION

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When the Lord healed the cripple by the pool He warned him: “sin no more. or a worse thing will happen to you.” Recovery can be tough and Jesus doesn’t condemn us, when we stumble (I John 1:9), but every time we relapse, isn’t it harder to recover, and harder to stop picking up? It’s like that spiritual law kicks in about the evil spirit coming back to the clean house with seven more worse than himself (Matt 12:43-45). The demons can’t get inside the believer, because “the house” is already occupied by the Holy Spirit. But they can make life a living hell through oppression, depression, self-condemnation, fear, worry, anger and the like.

Maybe that’s why with every relapse, it seems that something worse happens when we use drugs. Like almost dying from an overdose, or blacking-out and getting into an accident, or getting busted. On top of fresh addiction, we struggle with feelings of shame and guilt. We say to ourselves and to our loved ones. “This is not who I am,” but wonder if there is really any hope for us or will we soon end up dead somewhere from an overdose or a heart attack. So you wonder, “how can I break this cycle of picking up?”

### **Put God first in your life!**

God gives us the freedom to choose, and in the past, we’ve made some poor even dangerous choices. Now is the time to make the better choice. Choose to, seek Him with all your heart regularly and establish the habit of spending time with alone the Lord. Staying close to God and learning to trust Him is the way to be transformed. *“If anyone is in Christ, they are a new creation. Old things have passed away, all things have become new.” II Cor 5:17.*

Pray, read the Word, and attend a recovery-friendly church, that is alive with the Spirit of God. Allow the Lord to renew your mind and spirit day by day.

### **Forgive yourself!**

After you ask God’s forgiveness, don’t allow pride to keep you under guilt and condemnation. Yeah, you screwed up, and you always will, if you try to stay clean on your own strength or willpower, but God gave us the solution, Himself. Trust God to help you to move forward in your recovery process.

### **Get help!**

Christ-centered and Bible-based 12-step rehabilitation programs, like Teen Challenge, have a high rate of success for recovery in addicts and alcoholics. Anyone sincerely and diligently working through this type of program will be changed, but it is a process, and processes take time and have to be persistently “worked through.” That compulsive behavior, we exercised with such persistence, that stubborn focus on getting high, can be “re-trained” to focus on the Lord. Put Him back on the throne of your life! Once God is invited to guide our lives, His healing power will transform our thinking, our desires and ultimately we can experience His/our deliverance. Individuals in recovery from addiction also benefit from scripture support groups and faith-based programs that provide discipleship and guidance. Mentoring and restoration programs based on the teachings of Jesus are also highly effective in the recovery process and for developing a deeper relationship in Christ. By the power of the Holy Spirit, these support and recovery systems offer fellowship where hurting individuals receive total acceptance and can continue with the healing process. Avoid all alcohol and/ or drug-using friends.

### **Have faith in God!**

Over 2000 years ago, one man, Jesus Christ, started a movement that is still shaking the world. He spoke openly about the problem of sin and demonic oppression. The suffering of the God-man all the way to Calvary, and His resurrection from the grave bought our healing, deliverance and redemption. There is no way, God wants His children to be in bondage to any addiction or chemical dependency, so take heart, and draw close Him. He really is the solution to this problem.

### **You need power!**

Be baptized in the Holy Spirit. He will empower you to overcome sin. He will direct your life and teach you the things of God. You might ask a mature, spirit-filled Christian to pray with you to receive the baptism of the Holy Spirit. And ask God for wisdom.

Recovery is a process that takes time. Consequences of poor choices or negative experiences in the past don't automatically disappear, not even for those who are miraculously or instantly delivered from substance abuse. We have to be tenacious and focused about working through a recovery program while the Lord heals us from damages that wounded our psyche. As we mature in our relationship with Christ, we will learn to trust Him, and rely on Him to give us the grace we need to stay clean. We know from past relapses that we cannot rely on our own will power or strength to not "pick up." Getting tempted to get high or drunk is to be expected. That's when it's time to call your mentor, or your Spirit-filled pastor for support or go to a faith-based support group, like Overcomers Outreach or Celebrate Recovery, where you feel safe and accepted.

### **Don't give up!**

If we do relapse, and it happens, we need to confess to God and ask Him for forgiveness right away, (1John 1:9). We also need to forgive ourselves and determine to stay away from all the people who use/abuse or sell drugs, including alcohol, and places where we are going to run into them (bars, hangouts old neighborhoods ect.). God is merciful, but there are consequences for the things we do. Although God forgives us, we may get into trouble with the law and have to go to jail. Or we may ruin our health and die prematurely from substance abuse. Or we may influence someone else to start using, by our example, and thereby promote their destruction. Or something worse. There is also a spiritual consequence with relapses. Is it a coincidence, that every time we relapsed, it is harder to get "back on track" with the recovery process, and that bizarre experiences in our lives increase?

Overcoming addiction is impossible on our own, but with God nothing is impossible. The foundation for lifelong recovery is a committed relationship with God, working through a program of recovery and possibly taking medication as prescribed by a mental health care professional. Life is a gift and without a doubt, there is [abundant] life after addiction. Read the testimonies, and believe God! In what area of your life do you most need to practice moderation? Share your struggles about this problem with someone, and ask him or her to hold you accountable for making progress toward moderation in this area.

Appendices in the back of the book include contact information for Christian rehabilitation facilities, Christ-centered support groups, Christian recovery organizations and hospitals and clinics that treat co-morbid/dual diagnosis patients.

Lord Jesus, I turned away from You and I am sorry. Please forgive me. I know you died for my sins on the cross and shed Your blood for me. I know that You are the Savior and I want You to be the Lord in every part of my life. I rededicate my life to You. Lead me and guide me by the power of Your Holy Spirit. In Your name I pray. Amen.

## WHAT IS DUAL-DIAGNOSIS?

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“Dual-diagnosis or co-morbid,” refers to the individual suffering from combined mental illness and substance abuse/addiction. The National Institute on Drug Abuse (NIDA) outlines the impact and importance of covering diagnosis and treatment for both of these problems, and reports that the need to develop effective interventions to treat both conditions concurrently is strongly supported by research.

Some common co-morbidities associated with substance abuse are attention deficit disorders, mood disorders, anxiety disorders, eating disorders, self-injurious and risk-taking behaviors. Patients with co-occurring disorders often exhibit more severe symptoms than those caused by either disorder alone, underscoring the need for integrated treatment.<sup>1</sup>

According to the 2002 National Survey on Drug Use and Health (NSDUH), 18.5 million adults were estimated to have a serious mental illness (SMI). Persons aged 18 or older, who first used marijuana before age 12 were twice as likely to have SMI as those who first used marijuana at age 18 or older.<sup>2</sup>

Another research report provided by the National Institute on Drug Abuse (NIDA) stated “drug addiction is a complex brain disease characterized by compulsive, at times uncontrollable drug craving, seeking, and use despite devastating consequences; behaviors that stem from drug-induced changes in brain structure and function. These changes occur in some of the same brain areas that are disrupted in other mental disorders, such as depression, anxiety, or schizophrenia. It is therefore not surprising that population surveys show a high rate of co-occurrence, or co-morbidity, between drug addiction and other mental illnesses. Six out of ten people with a substance use disorder also suffer from another form of mental illness, but the high prevalence of dual-diagnosis does not mean that one condition caused the other.

1. Drugs of abuse can cause abusers to experience one or more symptoms of another mental illness. The increased risk of psychosis in some marijuana abusers has been offered as evidence for this possibility.
2. Mental illnesses can lead to drug abuse. Individuals with overt, mild, or even subclinical mental disorders may abuse drugs as a form of self-medication. For example, the use of tobacco products by patients with schizophrenia is believed to lessen the symptoms of the disease and improve cognition.
3. Both drug use disorders and other mental illnesses are caused by overlapping factors such as underlying brain deficits, genetic vulnerabilities, and/or early exposure to stress or trauma.

All three scenarios probably contribute, in varying degrees, to how and whether specific co-morbidities manifest. Depressive, manic-depressive and other dual diagnosed/co-morbid persons are often excluded from drug treatment programs because people taking prescribed medications are not admitted and generally, mental health treatment programs don't deal with the problem of substance abuse. Patients may conceal their addictions for fear of rejection from treatment, but source relapse in one disease often leads to relapse in the other. The report further states that exposure to traumatic events puts people at higher risk of substance use disorders, and physically or emotionally traumatized people are at much higher risk of abusing licit, illicit, and prescription drugs.<sup>3</sup>

The world-renowned Mayo Clinic addresses and treats health issues as well as mental problems. Besides traditional out- and in-patient surgical care, the Mayo Clinic has many programs available, including addiction programs, a diabetes clinic, a sleep clinic, a pain clinic and a psychiatry and psychology treatment center.

There are also numerous 12-step meetings, both secular and Bible based, taking place from morning to night in the immediate vicinity of the clinic which is located in Rochester, Minnesota.

## **LISTINGS OF TREATMENT FACILITIES FOR CO-MORBID/DUAL-DIAGNOSIS PATIENTS**

*Christian and secular institutions listed below treat patients suffering with mental disorders co-existent with substance abuse. Christian institutions are marked with a cross (+).*

MAYO CLINIC  
200 First Street  
Rochester, MN 559  
507-266-9426

MAYO CLINIC  
13400 E. Shea Blvd. 4500 San Pablo Road  
Scottsdale, AZ 85259 Jacksonville, FL 32224  
480-301-8000  
800-446-1179 (toll free)

MAYO CLINIC  
4500 San Pablo Road  
Jacksonville, FL 32224  
904-953-2000

THE HAVEN AT WESTCHESTER & WEILL CORNELL PSYCHIATRY  
inpatient unit located on the historic campus of New York-Presbyterian/Westchester Division  
888-694-5700

COLUMBIA UNIVERSITY MEDICAL CTR.  
622 West 168th Street  
New York, NY 10032  
212-305-6001

COLUMBIA EASTSIDE  
16 East 60th Street  
New York, NY 10022  
<http://www.nypppsychiatry.org>

PAYNE WHITNEY MANHATTAN  
525 East 68th Street  
New York, NY 10021

THE ALLEN PAVILION  
5141 Broadway  
New York, NY 10034

PAYNE WHITNEY WESTCHESTER  
21 Bloomingdale Road  
White Plains, NY 10605

SUMMIT PSYCHOLOGICAL SERVICES, provides one-on-one and group counseling.  
Summit, NJ 07902  
908-273-5558

SUMMIT HOSPITAL,  
19 Prospect St.  
Summit, NJ 07902  
800-753-5223, 908 522-7000

provides mental health & substance abuse treatment for adults,  
adolescents and children, in patient / out-patient.

ST CLAIRE'S HOSPITAL  
25 Pocono Road  
Denville, NJ 07834  
973-625-6000

SAINT CLARE'S HOSPITAL/DOVER  
400 West Blackwell Street  
Dover, NJ 07801  
973-989-3000

SAINT CLARE'S HOSPITAL/SUSSEX  
20 Walnut Street  
Sussex, NJ 07461  
<http://www.saintclares.org>, 866 STCLARE

+ TIMBERLINE KNOLLS, A private residential treatment center for women (dual diagnosis)  
40 Timberline Dr, Lemont, IL 60439  
(877) 257-9612  
<http://www.timberlineknolls.com/>

+ HIS & HER HOUSE, Addiction and Mental Health Treatment Center for Men & Women  
<http://hisandherhouses.com/resources/rehab-treatment/womens-treatment-program/>  
for women (888) 376-7268  
<http://hishousererehab.com/> / for men (888) 681-4594  
<http://hisandherhouses.com/locations/>  
in Southern California

+ STONEGATE CENTER, Christian drug & alcohol addiction treatment program for men.  
7510 Fm 1886  
Azle, TX 76020  
(866)-558-1076  
<http://www.stonegatecenter.com>

+ Christians Drug Rehab  
27382 Calle Arroyo, San Juan  
Capistrano, CA 92675  
(800) 631-7753  
[www.christiansdrugrehab.com](http://www.christiansdrugrehab.com)

+ Copac Treatment Programs  
3949 Highway 43 North  
Brandon, MS 39047  
[www.copacms.com](http://www.copacms.com)  
(888)545-4982  
[info@copacms.com](mailto:info@copacms.com)

+PINE REST CHRISTIAN MENTAL HEALTH SERVICES +  
300 68th Street SE, PO Box 165  
Grand Rapids, MI 49501  
616-455-9200 or 800-678-5500  
<http://www.pinerest.org/> <http://burningtreeranch.com/> 66

+BURNING TREE RANCH  
P.O.Box 757  
Kaufman, TX 75142  
877-962-7374, 972-962-7374

+ OVERCOMERS OUTREACH +  
a national organization that gives referrals for treatment of dual-diagnosis patients (Mentally ill, Chemical Abusers).For information in New Jersey, the Hope Center + in Elizabeth, (908 352-8778, [www.reliefbus.org](http://www.reliefbus.org)), has certified counselors who assist with placement into detox and rehabilitation programs. (800-310-3001)

+ RENEWEL CHRISTIAN TREATMENT AND RECOVERY +  
201 S Garnett Rd.  
Tulsa, Oklahoma 74128  
888.298.HOPE, 918 438 8016

TRANSITIONS RECOVERY PROGRAM  
1928 NE 154th Street  
North Miami Beach, FL 33162  
305-949-9001, 800-626-1980

LIFE HEALING CENTER OF SANTA FE  
P.O. Box 6758,  
Santa Fe, NM 87502  
877-907-6237  
<http://www.life-healing.com/>

SAMARITAN VILLAGE, INC  
138-02 Queens Blvd  
Briarwood, NY 11435  
800-532-HELP, 718-206-2000

SIERRA TUSCON  
Tuscon, AZ  
<http://www.sierratucson.com/>  
800-842-4487

CHOICES RECOVERY CENTER INC.  
606 North US Highway 1  
Fort Pierce, FL 34950  
800-981-9228, 772-460-5053  
[info@choicescounseling.org](mailto:info@choicescounseling.org)

+HAVEN HOUSE  
P.O. Box 2279  
Santa Rosa Beach, FL 32459  
850-622-3774  
[charles@havenhouse.net](mailto:charles@havenhouse.net)

+THE RECOVERY PLACE  
3100 East Commercial  
Boulevard  
Fort Lauderdale, FL 33308  
(866) 882-6166

Providing rehabilitation and treatment strength through a Christ-centered focus, and a Dual Diagnosis Program focused in achieving long-term management of addictions complicated by co-occurring psychological diagnoses.

VISIONS ADOLESCENT TREATMENT CENTERS  
Malibu CA  
866-889-3665  
[info@visionsteen.com](mailto:info@visionsteen.com)  
[www.visionsteen.com](http://www.visionsteen.com)

NATIONAL MENTAL HEALTH ASSOCIATION  
2000 N. Beauregard Street, 12th Floor  
Alexandria, VA 22311  
Phone 703/684-7722  
Fax 703/684-5968

Mental Health Resource Center 800/969-NMHA, TTY Line 800/433-5959

NATIONAL CLEARINGHOUSE ON ALCOHOL AND DRUG INFORMATION  
Phone: 800-729-6686  
[findtreatment.samhsa.gov/facilitylocator/doc.gov](http://findtreatment.samhsa.gov/facilitylocator/doc.gov)

DUAL RECOVERY ANONYMOUS WORLD SERVICES CENTRAL OFFICE  
P.O. Box 8107  
Prairie Village, KS 66208  
Phone:( 877-883-2332)  
Tim H., Director: (913/991-2703)  
[draws@draonline.org](mailto:draws@draonline.org)

+CELEBRATE A NEW LIFE @ HOPE BY THE SEA  
27432 Calle Arroyo  
San Juan Capistrano, California 92675  
(866 585-7490)

+THE CENTER • A PLACE OF HOPE  
547 Dayton Street  
Edmonds, WA 98020  
(888-771-5166) (425-771-5166)  
www.aplaceofhope.com  
www.drgregoryjantz.com

+THE RANCH  
6107 Pinewood Rd  
Nunnely, TN 37137  
(888) 503-1380  
(931) 981-9752

+THE RECOVERY VILLAGE AT PALMER LAKE  
443 S. Hwy 105 Palmer Lake, CO 80133  
(855.419-6338)  
(719) 884-0063

+LOST AND FOUND INC.  
6700 West 44th Ave  
Wheat Ridge CO, 80033  
(303) 420-8080  
Providing youth-in-crisis with addiction treatment and mental health counseling

ROCK RECOVERY CENTER  
7711 N Military Trail  
Palm Beach Gardens, Florida 33410  
Call Rock Recovery Center  
(561 531-5709)

FLORIDA COUNSELING CENTERS  
1299 Bedford Drive, Suite A  
Melbourne, Florida 32940  
Call Dr. Mike Ronsisvalle  
(321 360-7624)

+GRACIOUS CARE RECOVERY SOLUTIONS, INC  
201 North Federal Hwy, Second Flr  
Deerfield Beach, Florida 33441  
Call Mrs. Danielle Rebuck  
(954 440-7679)

+JC'S RECOVERY CENTER  
1818 Sheridan Street, 2nd Floor  
Hollywood, Florida 33020  
Call Mr. John Charos (954 866-8603)

ALTERNATIVES IN BEHAVIORAL HEALTH, INC.  
1301 Seminole Blvd., Suite H-169  
Largo, Florida 33770  
Call Dr. Terry Capes  
(727) 478-2106

+CHRISTIAN DISCIPLESHIP CENTER  
24826 Road L  
Cortez, CO 81321  
(970-565-3290)  
cdc@fone.net



SOURCES:

1. "Topics in Brief: Comorbid Drug Abuse and Mental Illness" Revised October 2007. December 3, 2012. < <http://www.drugabuse.gov/publications/topics-in-brief/comorbid-drug-abuse-mental-illness> >
2. 2002 National Survey on Drug Use and Health (NSDUH). "Age at First Use of Marijuana and Past Year Serious Mental Illness." Updated May16, 2008. December 3, 2012. <<http://oas.samhsa.gov/2k5/MJageSMI/MJageSMI.htm>>
3. "Why do drug use disorders often co-occur with other mental illnesses?" Lkd NIDA homepage, updated September 2010. September 13, 2012. <http://www.drugabuse.gov/publications/research-reports/comorbidity-addiction-other-mental-illnesses/why-do-drug-use-disorders-often-co-occur-other-men>

## TO THE CHURCH - WHAT CAN WE DO?

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Most people have an appreciation for the compulsive, irrational, and even violent nature of substance abuse. The Apostle Paul in his epistle to the Romans noted this tendency in our nature: "For that which I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate" (Romans 7:15).

Whether the anti-drug message is being introduced for the very first time or reaffirmed, our ministers and pastors can effectively expose the growing problem of alcoholism and chemical dependency from the pulpit. From this powerful platform, ministers educate, admonish and minister to their flock. In general, pastors have a significant influence on their congregation.

Church is not only a place for Christians to worship God and have fellowship. It should also be a safe haven for the broken-hearted, the lonely and the depressed to be ministered to with Christ-like empathy and compassion. Churches offer many excellent programs and ministries, but the life-threatening problem of substance abuse and addiction is often treated like a shame issue that no one wants to address. Jesus isn't afraid of sin; the Church is. We need to recognize the fact that He not only has the solution to this problem, He is the solution!

The best way to fight drug abuse and chemical dependency is to stop it before it starts. Our culture is destroying our kids. Programs that teach about substance abuse, the potential consequences of addiction, and present preventative measures with a biblical perspective that acknowledge Jesus Christ as the center of the healing process are crucial in this day and age.

When ministers avoid preaching about sin and difficult subjects, like drug addiction and alcohol dependency, their parishioners may easily assume that since their pastor doesn't talk openly about this offensive subject, it must not really be a problem that concerns their church. Nevertheless, Christians are just as susceptible as non-believers to become dependent on alcohol, prescription pain medication, marijuana or illicit street drugs. While we say and do nothing, individual lives, marriages and families are being destroyed.

In 1960, Pastor David Wilkerson started Teen Challenge, a ministry for addicts in New York City. Today, Teen Challenge provides care for people of all ages at over 170 centers in the United States and at 250 locations worldwide. In a 1975 survey by the National Institute of Drug Abuse, Teen Challenge was shown as having an 86 percent or higher success rate of recovery from drug addiction for those who complete the 12-month bible-based program. Most secular drug rehabilitation programs only experienced a cure rate of 1-15% for their graduates. The National Institute on Drug Abuse (NIDA), part of the U.S. Department of Health, Education, and Welfare, funded the first year of this study to evaluate the long term results of the Teen Challenge rehabilitation program.

We know from annual Monitoring The MTF surveys, that some kids start to drink and/or drug as early as 12 or younger. There is physiological evidence that some individuals are more prone to addiction than others, but basically the first time starts with a choice to use drugs or to get drunk. So not experimenting with drugs or alcohol to begin with, is the surest way to not become dependent on them. Parents and church leaders working together will have a definite impact in keeping our youths from experimenting with drugs and alcohol.

Teaching our children and adolescents at home about illegal drugs and the consequences of abusing them, is a vital first step in prevention, but churches need to be involved as well. Youth pastors should be encouraged to teach Bible-based classes about the danger of experimenting with inhalants, alcohol, illegal drugs and prescription painkillers.

Helping our children to develop their unique talents and interests in sports, art, music and the like is always positive. If we want our young people to spend their free time in quality after school programs, we need to invest our time and resources in youth programs that are fun and stimulating. If we don't offer the youth fun projects at church, how can we expect them not to get involved with the world?

One of the Church's strongest assets is the mature Christian. The believer, who has a solid relationship with the Lord, can have an immeasurable positive influence on the recovering addict through mentoring, discipling and by holding the recovering person accountable. There is also a need for men and women to start and lead more Christ-centered, Bible-based support groups and programs, where individuals in recovery can receive total acceptance and discover that, through Jesus Christ, it is possible to live drug-free and sober. In Galatians 6:1 NIV, we are told that *"If someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted."*

SAMSHA provides free resources for faith leaders to help those in their communities with alcohol and drug addiction issues that include information about addiction as a disease, its impact on the family, strategies for counseling, and prevention materials.<sup>1</sup>

Within the Church, as in the world, the entrapment of substance abuse, like sin, thrives in secrecy. Its power over the addict starts to shrink when the issue of substance abuse is openly addressed.

### **Group Discussion**

1. What examples of drunkenness are mentioned in the Bible and what were the consequences in each case?
2. Why do you think Christian adolescents become addicted to drugs, chemicals or alcohol?
3. Do you think church leaders should address the dangers of substance abuse as well as the Biblical position? Why? Why not?
4. Why do you think some churches are not recovery-friendly?

### **SOURCE:**

1. "Preventing and Addressing Alcohol and Drug Problems: A Handbook for Clergy" Published November 2009. Lkd <<http://store.samhsa.gov/product/Core-Competencies-for-Clergy-and-Other-Pastoral-Ministers-In-Addressing-Alcohol-and-Drug-Dependence-and-the-Impact-on-Family-Members/PHD1060>>

## DRUGS IN THE NEWS

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### **“Heroin Epidemic Sweep South Florida”**

August 12, 2016

In July 66 people overdosed on heroin in Delray Beach, of the 66 overdoses, seven died.

### **“High School Parties Where Teens Bring Prescription Drugs Trending”**

July 29, 2016

(WTKR, July 29) The kids call them "PHARM parties" which sound like "Farm," but they're actually very dangerous gatherings, officials warn. In fact, teens are taking drugs from the family medicine cabinet and bringing them to the parties, where participants pop pills without knowing what they are. They often believe the practice is safe because the drugs are prescription and come from their homes. They typically consume alcohol with the drugs, and can be very dangerous instead. Parents need to lock up medicine cabinets and talk with their teens about the dangers of taking drugs for reasons other than their original purpose.<sup>1</sup>

### **“Medical Experts: Opioid Addiction is 'Biggest Epidemic' Ever”**

July 14, 2016

(KCCI, July 14) Iowa is another state experiencing an opioid overdose epidemic. Tracing back to the 1990's, when doctors over-prescribed opioids, many people developed an addiction to them. One woman began 13 years ago by taking her mother's cancer medications for headaches, which quickly spiraled out of control. Soon she was spending a fortune trying to get drugs, and was developing a tolerance for higher doses, sending her into constant withdrawals. She's shocked she's still alive.<sup>2</sup>

### **“New Haven, Conn. Warns of ‘Tainted’ Drugs Amid Overdose Spike”**

June 25, 2016

(KSNT, June 25) As nearly 20 people overdosed on a bad batch of heroin or cocaine in New Haven, officials declared a public health emergency. At least three have died, and officials believe more will occur. The heroin may be tainted with fentanyl or another drug. Estimates project the year-end total will be up to 832 deaths, up from 729 last year and more than double since 2012.<sup>3</sup>

### **“New Synthetic Drug U-47700 Has States Rushing to Stop Spread”**

(Fox News, June 7) U-47700 is a new synthetic drug that has caused at least 50 deaths nationwide. Officials say it's an opioid that can be purchased online and is nearly eight times more potent than morphine. It can be snorted, injected, or taken orally. It's been banned in Ohio, Wyoming and Georgia.<sup>4</sup>

### **“Youth Perception of Marijuana Harm Decreases as “710” Becomes More Potent”**

May 25, 2016

Although marijuana use among youth poses a risk to health, nationally only 1 in 5 adolescents perceived it as such. According to SAMHSA's 2014 National Survey on Drug Use and Health, this misperception among youth exists at a time when marijuana concentrates continue to become more potent, which is cause for public concern. This demonstrates the need to educate young people about various forms of marijuana and their related health consequences and harms.<sup>5</sup>

### **“Problems resulting from abuse of opioid drugs continue to grow”**

June 27, 2016

The United States Drug Enforcement Administration (DEA) released the 2016 National Heroin Threat Assessment Summary - Updated (NHTA) today. The report outlines the expanding public health crisis afflicting America due to the use and abuse of heroin and other opioid drugs. Some key facts: The number of people reporting current heroin use nearly tripled between 2007 (161,000) and 2014. Some older drugs new excerpts quoted from Get Smart About Drugs, a DEA Resource for Parents.<sup>6</sup>

**THE FOLLOWING NEWS EXCERPTS ARE QUOTED FROM GET SMART ABOUT DRUGS, A DEA RESOURCE FOR PARENTS.<sup>7</sup>**

**“Salts: Worst Drug”**

June 14, 2012

About two years ago, bath salts—a lab-brewed drug that unpredictably mimics a crazy combination of coke, meth, and Ecstasy—suddenly popped into public consciousness. By most accounts, the drug—then legal—first surfaced in Louisiana in mid-2010, quickly moved through the South, and then spread out in all directions. Starting in late 2010, an influx of violent, irrational, self-destructive bath salts users began to congest hospital ERs throughout the States. Dr. Mark Ryan, director at the Louisiana Poison Center, calls bath salts “the worst drug” he has seen in his 20 years there.

“With LSD, you might see pink elephants, but with this drug, you see demons, aliens, extreme paranoia, heart attacks, and superhuman strength,” he explains. Part of the reason why bath salts are so appealing to users is that they can be much easier to access than other drugs. Purchasing non-synthetic drugs may require you to travel to dangerous areas and interact with violent criminals. Conversely, in the current synthetic drug market, you can walk into a climate-controlled shop, slide your ATM card under the glass, and walk out. Or you can skip all that and just order online. The DEA has found that most websites selling bath salts wholesale have domains registered in the United States and advertise their products as being legal in all 50 states.<sup>7</sup>

**“For Parents: Opiate Use Warning Signs and Getting Help”**

June 18, 2012

The crackdown on illegal use of prescription painkillers in some parts of the country has fueled increased use of heroin—a cheaper and more dangerous alternative—among teens. Both painkillers and heroin are opiates, a class of drugs derived from the poppy plant, so decreased availability of one can lead to increased use of the other. Experts urge parents to take action quickly if they suspect their teens are using opiates of any kind. Warning signs include: Missing pills from prescription bottles in the home; behavioral changes; indifference or even sleepiness; constant requests for money with nothing to show for it; and needle marks or unseasonable long-sleeved shirts to cover mark ups.<sup>7</sup>

“Parents should not hesitate to force their kid to seek help for this,” says Dr. Joe Gay, an Athens, Ohio, psychologist who treats addiction, noting the “ever-present danger” of overdose. “This is such a critical condition, and it’s progressive. It’s important to get help as soon as you can.” Studies show that the earlier addiction is treated, the greater the likelihood of long-term recovery, says Dr. Lynn Fiellin, a Yale internist who treats and studies addiction. SAMHSA, the federal Substance Abuse & Mental Health Services Administration, has a substance abuse treatment locator at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov).<sup>7</sup>

**“Painkiller Use Breeds New Face of Heroin Addiction”**

June 28, 2012

Across the country, heroin use is growing at an alarming rate and is affecting a surprising segment of the population. “Kids in the city know not to touch it, but the message never got out to the suburbs,” said Chicago Police Capt. John Roberts, who lost his son to heroin abuse and founded the Heroin Epidemic Relief Organization to help other families. Like most parents in upper-middle class neighborhoods, Roberts said, “We didn’t think it would ever be a problem out here.” The truth is that close to 90% of teen heroin addicts are white.

The biggest problem seems to be the connection between prescription painkillers and heroin. The opiate high that teens seek from drugs such as Oxycodone (the actual drug contained in OxyContin® brand pills) may also be obtained from heroin, which is much cheaper, easier to buy, and offers users a more intense high. “Kids are going to believe that this is not a problem, and parents are going to continue to leave their prescription opioids unattended if they don’t know about the risks,” said Westley Clark, director of the Center for Substance Abuse Treatment at the Department of Health and Human Services.

## **In 2016, YOUNG PEOPLE ARE DISPROPORTIONATELY THE ONES USING HEROIN**

Deaths due to synthetic opioids, such as fentanyl and its analogues, increased 79 percent from 2013 to 2014. Deaths involving heroin more than tripled between 2010 (3,036) and 2014 (10,574) – a rate faster than other illicit drugs. New to this year's summary is information on a recent phenomenon—fentanyl disguised as prescription pills—something allegedly responsible for the death of 19 people in Florida and California during the first quarter of 2016. Motivated by enormous profit potential, traffickers are exploiting high consumer demand for illicit prescription painkillers, tranquilizers, and sedatives by producing inexpensive counterfeits containing fentanyl that can be sold on the street.<sup>6</sup>

Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD stimulants, and anti-anxiety drugs. They do it for all kinds of reasons, including to get high or because they think Rx stimulants will help them study better. But Rx abuse is dangerous. In 2014, more than 1,700 young adults died from prescription drug (mainly opioid) overdoses—more than died from overdoses of any other drug, including heroin and cocaine combined—and many more needed emergency treatment.<sup>7</sup>

The threat posed by heroin in the United States is serious and has increased since 2007. Heroin is available in larger quantities, used by a larger number of people, and is causing an increasing number of overdose deaths. In 2014, 10,574 Americans died from heroin-related overdoses, more than triple the number in 2010. Increased demand for, and use of, heroin is being driven by both increasing availability of heroin in the U.S. market and by some controlled prescription drug (CPD) abusers using heroin. CPD abusers who begin using heroin do so chiefly because of price differences.<sup>6</sup>

Drug Poisoning Deaths Involving Heroin, 1999 to 2014 Heroin overdose deaths are increasing in many cities and counties across the United States, particularly in the Northeast area [the Mid-Atlantic, New England, and New York/New Jersey Organized Crime Drug Enforcement Task Force (OCDETF) Regions] as well as areas of the Midwest. Many cities are reporting the increase in heroin overdose deaths is more common in the suburban areas and outlying counties surrounding the cities. Possible reasons for these increases in overdose deaths include an overall increase in heroin users; high purity batches of heroin sold in certain markets, causing users to accidentally overdose; an increase in new heroin initiates, many of whom are young and inexperienced; abusers of prescription opioids (drugs with known compositions and concentrations) initiating use of heroin, an illicitly-manufactured drug with varying purities, dosage amounts, and adulterants; and the use of highly toxic heroin adulterants such as fentanyl in certain markets. Further, heroin users who have stopped using heroin for a period of time (due to rehabilitation programs, incarceration, etc.) and subsequently return to using heroin are particularly susceptible to overdose, because their tolerance for the drug has decreased. The heroin threat is particularly high in the Northeast and Midwest areas of the United States.<sup>6</sup>

Media reports and official alerts in several U.S. communities (including Sacramento, CA and most recently, Carroll County, MD) are warning of counterfeit pain and anxiety medications that actually contain fentanyl. The pills, which are disguised as common prescription drugs like Norco (hydrocodone), Percocet (oxycodone), and Xanax (alprazolam), are responsible for a growing number of overdose deaths and non-fatal overdoses around the country.<sup>8</sup>

Fentanyl is 25 to 50 times stronger than heroin, so even a small amount can cause an overdose. (The Drug Enforcement Administration reports that some of these pills are manufactured in China and smuggled into the U.S. via Mexican drug cartels. The fake pills are much cheaper than the real versions. The public should be aware that drugs obtained on the street, even though they look like a real prescription pharmaceutical, may be deadly. It is always unsafe to take a prescription drug unless it comes from your own prescription and is dispensed by a reputable pharmacy.<sup>6</sup>

## PROBLEM WITH PRESCRIPTION DRUG ABUSE AND SENIORS

The high rates of co-morbid illnesses in older populations, age-related changes in drug metabolism, and the potential for drug interactions may make any of these practices more dangerous than in younger populations. Further, a large percentage of older adults also use OTC medicines and dietary supplements, which (in addition to alcohol) could compound any adverse health consequences resulting from prescription drug abuse.<sup>10</sup>

Persons aged 65 years and older comprise only 13 percent of the population, yet account for more than one-third of total outpatient spending on prescription medications in the United States. Older patients are more likely to be prescribed long-term and multiple prescriptions, and some experience cognitive decline, which could lead to improper use of medications. Alternatively, those on a fixed income may abuse another person's remaining medication to save money.<sup>11</sup>

### SOURCES:

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3. New Haven, Conn. Warns of 'Tainted' Drugs Amid Overdose Spike  
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4. New Synthetic Drug U-47700 Has States Rushing to Stop Spread  
<https://www.getsmartaboutdrugs.com/news-statistics/2016/06/13/new-synthetic-drug-u-47700-has-states-rushing-stop-spread> Last Updated: Monday, June 13, 2016
5. Youth Perception of Marijuana Harm Decreases as "710" Becomes More Potent  
<http://newsletter.samhsa.gov/2016/05/25/710-oil-risks/> May 25, 2016
6. DEA Releases 2016 National Heroin Threat Assessment Summary  
<https://www.dea.gov/divisions/hq/2016/hq062716.shtml> June 27, 2016
7. "News". Get Smart about Drugs, a DEA Resource for Parents. 2012. September 5, 2012.  
[http://www.getsmartaboutdrugs.com/hot\\_topics/news.html?Page=4getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com/hot_topics/news.html?Page=4getsmartaboutdrugs.com)
8. "Fake Prescription Drugs Laced with Fentanyl" <https://www.drugabuse.gov/emerging-trends/fake-prescription-drugs-laced-fentanyl> (6 Aug 2016)
9. "Abuse of Prescription (Rx) Drugs Affects Young Adults Most"  
<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most> (Updated February 2016)
10. Prescription Drug Abuse and Older Adults <https://www.drugabuse.gov/publications/research-reports/prescription-drugs/trends-in-prescription-drug-abuse/older-adults> (Updated November 2014)
11. "National Heroin Threat Assessment" [https://www.dea.gov/divisions/hq/2016/hq062716\\_attach.pdf](https://www.dea.gov/divisions/hq/2016/hq062716_attach.pdf) June 2016

## CONSIDER STARTING & LEADING A SUPPORT HOME GROUP!

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Addicts as well as loved ones and family members of the addicted person need support systems. As the problem with addiction continues to escalate, so does the need for more structured, customized support groups and programs. Many churches provide this type of support ministry as a way to introduce people to Christ-centered recovery. The purpose of these groups is to create a safe, confidential place for men and women to share their related, but unique experiences with each other. The combination of listening to and sharing with each other and growing in relationship with Christ through His Word develops a fellowship that assists the healing process.

Some basic information on starting a support/recovery group is for interested individuals to pray together and ask God for guidance. Discuss different ways to introduce a group in your church. Group leaders should have at least 12 months clean time and experience or training from working through a program like Teen Challenge\*, Overcomers Outreach\*, which is a recovery program based on a Christ-centered 12-step program, Celebrate Recovery, a Bible-based program, or the 12-steps in a traditional 12-step group, like NA\*, AA\*, Alanon\*. A leader and co-leader are advisable per group. It is important for group leaders to be under the authority of the church or an organization like one of the above-mentioned. This also serves as a support system for the group leaders to refer back to when they need advice or assistance.

After discussing the time and location with the pastoral leadership, ask the pastor to announce the group or groups from the pulpit and to include some brief information about new groups in the church newsletter and/or bulletin. This is necessary to introduce, validate and sanction this ministry.

### AN OVERVIEW OF SOME BASIC GUIDELINES FOR SUPPORT GROUP LEADERS / FACILITATORS:

- Meeting faithfully at least once a week at a designated time, even if only a few people show up.
- Starting the meeting on time with prayer and worship.
- Providing new members with Group Participant Guidelines.
- Using a Biblically based workbook like “The Twelve Steps, A Spiritual Journey,” RPI Publishing, start working through the study with time to write / answer question(s),
- Allowing each person, if they so choose, to express how the teaching relates to them.
- Limiting sharing to a specific amount of time, like 4 minutes, so that everyone has an opportunity to share. If someone exceeds the allotted minutes, just let them complete their thought so that another person may share.
- Encouraging the person who is sharing to focus on their own thoughts, not on other people’s personal problems/hurt feelings, ect. and to use “I” and “me” statements, not “you” or “we”.
- Not giving advice, or trying to “fix” or solve a problem someone shared. We are not professional counselors and neither are group members.
- Encouraging group members to briefly share how God answered their prayers.
- Ending the meeting with prayer and prayer requests.
- Reminding the group that whatever is shared in the meetings must remain confidential and private. This includes not discussing what is shared in the group among group members.



\*Contact information for starting a Christ-centered support group is listed on 102 page.

Group leaders/facilitators should prayerfully encourage mature Christians to mentor/sponsor a same sex group member who may or may not be a new Christian. Mentoring a person would be praying with them, keeping in touch by phone and encouraging them to grow in the Lord by reading the Word and holding that person accountable.

\*The listing of these organizations and groups is neither a recommendation nor an endorsement. Neither does omission signify disapproval.

I URGE EVERYONE TO THOROUGHLY INVESTIGATE REHABILITATION FACILITIES BEFORE MAKING ANY COMMITMENT FOR YOURSELF OR FOR ANOTHER PERSON. THERE ARE NO PERFECT REHABS, SUPPORT GROUPS OR CHURCHES, BUT BE ADVISED THERE HAVE BEEN SOME HORRENDOUS REHAB ABUSE SCANDALS IN THE PAST, AND YEARS LATER THE VICTIMS ARE STILL RECOVERING FROM THE EXPERIENCE. BELOW SOME THINGS TO CONSIDER IN CHOOSING A REHAB FOR YOUR LOVED ONE:

Rehabs that are supported by churches or Christian organizations are often run by people who love God, and want to help others get well. Many are free or charge a nominal fee. In other words, the most expensive rehabs are not necessarily the best rehabs.

Check the Rehab's policy on medications. Do they medicate the client and if so, for how long. Some of the more expensive/exclusive rehabs have been known to keep patients overmedicated for the whole time of their stay at the rehab causing additional detoxification issues after that person is released.

For the person who suffers from both mental illness and addiction find out if the Rehab simultaneously treats dual diagnosis. Many Rehabs do not allow participants to take any medications while in detox. Dual diagnose addicts need treatment simultaneously for both health issues.

Men and women in rehab should be kept separate to avoid potential distractions from concentrating on their own recovery.

Ask Admissions specifically about the facility staff members' credentials.

## GLOSSARY

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**ADDICT** – a person driven by the compulsive need, both physical and psychological, for habit-forming substances like tobacco, drugs or alcohol with both needs with the inability to stop regardless of the consequences.

**BAGGING** – Using inhalants.

**CANDYMAN** – Drug supplier

**CO-MORBIDITY, CO-OCCURRING DISORDERS AND DUAL DIAGNOSIS** – Definitions for someone who has a co-existent mental illness and a substance abuse problem.

**DEPRESSANTS** – include barbiturates, benzodiazepines, and alcohol.

**DESIGNER DRUGS** – With names like Ecstasy, Special K, and Goop these “new” drugs are manufactured in underground laboratories and mimic the effects of commonly abused drugs.

**DRUG ADDICTION OR CHEMICAL DEPENDENCY** – A physical and/or psychological compulsion to take a habit-forming substance.

**DRUG ABUSE** – The use of illegal drugs or the inappropriate use of legal drugs. The repeated use of drugs to produce pleasure, to alleviate stress, or to alter or avoid reality (or all three).

**HALLUCINOGENS** – A diverse group of drugs that alter/distort perception.

**HUFFING, SNIFFING OR WANGING** – Slang for getting high by inhaling the fumes of household products.

**INHALANTS** – Chemical vapors from spray paints, nail polish remover, glues, and cleaning fluids. Inhaling the chemical vapors of common household products can have mind-altering effects and cause serious damage to the brain, heart, kidneys, and liver.

**MICA** – The mentally ill chemical abuser.

**NARCOTIC** – originates from the Greek word for stupor. Narcotics are those substances that bind at opiate receptors (cellular membrane proteins activated by substances like heroin or morphine), but generally refer to any illicit substance. In a legal context, narcotic refers to opium, opium derivatives, and their semi-synthetic substitutes. Cocaine and coca leaves are also classified as “narcotics” in the Controlled Substances Act (CSA), but neither binds opiate receptors nor produce morphine-like effects.

**PARACHUTING** – the process of consuming drugs by rolling powdered or crushed drugs in a piece of paper (like rolling paper) to swallow the drugs while avoiding the bitter chemical taste. This is sometimes referred as a “snow bomb”, especially with cocaine.

**PREDATORY DRUGS** – Rohypnol, Ketamine, GBL, BD1, 4 and GHB cause anterograde amnesia, a factor that contributed to their inclusion in the Drug-Induced Rape Prevention and Punishment Act of 1996. Anterograde amnesia is a condition in which events that occurred while under the influence of the drug are forgotten.

**RELAPSE** – is the resumption of drug use after trying to stop taking drugs. Relapse is a common occurrence in many chronic disorders, including addiction, which require behavioral adjustments to treat effectively.

**SATAN'S SECRET** – Inhalants

**SHOOTING GALLERY** – Place where drugs are used

**SHOOT/SHOOT UP** – To inject a drug

**SMI** – (SERIOUS MENTAL ILLNESS) – The definition of SMI stipulated in P.L. 102–321 requires the person to have at least one 12-month disorder - other than a substance use disorder, and to have "serious impairment" DSMIV, Diagnostic and Statistical Manual (1994)

**STONED, BOMBED, WASTED, HIGH, FRIED, DESTROYED, WACKED** – expressions abusers may use to describe their physical/psychological experience under the influence of the substances abused.

**SUBSTANCE ABUSE** – Taking drugs illegally or in the case of alcohol, consuming enough to risk physical or mental health.

**THC** – Delta-9-tetrahydrocannabinol; the main active ingredient in marijuana.

**TRACKS** – Row of needle marks on a person

## APPENDIX One

### CHRISTIAN DRUG REHABILITATION FACILITIES IN THE U.S.

THE WALTER HOVING HOME offers 6 and 12 month programs for women 18+  
For an Intake Interview call any time, any day. Collect calls are accepted from jails or the streets.  
For Garrison, New York – call toll free 1-877-247-5401 or 845-424-3674  
For Pasadena, California – call toll free 1-888-4-Hoving or 626-405-0950

WALTER HOVING HOME  
40 Walter Hoving Road  
Garrison, NY 10524  
845-424-3674

WALTER HOVING HOME  
127 South El Molino Ave.  
Pasadena, CA 91101  
626-405-0950

Northeast 914-620-7459  
South 404-728-1243

Midwest 708-294-2188  
West 310-534-7113

SALVATION ARMY  
855 Asylum Ave.  
Hartford, CT 06105  
860-543-8400  
[www.salvationarmy-ct-ri.org](http://www.salvationarmy-ct-ri.org)

SALVATION ARMY  
297 Cumberland Avenue  
Portland, ME, 04104  
207-774-6304  
[www.servingnewengland.org/](http://www.servingnewengland.org/)

SALVATION ARMY  
701 North Broad Street  
Philadelphia, PA 19123  
215-787 2800  
[www.salvationarmyphiladelphia.org](http://www.salvationarmyphiladelphia.org)

SALVATION ARMY  
14 East Central Parkway  
Cincinnati, OH 45202  
513-762-5600  
[www.salarmyohio.org](http://www.salarmyohio.org)

SALVATION ARMY  
120 W. 14th Street  
New York, NY, 10011  
212-337-7200  
[www.salvationarmy-newyork.org/](http://www.salvationarmy-newyork.org/)

SALVATION ARMY  
2507 East 22nd Street,  
Cleveland, OH 44115  
216-861-8185  
[www.salarmyohio.org](http://www.salarmyohio.org)

SALVATION ARMY  
4 Gary Road  
Union, NJ, 07083  
908-851-9300  
[www.newjerseysalvationarmy.org](http://www.newjerseysalvationarmy.org)

SALVATION ARMY  
147 Berkeley Street  
Boston, MA, 02116  
617-542-5420  
[www.salvationarmy-ma.org](http://www.salvationarmy-ma.org)

#### **IN THE NORTHEAST** **NEW JERSEY**

LAZARUS HOUSE - NEWARK INDUCTION CENTER, Male – Ages: 18+  
49 Brookdale Ave  
Newark, NJ 07106  
Phone: (973) 374-2206, Fax: (973) 371-3449  
[tcjnnewark@hotmail.com](mailto:tcjnnewark@hotmail.com) [www.teenchallenge.com](http://www.teenchallenge.com)

TEEN CHALLENGE WOMEN'S PROGRAM – PHILADELPHIA, Ages: 18+  
P.O. Box 4196  
Philadelphia, PA 19144  
215-843-2887, Fax 215-843-3595  
rick.dodridge@verizon.net www.teenchallenge.com/philadelphia

TEEN CHALLENGE MEN'S PROGRAM, Ages: 18+  
P.O. Box 4196  
Philadelphia, PA 19144  
215-849-2054, Fax 215-843-6430  
rick.dodridge@verizon.net www.teenchallenge.com/philadelphia

America's KESWICK GOOD NEWS HOME FOR WOMEN  
601 Route 530 33 Bartles Corner Road  
Whiting NJ, 08759-3501 Flemington, New Jersey 08822  
800-453-7942, 732-350-1187 908-806-4220, Fax: 908-806-4290  
<http://www.americaskeswick.org> <http://goodnewshome.tripod.com/>

MARKET STREET MISSION GOODWILL HOME AND MISSIONS  
9 Market Street 79 University Ave 2108  
Morristown, NJ 07960-5122 Newark, NJ 07102-  
973-993-2871 973-621-9560 ext 15  
gdscott@marketstreet.org GoodwillHome@worldnet.att.net  
<http://www.marketstreet.org> <http://www.agrm.org>

AMAZING GRACE MISSION OF SUSSEX NEW JERSEY  
13 Woodland Rd City: Sussex, NJ 07461-1442  
973-875-6358  
mgrifone@warwick.net <http://www.crossoveranytime.com>

## **PENNSYLVANIA**

TEEN CHALLENGE MINISTRY INSTITUTE – Rehrersburg, Male – Ages: 18+  
P.O. Box 216  
Rehrersburg, PA 19550  
717-933-4181, Fax 717-933-0071  
pfadth@teenchallengeetc.com www.teenchallenge.com/rehrersburg/tcmi.cfm

TEEN CHALLENGE OF WESTERN PA - RURAL RIDGE, Male – Ages: 18+  
P.O. Box 55  
Rural Ridge, PA 15075  
724-265-4100, Fax: 724-265-4105 tcwpclae@nauticom.net www.teenchallenge.com

TEEN CHALLENGE HARRISBURG, Male – Ages: 18+  
P.O. Box 3143  
Harrisburg, PA 17105  
717-233-6549, Fax 717-233-6540  
tchbg@hotmail.com www.teenchallenge.com/harrisburg

REHRERSBURG INDUCTION CENTER, Male – Ages: 18+  
P.O. Box 234  
Rehrersburg, PA 19550  
717-933-4181 ext. 341, Fax 717-933-5919 icdirector@lmf.net  
www.teenchallenge.com

TEEN CHALLENGE TRAINING CENTER – REHRERSBURG, Male - Ages: 18+  
P.O. Box 98  
Rehrersburg, PA 19550  
717-0933-4181, Fax 717-933-5919  
mail@teenchallengetc.com  
www.teenchallenge.com/rehrersburg

NEW BEGINNING MINISTRY CARON FOUNDATION  
P.O. Box 328, St. Route 1004 Galen Hall Road, Box A  
Beach Lake, PA 18405-0328 Wernersville, PA 19565-0501  
(570) 729-8709 or( 888)-660-8709, (800)-678-2332  
newbeginmin@ezaccess.net  
<http://www.newbeginningmin.org/>

## **NEW ENGLAND**

TEEN CHALLENGE NEW ENGLAND - CT MEN'S CENTER  
Male - Ages: 17+  
P.O. Box 9492  
New Haven, CT 06535  
(203) 789-6172, Fax (203) 787-3376  
tcnh@comcast.net  
www.tcnewhaven.org

TEEN CHALLENGE NEW ENGLAND - CT WOMEN'S CENTER, Ages: 17+  
P.O. Box 9492  
New Haven, CT 06519  
(203) 773-1045, Fax(203) 773-0355  
saynoladies@tcnh.org  
www.tcnewhaven.org

## **IN THE SOUTH AND SOUTHEAST**

### **VIRGINIA**

MOUNT REGIS CENTER  
405 Kimball Avenue  
Salem, VA 24153  
(800) 477-3447

## FLORIDA

DUNKLIN MEMORIAL CAMP  
3342 SW Hosannah Lane  
Okeechobee, FL 34974 PO box 541119,  
(772) 597-2841

THE CHRISTIAN TREATMENT CENTER  
The Christian Treatment Center-Road Less Traveled  
Greenacres, FL 33454-1119  
(877) 443.7342 Fax:(561) 253.1806  
www.thechristiantreatmentcenter.com

OCEAN BREEZE RECOVERY  
2413 East Atlantic Boulevard  
Pompano Beach, Florida 33062  
(855) 263.5868 (866) 882-6166  
therecoveryplace.net

THE RECOVERY PLACE  
3100 EAST COMMERCIAL BOULEVARD  
Fort Lauderdale, Florida 33308

CHRISTIAN DRUG REHAB AND DETOX  
6615 W Boynton Beach Boulevard Ste 319  
Boynton Beach, Florida 33437  
(561) 922-9983  
Boynton Beach.alcoholism-drugrehab.org

FAITH FARM MINISTRIES  
www.faithfarm.org/  
9538 HWY 441  
Boynton Beach, Florida 33472

BOYNTON BEACH MEN'S PROGRAM  
(561) 733-7262  
Boynton Beach, Florida 33472

BOYNTON BEACH WOMEN'S PROGRAM  
(561) 732-2370  
Boynton Beach, Florida 33472

FORT LAUDERDALE MEN'S PROGRAM  
1980 NW 9th Ave  
Fort Lauderdale Florida 33311  
(954) 463-6214

FLORIDA MEN'S PROGRAM  
7595 NE 128th Ave.  
Florida Florida 34972  
(863) 763-4224

WEST FLORIDA TEEN CHALLENGE (Boys 11-17)  
1213 Hope Lane  
Bonifay, Florida 32425  
(850) 547-9011

SOUTH FLORIDA TEEN CHALLENGE (Adult Women)      Southwest Florida Teen Challenge (Adult Women)  
13601 SW 26th Street  
Davie, Florida 33325  
(954) 476-0809  
P.O.Box 60802  
Fort Myers, Florida 33906  
(239) 277-0081

SOUTHWEST FLORIDA TEEN CHALLENGE (Adult Men)  
P. O. Box 60802  
Fort Myers, Florida 33906  
(239) 277-0081

JUPITER TEEN CHALLENGE (Teen Girls)  
P.O. Box 92  
Jupiter, Florida 33469  
(561) 743-755

BAY AREA TEEN CHALLENGE (Adult Men)  
1410 East Lake Road N.  
Tarpon Springs, Florida 34689  
(727) 937-1033

LAKELAND TEEN CHALLENGE (Teen Girls)  
Gulf Coast Florida Teen Challenge (Adult Men)  
PO Box 36480  
Pensacola, Florida 32516  
(850) 453-4300

PENSACOLA WOMEN'S TEEN CHALLENGE  
(Adult Women)  
PO Box 10776  
Pensacola, Florida 32524  
(850) 453-430

CENTRAL FL TEEN CHALLENGE  
(Adult Men)  
3706 S. Sanford Avenue  
Sanford, Florida 32773  
(407) 330-9600

TALLAHASSEE TEEN CHALLENGE  
(Adult Men)  
4141 Apalachee Pkwy  
Tallahassee, Florida 32311  
(850) 385-8336

## **GEORGIA**

A CHRISTIAN SOURCE ALTERNATE HOME  
(10-week recovery program for women)  
331 Wall Street  
Crawford, Georgia. 30630  
(706) 769-8646 or (706) 743-3809  
<http://www.negia.net/~brit/recovery/>

ALPHACARE THERAPY SERVICES, INC.  
2550 Windy Hill Rd. #321  
Marietta, GA 30067  
(800) 950-1446

## **ALABAMA**

RESTORATION RANCH  
P.O. Box 767  
Tuscumbia, AL. 35674  
(205) 381-0930

## **IN THE MIDWEST**

### **MICHIGAN**

PATHFINDER RESOURCES INC.  
2303 Kalamazoo Ave. SE  
(888) 641-7917  
[www.pathf.org/](http://www.pathf.org/)

### **MONTANA**

YELLOWSTONE TREATMENT CENTERS  
1732 72nd Street W  
Billings, MT 59106-3599  
(800) 726-6755



## **ILLINOIS**

### **TEEN CHALLENGE ILLINOIS-CHICAGO**

3601 W. Cortland  
Chicago, IL 60647  
(773) 772-2211  
<http://www.teenchallengeillinois.com/>

## **IN THE SOUTHWEST**

### **TEXAS**

**ETERNAL AWAKENINGS NEW LIFE CLINIC**  
Christian Drug Rehabilitation 7080 Clodus Fields Drive  
306 Saint Paul Street Dallas, TX 75251  
Gonzales, Texas 78629 (972) 437-4697  
Contact: Jim Welch (512) 947-2442  
jim@eawake.org, www.eawake.org

**MINIRTH CLINIC**  
2301 North Greenville Avenue #200  
Richardson, TX 75082  
972-669-1733

### **CALIFORNIA**

**PACIFIC HILLS TREATMENT CENTERS**  
Southern California (Orange County)  
(877) 722-4455  
<http://www.pachills.com/default.asp>

**VICTORY OUTREACH**  
454 Cobera Ave.  
La Puente, CA 91746  
(818) 961-4910

**MORNINGSIDE RECOVERY ( Pet-Friendly!)**  
1400 Reynolds Avenue, STE 200  
Irvine, CA 92614  
(844) 650-8997

**CALVARY RANCH**  
13610 Willow Road  
Lakeside, CA 92040  
(800) 404-2258

**CAMP RECOVERY CENTER RESOURCE CTR**  
3192 Glen Canyon Road  
Scotts Valley, CA 95066  
(800) 924-2879

### **OKLAHOMA**

**RENEWAL CHRISTIAN TREATMENT AND RECOVERY**  
A faith-based program offered by Brookhaven Hospital  
201 S Garnett Rd.  
Tulsa, Oklahoma 74128  
(888) 298.HOPE, (918) 438 8016

[www.helpguide.org/mental/dual\\_diagnosis.htm](http://www.helpguide.org/mental/dual_diagnosis.htm) for fact sheets on dual diagnosis and treatment options.  
<http://users.erols.com/ksciacca/> Dr. Kathleen Sciacca has worked in the field of dual diagnosis since 1984, providing important training to health care providers in the field. Her site offers good information and links.

## CHRISTIAN RECOVERY SUPPORT GROUPS

Active participation in a support group can be a significant help in working through the process of recovery and reconciliation. Being able to share one's experience without fear of rejection in a non-judgmental environment and hearing from others with similar difficulties and how they overcame them, contributes to the healing process for the recovering addict/ alcoholic. Ideally, the support group will provide a safe environment that promotes positive reinforcement where each person feels s/he can fit.

A good support group should provide:

1. Stable leadership.
2. A structured format that addresses the whole recovery process.
3. Personal support and group accountability.

It should not allow:

1. Interrupting out of turn, ("Cross talk").
2. Offering of unsolicited advice and counseling during the meeting.
3. The meetings to be controlled by one or more dominant individuals.

### FLORIDA

BOCA RATON COMMUNITY CHURCH  
470 NW 4th Avenue  
Boca Raton, FL 33486  
Contact: Dan Colucci: 561.395.2400

GARDEN GROVE ASSEMBLY OF GOD  
3379 Cypress Gardens Road  
Winter Haven, FL 33884  
863-324-7880, 863-967-5292

CHRIST FELLOWSHIP  
5312 Northlake Blvd.  
Palm Beach Gardens, FL 33418  
Contact: Brian Benjamin: 561-799-7600  
www.cftoday.org

CALVARY ASSEMBLY OF GOD OF WINTERHAVEN  
3800 Recker Hwy  
Winter Haven, FL 33880  
Contact: Dr. Bill McDonald: 863-604-3741  
www.calvary.tv

COLLEGE PARK UNITED METHODIST CHURCH  
644 W. Princeton St, Old Chapel Building  
Orlando, FL 32804  
Contact: Sam Reynolds: 407-843-719

THE CHRISTIAN TREATMENT CENTER  
PO box 541119  
Greenacres, FL 33454-1119  
877.443.7342

DOWNTOWN CELEBRATE RECOVERY  
SALVATION ARMY  
100 SW 9th Ave  
Fort Lauderdale, Fl 33301  
Contact: Rev. Eddie laRocque: 954-776-4532

IDLEWILD BAPTIST CHURCH  
LIFE Discovery Cafe  
1515 W. Bears Avenue  
Tampa, FL 33613  
Contact: Henry Bieber: 813-264-8767

FAITH UNITED METHODIST CHURCH  
Solid Rock Café  
15690 McGregor Blvd  
Ft. Myers, Fl 33908  
Contact: Dave Frania: 239-229-9933,

POINCIANA UNITED METHODIST CHURCH  
300 North Royal Poinciana Boulevard  
Miami Springs, FL 33166  
Contact: Dick Mays: 305-888-0641

TROPICAL SANDS CHRISTIAN CHURCH  
2726 Burns Road  
Palm Beach Gardens, FL 33410  
561-622-2726

THE GRACE PLACE  
1550 SE Salerno Road  
Stuart, FL 34997  
561-287-6388

PINE RIDGE FELLOWSHIP  
Community Life Center  
777 Deltona Blvd. Ste.# 24  
Deltona, FL 32725  
Contact: Dennis Rodriguez: 407-321-3087

THE FLORIDA NET  
Park Ave. Baptist Church  
Titusville, FL 32780  
321-269-6702

## VERMONT

OVERCOMERS OUTREACH GROUP  
Community Bible Chapel City:  
Brattleboro, VT 05301  
Contact: Jay or Mary Pat (802) 257-7592

OVERCOMERS OUTREACH GROUP  
Georgia Plain Baptist Church  
Milton, VT 05468  
Contact: Steve or Lorie (802)524-5348)

BLUEGRASS COMMUNITY OUTREACH Project (Recovery for Women)  
10 Wildean Rd # 32  
Springfield, VT 5156  
Contact: Dawn Maria DeCell, (802) 885-1494  
dawnmaria34@hotmail, com <http://myweb.ecomplanet.com/DECE9801>

## NEW MEXICO

OVERCOMERS OUTREACH GROUP  
Shepherd of the Valley Presbyter  
Albuquerque, NM  
Contact: Virginia, (505) 296-2139

OVERCOMERS OUTREACH GROUP  
Bethel Baptist  
Roswell, NM  
Contact: Pam, ( 505-623-0527)

OVERCOMERS OUTREACH GROUP  
Navajo Bretheran in Christ Mission  
Bloomfield, NM  
Contact: Roger,( 505-632-1212)

## WASHINGTON

CELEBRATE RECOVERY  
4800 Central Park Dr  
Aberdeen, WA  
Contact: Mark & Helena, 360-580-8060  
moa7@msn.com

ANTIOCH BIBLE CHURCH  
8210 154th Ave. NE  
Redmond, WA  
Contact: Gary S. 206-795-2273

EASTSIDE FOURSQUARE CHURCH  
14520 100th Ave NE  
Bothell, WA  
Contact: Michelle, (425) 488-2500 ext 322  
CAMPACJ@aol.com

MOUNTAIN CREEK FELLOWSHIP  
165 Front Street N  
Issaquah, WA  
Contact: Virginia( 425) 888-1437  
CAMPACJ@aol.com

ALCOHOLICS VICTORIOUS  
Valley of Blessing Ministries  
Chehalis, WA  
(360) 978-5945, (360) 266-0600

**NEW JERSEY**

**ALCOHOLICS VICTORIOUS**  
Holy Grounds Café  
Allendale, NJ  
(201) 760-0722 or (201) 493-9379

**ALCOHOLICS FOR CHRIST**  
N. Campbell Dr.  
Royal Oak, MI 48067  
800-441-7877  
al4christ@globalbiz.net

**OVERCOMERS IN CHRIST**  
Emmanuel Baptist Church  
Bayville State: NJ  
609-971-7841 Contact: Frank Murawski

**THE SALVATION ARMY**  
Denice Green 65 Pennington Street  
Newark, NJ  
908-527-9544, 908-352-8778

**THE HOPE CENTER CHANNEL**  
1181 East Broad St.  
Elizabeth, NJ  
(908) 289-4135, (908) 352-8778

**CRANFORD HARVEST TRAINING CENTER**  
69 Myrtle St.  
Cranford, NJ  
(908) 803-9935, (908) 352-8778

**CORNERSTONE MINISTRIES**  
53 West Grand Street  
Elizabeth, NJ 7201  
(201) 867-1728  
Ejoramas@aol.com

**ADDICTIONS VICTORIOUS**  
P.O. Box 152,  
Pitman, NJ 08071  
(856) 589-5252  
www.AddVicInc.org phone

**OVERCOMERS OUTREACH**  
**METUCHEN ASSEMBLY OF GOD**  
Metuchen, NJ 08840  
Contact: Janet DaRocha: 732-388-2856

**OVERCOMERS OUTREACH /ALCOHOLICS VICTORIOUS**  
**FIRST BAPTIST CHURCH**  
Sussex: NJ:  
Contact: Martin: (973) 875-6358 or (973) 875-5742

**CROSSPOINTE CHURCH**  
4315 US Hwy 1 South  
Monmouth, NJ 08852  
Contact: Howard McNamara: 609-279-9777  
admin@thecrosspointe.com

**CUMBERLAND COUNTY COMMUNITY CHURCH**  
1800 E. Broad St.  
Millville, NJ 08332  
Contact: Steve Ploucher: 856-327-2222  
steve@communitychurchmillvillenj.com

**FELLOWSHIP BAPTIST CHURCH**  
1520 Hainesport Road  
Mount Laurel, NJ 08054  
Contact: Lidia Mocoelo: (856) 235-1697

**EVANGEL CHURCH**  
1251 Terrill Road  
Scotch Plains, NJ 07076  
Contact Bob Leadenham: (732) 388-5466

**GLOUCESTER COUNTY COMMUNITY CHURCH**  
359 Chapel Heights Road  
Sewell, NJ  
Contact: Tom Merendino: 856-582-0222 x262  
pastortom@gcccpray.com

**OVERCOMERS OUTREACH GROUP**  
Kings Highway Faith Fellowship City:  
Atlantic Highlands State: NJ  
Contact: Jo Ann: 732-872-1648

**FELLOWSHIP CHAPEL**  
St. Clare's Dover General Hospital  
88 Bartley Road, Bldg B - Suite 4-1  
Flanders, NJ 07836  
Contact: Bill Schank: 973-927-1007

**EMMANUEL BAPTIST CHURCH**  
331 Wheaton Ave  
Bayville, NJ 08721  
Contact: Jim Freed: 732-269-569  
fellowshipchapel@email.com

WILEY CHURCH  
99 E. Main St.  
Marlton, NJ 08053  
Contact: Dottie Holmes: 856-983-0506  
dhh4321@aol.com

LONG BRANCH COVENANT CHURCH  
Lutheran Church of Reformation  
Broadway & Locust Ave.  
West Long Branch, NJ 07764  
Contact: Pete Waters: 732-870-2028

ATLANTIC CITY RESCUE MISSION (ACRM) — ADDICTIONS VICTORIUS  
(Closed meeting for program residents only, 3rd Tuesday of the month)  
2009 Bacharach Blvd  
Atlantic City, NJ  
Leo 856-769-3004, ACRM 609-345-5517

HOPE CHAPEL C.M.A., NEW HOPE MINISTRIES  
28 East Branch Ave.  
Pine Hill, NJ,  
[www.hopechapelcma.org/recovery](http://www.hopechapelcma.org/recovery)

## **NEW YORK**

FELLOWSHIP BAPTIST CHURCH  
2929 W. 20th St.  
Brooklyn, NY  
Contact: Jimmy 718-372-5022

ALCOHOLICS VICTORIOUS  
Bronx Bethany Church of the Nazarene  
Bronx, NY  
718-655-8840 or 718-324-5268

OVERCOMERS OUTREACH GROUP  
Redeemer Presbyterian Church  
Brooklyn, NY  
Contact: Maria 718-827-5027

OVERCOMERS OUTREACH GROUP  
Presbyterian Church  
Cornwall On Hudson, NY  
Contact: Steve or Toni 914-534-3310

OVERCOMERS OUTREACH GROUP  
First Church of Christ  
Flushing, NY  
Contact: Margaret 718-497-2484

CELEBRATE RECOVERY  
4322 Buffalo Rd, NY  
Contact: Nelson Hill 525-594-9488  
[nhill@pearcechurch.org](mailto:nhill@pearcechurch.org)

OVERCOMERS OUTREACH GROUP  
Christian Fwsp of Westchester  
Yonkers, NY  
Contact: Barry (914) 793-8060

## **CONNECTICUT**

FAITH LIVING CHURCH  
20 Grove Street  
Plantsville, CT 0647  
Contact: Bob & Laura Erickson: 860-621-6452

KENSINGTON BAPTIST CHURCH  
222 Lincoln Street  
Kensington, CT 06037  
Contact: Wayne & Cathy: 860-225-0661

NEW LIFE CHURCH  
92 Main Street  
South Meriden, CT 06451  
Contact: Pat and  
Sandy Burke: 203-630-3012  
[Patrick.burke@snet.net](mailto:Patrick.burke@snet.net)

FIRST ASSEMBLY OF GOD OF TORRINGTON  
387 Harwinton Road (route 4).  
Torrington, CT  
Contact: Ed TouseyTel: 860-482-7464  
[edward.tousey.iii@snet.net](mailto:edward.tousey.iii@snet.net)

## **DELAWARE**

CORNERSTONE UNITED METHODIST CHURCH ADDICTIONS VICTORIUS,  
3135 Summit Bridge Road COMFORT SUITES - (CONFERENCE RM)

Bear, DE 19701 1654 N. Dupont Highway

Contact: Len Speed 302-836-5800 Dover, DE

celebraterecovery@cornerstonedelaware.com Contact: Tiffany 302-697-1762

BAY SHORE COMMUNITY CHURCH

Route 3 Box 217G

Millsboro, DE 19966

Contact: Robert Pepe 302-238-7370

infor@bayshore.org

## **MAINE**

CELEBRATE RECOVERY

FAITH COMMUNITY FELLOWSHIP

Ellsworth, ME

Contact: Kristy/Craig Cousins 207-667-1420

wmc45@yahoo.com

OVERCOMERS IN CHRIST

American Rescue Workers

Lewiston State, ME

Contact: Lt. Wally Staples 207-443-8922

oic@overcomersinchrist.org

## **MASSACHUSETTS**

ABUNDANT LIFE CHURCH

1881 Washington Street (Hwy 37)

Braintree, MA 02184

Contact: Michael DePaoli: 781-848-7788

churchofabundantlife@comcast.net

VINEYARD CHRISTIAN FELLOWSHIP

8 Hilltop Avenue

Kingston, MA 02364

Contact: Thomas E Fantozzi: 508-272-4426

tfantozzi@acushnettown.mec.edu

COUNTRYSIDE BIBLE CHAPEL

480 Lowell Street

Lexington, MA 02420

Contact: Michael DiPerri: 781-862-7513

mikecherrie59@verizon.net

COASTAL CHURCH

145 Webster St

Hanover, MA 02339

Contact: Michele Golden: 781-871-3442

coastalchurch@hotmail.com

VINEYARD CHRISTIAN FELLOWSHIP

40 California Avenue

Framington, MA 01701

Contact: Craig Thompson: (508) 875-6060

sonworshippers@rcn.com

## **OKLAHOMA**

OVERCOMERS OUTREACH GROUP

Baptist Temple

Ada, OK

Contact: Mike 405-392-2524

OVERCOMERS OUTREACH GROUP

Immanuel Lutheran

Broken Arrow, OK

Contact: David/Gail 918-258-5506

CELEBRATE RECOVERY  
2300 S Boulevard  
Edmond, OK  
Contact: Wally Weaver :405-341-4639  
wweaver@hhbc.com  
www.hhbc.com/support\_group/celebrate.htm

THE NEXT STEP  
6201 NW Elm  
Lawton, OK  
Contact: Ramon/Maxine 580-536-0533  
lbt@ionet.net

## OHIO

LIGHTHOUSE CHURCH WITHOUT WALLS  
301 E. Central Ave.  
Toledo, OH  
Pastor Corey 419-418-0068

OVERCOMERS OUTREACH GROUP  
Evangelical Mennonite Church  
Archbold, OH  
Contact: Ralph 419-445-5661

OVERCOMERS OUTREACH GROUP  
4945 W National Rd  
Clayton, OH  
Contact: Ken 937-836-7653  
nhcc@northernhillsonline.com  
www.northernhillsonline.com

CELEBRATE RECOVERY  
First Baptist Church  
Cincinnati, OH  
Contact: Rev. Frederick 513-522-4710

## MARYLAND

EPHESIANS 5:18 LIFE MINISTRIES  
1620 Elton Road #204  
Silver Spring, MD  
301-439-7191

OVERCOMERS OUTREACH GROUP  
Greensboro Pentecostal Church  
Greensboro, MD  
Contact: Carlyn 410-482-6868

CELEBRATE RECOVERY  
1121 Riverside Ave  
Baltimore, MD  
Contact: Kathy Williams 410-539-1406  
cr@streetlite.org

CELEBRATE RECOVERY  
29945 Dixon Rd  
Salisbury, MD  
Contact: Ted Burns 410-742-4424  
Recovery@orbc.net

## GEORGIA

FIRST BAPTIST OF ALBANY  
401 Broad Ave.  
lbany, GA 31701  
Contact: Keith Gaines: 229-883-8000  
www.firstbaptistalbany.org

LAKEWOOD BAPTIST CHURCH  
2235 Thompson Bridge Road  
Gainesville, GA 30501  
Contact: Phyllis & Robert 770-532-6307  
www.lakewood-baptist.com

NORTH RIVER COMMUNITY CHURCH  
1665 Lakes Parkway, Suite 102  
Lawrenceville, GA 30043 (Highway 316 & Sugarloaf Parkway)  
Contact: Thomas M. Lannon, 770-277-3345

POINT OF NEED MINISTRIES  
1955 Canton Highway  
Marietta, GA  
Contact: Andy Ledford: 770-425-8190

SUGARLOAF COMMUNITY CHURCH  
1401 Old Peachtree Road  
Swanee, GA 30024  
Contact: George/Patti Robinson; 770-476-1400

## **MICHIGAN**

ALCOHOLICS FOR CHRIST  
N. Campbell Drive  
Royal Oak, MI 48067  
800-441-7877

OVERCOMERS IN CHRIST  
Dexter Lake Church of God  
Battle Creek, MI  
Contact: Kathy Farchone 616-963-4494  
oic@overcomersinchrist.org

OVERCOMERS OUTREACH GROUP  
Faith Tabernacle  
Burton, MI  
Contact: Cathy 810-742-0782

ALCOHOLICS FOR CHRIST  
Grand Rapids, MI  
Contact: Arits 616-450-2487

## **WISCONSIN**

OVERCOMERS OUTREACH GROUP  
Crosstown Community Church  
Appleton, WI  
Contact: Gary 414-731-8140

OVERCOMERS OUTREACH GROUP  
Hope Street  
Milwaukee, WI  
Contact: Scott or Jack 414-934-8856

## **SOUTH DAKOTA**

CORNERSTONE UNITED METHODIST CHURCH  
1350 11th Street NE  
Watertown, SD 57201  
contact: Roger Spahr: 605-886-2242  
rspahr.cumc@midconetwork.com oic@overcomersinchrist.org

OVERCOMERS IN CHRIST  
Calvary Baptist Church  
Yankton, SD  
Contact: Pastor Anderson 605-665-5594

OVERCOMERS OUTREACH GROUP  
Christian Life Fellowship City:  
Mission, SD  
Contact: Jack 605) 856-4592

## **WASHINGTON**

RECOVERY WORKS c/o Church of the Good Shepherd  
805 S.E. Ellsworth Ave.  
Vancouver, WA. 98664  
206-893-7770



12 STEPS TO FREEDOM  
3100 S.E. 68th Ave. #19  
Camas, WA 98607  
360-944-1296

**COLORADO**

FIRST BAPTIST CHURCH  
726 West Francis  
Aspen, CO  
Contact: Brunhilde Schloffer: 970-925-2112, BSchloffer@aol.com

AURORA ALLIANCE CHURCH  
15600 E. Alameda Parkway  
Aurora, CO 80015  
Contact: Jeff Morgan: 303-751-6971  
celebraterecovery@auroraalliance.com

CROSSROADS CHURCH  
57th and Taft  
Loveland, CO. 80538  
Contact: Beth Aldrich: 970-667-0516  
recovery@crossroadsnet.org

FIRST CHURCH OF THE NAZARENE  
4120 Fountain Blvd  
Colorado Springs, CO 80916  
Contact: Chris Glen: 719-596-5119  
chris.glenn@bwn.net www.riversidebaptist.com

RIVERSIDE BAPTIST CHURCH  
2401 Alcott  
Denver, CO 80211  
Contact: Bill Winter 303-433-8665

**LOUISIANA**

CHRIST COMMUNITY CHURCH  
1523 4th Avenue 10500 Sam Rushing Drive  
Lake Charles, LA 70605 Baton Rouge, LA 70800  
Contact: Kim Brignac: 337-436-4735 Contact: Doug White: 225-766-1654  
www.istrouma.org

STROUMA BAPTIST CHURCH

RIVER RESCUE MINISTRIES  
118 Martin Lane  
West Monroe, LA 71291  
Contact: Sam or Kathy: 318-323-0710

**CALIFORNIA**

ALCOHOLICS FOR CHRIST OVERCOMERS OUTREACH, INC.  
Box 964 520 N Brookhurst #121  
Poway, CA 92064 Anaheim, CA 92801  
619-486-2320 714-491-300, 816-491-3004 Fax 92

OVERCOMERS OUTREACH INC  
520 N. Brookhurst Street, Suite 121  
Anaheim, CA. 92801-5206  
714-491-3000  
info@oo.sheperd.com

## **MINNESOTA**

### **THE RIVER COMMUNITY CHURCH**

510 Central Avenue

Faribault, MN 55021

Contact: Sean Howie: 651-463-1236 or David Rohde: 507-334-1898  
riverchurch@qwest.net, www.theriverchurch.org

### **ELMCREEK COMMUNITY CHURCH FIRST BAPTIST CHURCH**

Maple Grove, MN 55369 415 16th St S.W.

Contact: Treg Brown: 763-232-9973 Rochester, MN 55902

office@elmcreekchurch.org Contact: Gary Seaquist: 507-288-8880

garys@firstb.org,

www.firstb.org

### **CRYSTAL EVANGELICAL FREE CHURCH**

4741 Zealand Av. N

New Hope, MN 55428

Contact: Donna Hoshor: 763-971-5118 dhoshor@cefc.com or

Tim Monahan: 763-218-3626 tim.monahan@comcast.net

### **THE LORDS TABLE CAFÉ (12 step Christ Centered Recovery Groups)**

2749 Winnetka Ave N.

New Hope, MN 55427

Contact: Steve or Joan Witzig: 763-566-2826

Faithbuilder777@aol.com

### **SEBEKA UNITED METHODIST OVERCOMERS OUTREACH GROUP**

PO Box 188 Way of the Cross

Sebeka, MN 56477 Blaine, MN

Contact: Kenneth Stellmacher: 218-472-3547 Contact: Gary or Alberta 763-464-3923

### **WOODBURY LUTHERAN CHURCH**

7380 Afton Road

Woodbury, MN 55125

Contact: Vicky or Larry Smith: 651-735-7725

vlsmith@usfamily.net

www.woodburylutheran.org

## **HAWAII**

### **OVERCOMERS OUTREACH GROUP OVERCOMERS OUTREACH GROUP**

Kauai Christian Fellowship AM-PM Carpet Sales

Kalaheo, HI Waianae, HI

Contact: Mike/Kelly 808-337-2215 Contact: Dick 808-696-1219

## **ALASKA**

### **OVERCOMERS IN CHRIST OVERCOMERS OUTREACH GROUP**

Anchor International Ministries Salvation Army

Anchorage, AK Anchorage, AK

Contact: Rev. Bill Allen 907) 258-5525 Contact: Eulie 907) 274-7124

a-newlight@juno.com

ALCOHOLICS VICTORIOUS OVERCOMERS OUTREACH GROUP  
Go Yea Group A Abundant Life Assembly of God  
Fairbanks, AK Sterling, AK  
907-452-5343 or 907-452-5343 Contact: Kevin 907-262-1386

ANCHORAGE GOSPEL RESCUE MISSION/OVERCOMERS IN CHRIST  
Residential Program/Local Support Group  
2823 E Tudor City:  
Anchorage, AK  
90- 563-5603  
info@anchoragerescue.org  
www.anchoragerescue.org

## **ARIZONA**

OVERCOMERS OUTREACH GROUP OVERCOMERS OUTREACH GROUP  
Christ's Church of Flagstaff First Christian Church  
Flagstaff, AZ Phoenix, AZ  
Contact: Jan 520-522-0462 Contact: Heather 602-246-9206

## **ARKANSAS**

THE GRACE GROUP  
7601 E Shea Blvd, Rm E113  
Scottsdale, AZ OVERCOMERS OUTREACH GROUP  
Contact: David Walther 480-824-7239 : Seventh-day Adventist Church  
dwalther@sbcas.org Gentry, AR  
Contact: Diana 501-752-3636

## **DISTRICT OF COLUMBIA**

CENTRAL UNION MISSION/  
OVERCOMERS IN CHRIST OVERCOMERS OUTREACH GROUP  
1350 R St NW Springdale, AR  
Washington, DC Contact: Les/Paula 501-248-2074  
202-745-7118  
MissionDC2@aol.com,  
<http://www.MissionDC.org> 94

## **IDAHO**

CANYON HILL CHURCH OVERCOMERS OUTREACH GROUP  
903 N Michigan First Baptist Church  
Caldwell, ID Burley State: ID  
Contact: Mike Pierce 208-459-7655 Contact: Mitch or Rita 208-678-3678  
carolynnb35@yahoo.com

## CHRISTIAN RECOVERY ORGANIZATIONS

ALCOHOLICS VICTORIOUS, INC. ADDICTS VICTORIOUS, INC.  
NATIONAL OFFICE NATIONAL OFFICE  
1045 Swift Street 639 York Street, Suite #210  
Kansas City, MO 64116-4127 Quincy, IL 62301-3919  
800-624-5156 800-323-1388, 217-223-1388  
av@iugm.org victory@addictsvictorious.com  
Rev. Jerald F. Jenkins, Founder, President & Executive Director  
victory@addictsvictorious.com  
Sherri Lewis, Public Relations & Grants Specialist  
slewis@addictsvictorious.com  
Continued

ALCOHOLICS VICTORIOUS, INC. ADDICTS VICTORIOUS, INC.  
Rev. Dick Stuart  
Vice President & Director of Biblical Counseling  
fmurawski@msn.com

HOPEKEEPERS CHRONIC ILLNESS/PAIN GROUP  
Hillsdale State: NJ  
1-888-751-REST Contact: Julie  
rest@restministries.org  
<http://www.restministries.org>

HOPEKEEPERS CHRONIC ILLNESS/PAIN GROUP  
First Baptist Church Clayton  
Franklinville State: NJ  
609-881-5454 Contact: Janice Simkins  
rest@restministries.org  
<http://www.restministries.org>

TEEN CHALLENGE OF NEW JERSEY ADMINISTRATION OFFICE (Non-residential)  
113 E. Main St.  
Rockaway, NJ 07866  
973-586-6530, Fax: 973-586-6532  
tcnjrockaway@hotmail.com  
[www.teenchallengenj.org](http://www.teenchallengenj.org)

INTERNATIONAL UNION OF GOSPEL MISSIONS (IUGM)  
1045 Swift Street  
Kansas City, MO 64116  
816-471-8020, FAX 816-471-3718

THE HOPE CENTER The Hope Center provides Overcomers Outreach Step Workshops,  
1181 E. Broad Street Speaker/Topic Discussion Meetings and co-dependent support groups  
Elizabeth, New Jersey Contact the Center for substance abuse/crisis counseling and prayer.  
908-352-8778  
hope@nycr.org, [www.nycr.org](http://www.nycr.org)

OVERCOMERS OUTREACH – NATIONAL OFFICE

P.O. Box 2208

Oakhurst, CA 93644

800-310-3001, [info@overcomersoutreach.org](mailto:info@overcomersoutreach.org), <http://www.overcomersoutreach.org>

Christian -based treatment 24 hour hotline 800-781-6113

[www.soberrecovery.com](http://www.soberrecovery.com): Lists Christian drug addiction and alcohol treatment centers

TEEN CHALLENGE INTERNATIONAL 12 STEPS TO FREEDOM (Alcohol/Drug Abuse)

3728 W. Chestnut Express Parkway 3100 S.E. 68th Ave. #19

Springfield, MO 65802 Camas, WA 98607

417-862-6969, Fax: 417-862-8209 360-944-1296

[tcusa@teenchallengeusa.com](mailto:tcusa@teenchallengeusa.com)

AMERICAN ASSOCIATION OF CHRISTIAN COUNSELORS (AACC)

2421 W. Pratt #1398

Chicago, IL 60645

800-526-8673

AMERICAN SOCIETY OF ADDICTION MEDICINE AMERICAN ASSOCIATION OF CHRISTIAN COUNSELORS

4601 North Park Avenue, Suite 101 P. O. Box 739

Chevy Chase, Maryland 20815 Forest, Virginia 24551

301-656-3920 Fax: 301-656-3815 434-525-9470, 800-526-8673

[Email@asam.org](mailto:Email@asam.org)

AMERICAN ASSOCIATION OF PASTORAL COUNSELORS

9504-A Lee Highway

Fairfax, Virginia 22031

703-385-6967

ALCOHOLICS FOR CHRIST ALCOHOLICS FOR CHRIST

N. Campbell Drive Box 964

Royal Oak, MI 48067 Poway, CA 92064

800-441-7877 619-486-2320

## APPENDIX TWO

*In addition to educate, inform and establish preventative drug education programs, shouldn't we do all that we can to provide recovery support systems for addicted Believers within the church?*

### **FOR TRAINING MATERIALS TO START A SUPPORT GROUP YOU CAN CONTACT:**

#### OVERCOMERS OUTREACH, A 12-STEP CHRIST-CENTERED PROGRAM

Overcomers Outreach has a group starter kit that includes everything needed to start a recovery meeting including "12-Steps for Christians", a booklet with meeting format and guidelines, 22 brochures and an audio tape on how to start a meeting.

The toll-free number to call is 800 310-3001 or order online at [www.overcomeroutreach.org](http://www.overcomeroutreach.org)

#### CELEBRATE RECOVERY, AN EIGHT-STEP PROGRAM BASED ON THE BEATITUDES OF CHRIST

The Celebrate Recovery group starter kit includes a 20-minute videotaped introductory guide for leaders, the leader's guide that goes through 25 lessons based around the eight principles of the Beatitudes, one set of participant guides (Lessons 1-4), the Road to Recovery Series taught by Rick Warren, an 8-tape audiocassette series, full printed sermon transcripts and one full reproducible transcript on a 3.5" diskette.

The toll-free number to call is 866-829-0300 or order online at <http://www.celebraterecovery.com> or <http://www.pastors.com/pcom/recovery/>

#### ADDICTS VICTORIOUS, INC., INTERNATIONAL HEADQUARTERS

639 York Street, Suite #210

Quincy, IL 62301-3919

1-800-323-1388

The Addicts Victorious group starter kit includes complete information on Meeting Format, Proper Procedures conducting a support group meeting, the Addicts Victorious Training Aid Video Tape and 100 Ten-Step flyers. When you purchase the kit you also become an integral part of the Addicts Victorious Field Outreach Team. This includes 24-Hour assistance, for any group member in need of immediate attention, being included in bi-annual Addicts Victorious Training Conferences (if you so choose), and Christian fellowship with the Ministry Team.

Call the toll-free number above or order online at <http://www.addictsvictorious.com>

NOW IS THE TIME FOR US ALL TO DO SOMETHING ABOUT SUBSTANCE ABUSE IN THE CHURCH. UNLIKE CHRISTIANS, WHO ARE HAPPY TO SHARE HOW THEY WERE DRAMATICALLY TRANSFORMED AFTER DEDICATING THEIR LIVES TO FOLLOW CHRIST, BELIEVERS, WHO CONTINUE TO RELAPSE, SPEAK SOFTLY, IF AT ALL. THEY ARE ASHAMED, CONFUSED AND ANGERED BY THEIR INABILITY TO BE FREE FROM UNRELENTING DEMONS WITH NAMES LIKE HEROIN, COCAINE, PERCOCET, AND POT. NOT EXCLUDING, ALCOHOLISM, ANOTHER DESTRUCTIVE COMPULSION, WHICH IS INSIDIOUS IN ITS ABILITY TO HIDE BEHIND THE MASK OF LEGALITY AND SOCIAL ACCEPTANCE. THESE BELIEVERS AND THEIR FAMILIES STRUGGLE NOT ONLY WITH THE PROBLEM OF SUBSTANCE ABUSE, BUT OFTEN ALSO WITH THE STRAIN OF COVERING IT UP SO THEIR PASTOR AND CHURCH FRIENDS DON'T FIND OUT.

## RECOVERY RESOURCE MATERIALS

"The Recovery Bible, New International Version"

"The Serenity Bible," Thomas Nelson

"Finding a Support Group" by Dr. Dale Ryan, President of Christian Recovery International

"Becoming a New Person, Twelve Steps to Christian Growth," by Philip St. Romain

"The Twelve Steps, A Spiritual Journey," Based on Biblical Teachings, RPI Publishing

"Boundaries, "and the Boundaries Workbook by Henry Cloud & John Townsend

"The Good Book and the Big Book: AA's Roots in the Bible", Bridge Builder's Edition

The "As You Age" brochure is available from SAMHSA's clearinghouse at 1-800-729-6686.

"Prison to Praise" by Merlin Carothers.

"The Cross and the Switchblade" by David Wilkerson

"Run, Baby, Run" by Nicky Cruz

"Addiction and Grace," Gerald G. May, M.D.

"The Twelve Steps for Christians," Recovery Publications, which contains a list of Resource Organizations and a list of additional reading interest.

Boundaries, by Dr. Henry Cloud and Dr. John Townsend, Zondervan, 2001.

Prodigals and Those Who Love Them, by Ruth Bell Graham, Baker Books, 1999.

Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents, by Allison Bottke, Harvest House Publishers, 2008.

## MORE ONLINE RESOURCES

[www.naatp.org](http://www.naatp.org), National Association of Addiction Treatment Providers

[www.naadac.org](http://www.naadac.org), National Association Alcohol Drug Addiction Counsel

<http://etoh.niaaa.nih.gov/> - alcohol and alcohol problems science database.

<http://draonline.org/> dual recovery anonymous online resource center

[www.oas.samhsa.gov/aging.htm](http://www.oas.samhsa.gov/aging.htm) and [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov).

[www.christians-in-recovery.org](http://www.christians-in-recovery.org), a great resource for support and lots of free information.

<http://RecoveryBooks.com>, <http://Self-helpSoftware.com>

[www.overcomersoutreach.org/page3.html](http://www.overcomersoutreach.org/page3.html) for online directory for meeting locations nationwide or call Toll Free: 1-800-310-3001

[www.soberrecovery.com](http://www.soberrecovery.com), [www.alcoholicsforchrist.com/sa.htm](http://www.alcoholicsforchrist.com/sa.htm), [www.preventionlinks.org](http://www.preventionlinks.org)

[www.dbsalliance.org/](http://www.dbsalliance.org/) Depression and bi-polar support alliance

[www.psychiatry24x7.com](http://www.psychiatry24x7.com)

<http://sobersearch.com> Recovery related search engine

[www.inhalants.drugabuse.gov](http://www.inhalants.drugabuse.gov) for more information on the health effects of inhalants.

<http://www.alcoholicsforchrist.com/>

For information on date rape.

[www.rainn.org](http://www.rainn.org), [www.911rape.org](http://www.911rape.org), [www.usdoj.gov/dea/ongoing/daterape.html](http://www.usdoj.gov/dea/ongoing/daterape.html).

[www.inhalants.org](http://www.inhalants.org) for more information regarding inhalants or contact the National Inhalant Prevention Coalition by phone 800-269-4237.

[www.sober-teens.com](http://www.sober-teens.com)

[www.biblegateway.com](http://www.biblegateway.com)

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

[www.searchgodsword.org/lex/grk/](http://www.searchgodsword.org/lex/grk/)

<http://aoreport.com>

[www.sacrednamebible.com/](http://www.sacrednamebible.com/)

[www.questia.com](http://www.questia.com)

[www.ama-assn.org](http://www.ama-assn.org). Medical journals, research, medical ethics, membership information.

[www.psych.org/](http://www.psych.org/) includes news, clinical and research resources.

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

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

<http://www.nacronline.com/>, the national association for Christian recovery

<http://www.christianrecovery.com/>

[www.thestraights.com](http://www.thestraights.com),

<http://stopthedrugwar.org/chronicle/354/mexico.shtml>

<http://www.settingcaptivesfree.com/home/>



## **“CONFRONTING SUBSTANCE ABUSE IN THE BODY OF CHRIST!”**

The goal of this handbook is to provide information and resources that will rally believers to unite in dealing with the problem of substance abuse, alcoholism and drug addiction. Contents include preventative measures, how to recognize the signs and symptoms of drug usage and the biblical position on chemical dependency.

### **DOES IT SURPRISE YOU THAT MANY CHRISTIANS' LIVES ARE BEING DESTROYED BY SUBSTANCE ABUSE IN SECRET?**

Many among us wrestle alone with their addiction to alcohol and/or drugs because of the shame and fear of rejection. Every year countless marriages and families are devastated by the after effects of addiction. According to United Nations Office on Drugs and Crime's 2012 World Report, globally, 230 million people aged 15-64, used illicit drugs at least once in the previous year.

### **WHETHER YOU ARE A BELIEVER STRUGGLING WITH CHEMICAL DEPENDENCY OR A CO-DEPENDENT FAMILY MEMBER, KNOW THAT THERE IS HOPE, HEALING AND RESTORATION THROUGH CHRIST.**

The dramatic testimonies of men and women sharing the destructive impact of substance abuse and their personal journeys in overcoming addictions with God's help will encourage the broken and overwhelmed ones to believe that they too can be healed and live productive lives.

### **WOULD YOU LIKE TO TAKE AN ACTIVE PART IN RESOLVING THE PROBLEM OF ADDICTION AFFECTING YOUR CHURCH AND COMMUNITY?**

For those interested in starting a Christ-centered support group, this book contains guidelines for small groups and contact information to obtain starter kits or training materials from various ministries, such as Celebrate Recovery and Overcomers Outreach.

REGARDLESS OF SOCIO-ECONOMIC BACKGROUND OR RELIGIOUS AFFILIATION, SUBSTANCE ABUSE AND ADDICTION AFFECTS NOT ONLY INDIVIDUAL USERS, BUT ALSO THEIR FAMILIES, FRIENDS, CO-WORKERS AND COMMUNITIES. THIS PROBLEM WON'T JUST GO AWAY BY ITSELF, BUT WITH GOD'S HELP AND OUR DEDICATED COMMITMENT, WE CAN RESTORE LIVES FOR GOD'S GLORY, ONE PERSON AT A TIME.