

# Equipping Faith-based Communities to Respond to SUDs

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# The Opioid Crisis Practical Toolkit

## Helping Faith-based and Community Leaders Bring Hope and Healing

Publications are accompanied by webinars that illustrate their content with practical faith and community models and practices (See HHS Partnership Center YouTube )



## The Opioid Crisis Practical Toolkit:

Helping Faith-based and Community  
Leaders Bring Hope and Healing



# THE OPIOID CRISIS PRACTICAL TOOLKIT

Helping Faith-based and Community Leaders Bring Hope and Healing to Our Communities

## OVERVIEW

### INCREASE AWARENESS



- Addiction is a treatable, chronic, medical condition. Tap local health experts to help diminish the stigma surrounding the condition, its symptoms, as well as any contributing factors.
- 62.6 percent of Americans misuse opioids for pain. Promote an understanding of pain treatment options and management. [GO.USA.gov/xP7gW](https://www.go.usa.gov/xP7gW)
- Educate your community by downloading and distributing information from the CDC's Rx Campaign [CDC.gov/RxAwareness](https://www.cdc.gov/RxAwareness) and SAMHSA's Opioid Resource website [GO.USA.gov/xPcmv](https://www.go.usa.gov/xPcmv).
- Invite individuals in recovery to share their stories with your community.

### OPEN YOUR DOORS



- Increase the number of "life lines" in your community by hosting or connecting people to community-based, recovery support programs (e.g., NA, AA, Celebrate Recovery, etc.)
- Post local meetings and the link to SAMHSA's [https://FindTreatment.gov](https://www.findtreatment.gov) in your newsletters, community calendars, websites, and social media channels.
- Screen a film on the opioid crisis and host a post-show community dialogue. Films, such as NOVA's *Addiction*, *Heroin(e)* or the FBI's *Chasing the Dragon*, include free discussion guides.

### BUILD COMMUNITY CAPACITY



- Train community members to recognize the symptoms of an overdose and how to administer naloxone, an opioid overdose-reversal drug. [GO.USA.gov/xE2EB](https://www.go.usa.gov/xE2EB)
- Coordinate a Mental Health First Aid® or Screening, Brief Intervention, Referral to Treatment (SBIRT) training for your community.
- Learn about trauma-informed approaches and the critical connection between recovery and resiliency for people affected by trauma. [GO.USA.gov/xpTVg](https://www.go.usa.gov/xpTVg)

### REBUILD AND RESTORE



- Support individuals and families who are rebuilding their lives by assisting with food or housing. Consider a bike repair and loan program for those needing transportation.
- Connect with job placement efforts and certification programs that provide life skills, on-the-job training, and internships. Consider partnering with the local business sector to support folks in getting back to work and to school (e.g., culinary arts, housekeeping, welding, etc.).
- Offer financial literacy courses or assistance with job readiness that includes reading, writing, and communication skills, or help with securing their GEDs.



# THE OPIOID CRISIS PRACTICAL TOOLKIT

Helping Faith-based and Community Leaders Bring Hope and Healing to Our Communities

## OVERVIEW

### GET AHEAD OF THE PROBLEM



- Find ways to give teens the straight facts about brain development and substance use, so they can make smart life choices. [Teens.DrugAbuse.gov](https://www.teens.drugabuse.gov)
- Host educational series on Adverse Childhood Experiences (ACEs) and trauma-informed approaches. [GO.USA.gov/xE4WY](https://www.go.usa.gov/xE4WY)
- Learn how to identify and support youth at high-risk for substance misuse with prevention efforts. [GO.USA.gov/xpTnv](https://www.go.usa.gov/xpTnv)
- Create or volunteer for mentoring programs that help to strengthen the resilience of younger generations.

### CONNECT AND COLLABORATE



- Participate in local coalitions by contacting the Community Anti-Drug Coalitions of America. [CADCA.org](https://www.cadca.org)
- Help prevent access and misuse of prescription drugs in your home and community. Partner with local pharmacies near you, as well as local law enforcement, and host a "Prescription Drug Take Back Day." [TakeBackDay.DEA.gov](https://www.takebackday.dea.gov)
- Partner with local providers to assist foster families by donating clothing, furnishings, and other necessities, as well as volunteering for support services (e.g., babysitting, house-keeping, lawn care, etc.).

### FEDERAL RESOURCES



- Share the federal resources included in this toolkit. To access the online version of our Practical Toolkit (live links), please visit: [HHS.gov/Opioid-Practical-Toolkit](https://www.hhs.gov/opioid-practical-toolkit)
- Sign up for our monthly newsletters: [Partnerships@HHS.gov](mailto:Partnerships@HHS.gov) and follow us on Twitter® (@PartnersForGood) and Facebook® (@HHSPartnershipCenter).

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# Revised E- Recovery Support Communities and Programs

## Helping Faith-based and Community Leaders Bring Hope and Healing



*"I gotta be honest- I don't want to get back to in-person meetings...[virtual meetings] opened the world up to be in places I never would've been in, to meet people I would've never met." Man in recovery to the Christian Science Monitor*

### E- RECOVERY SUPPORT COMMUNITIES AND PROGRAMS\*

While not a comprehensive list of online recovery support communities and programs, we hope it will act as a starting point for communities seeking to refer individuals to recovery support during this challenging time.

#### Examples of Faith and Community-based Recovery Support Programs

- **Faces & Voices of Recovery's Guide to Mutual Aid Resources:** A compendium of recovery support programs and communities—many of which now offer virtual meetings and resources. [Bit.ly/2tiCsy1](https://bit.ly/2tiCsy1)
- **Online Intergroup of Alcoholics Anonymous:** Hosts a directory of online meetings featuring 1,000+ online AA meetings worldwide, ranging from video or telephone conferences to email or chat groups in many languages, available 24/7. <https://aa-intergroup.org>
- **Celebrate Recovery (CR):** A 12-step, Christian recovery program. Some CR groups are offering meeting in person and others are hosting live online worship and encouragement. Contact local CRs to find out what they are offering. [CelebrateRecovery.com](http://CelebrateRecovery.com)
- **SMART Recovery Online (SROL):** Online community where individuals with addiction, their family and friends, and other specialized audiences can interact with SMART (Self-Management and Recovery Training) volunteers and each other to aid in overcoming addiction. <http://www.smartrecovery.org/srol-2>
- **In The Rooms (ITR) Online Communities and Meetings:** ITR is an online social network for recovery community. Its mantra is the acronym HITCH (Help, Inform, Touch, Connect, and Heal). <https://bit.ly/2iPozis>

#### Examples of Mobile Recovery Communities

Consider sharing this list of mobile apps that nurture and sustain virtual recovery communities through 24-hour connections. Many of them are free and offer peer-coaching support (which may incur a fee). Examples include:

- **Sober Grid:** [www.sobergrid.com](http://www.sobergrid.com)
- **R/Tribe:** [www.rtribe.org](http://www.rtribe.org)
- **WEconnect:** [www.weconnectrecovery.com](http://www.weconnectrecovery.com)
- **Nomo (It's Time to say No More!):** <https://saynomo.com>

#### Examples of National Networks, Resources, and Referrals to Local Programs

- **Jewish Addiction Awareness Network (JAAN):** [JAANetwork.org](http://JAANetwork.org)
- **Young People in Recovery:** [YoungPeopleInRecovery.org](http://YoungPeopleInRecovery.org)
- **Association of Recovery in Higher Education:** [CollegiateRecovery.org](http://CollegiateRecovery.org)
- **National Association for Christian Recovery (NACR):** [NACR.org](http://NACR.org)
- **Buddhist Recovery Network:** [BuddhistRecovery.org](http://BuddhistRecovery.org)
- **Millati Islami:** [www.millatIslami.org](http://www.millatIslami.org)
- **The Calix Society:** [CalixSociety.org](http://CalixSociety.org)
- **Jewish Alcoholics, Chemically Dependent Persons, and Significant Others (JACS):** <http://bit.ly/2oM89vq>



# Establishing Congregational RECOVERY Capital

*Clarity for  
the  
Complexity*

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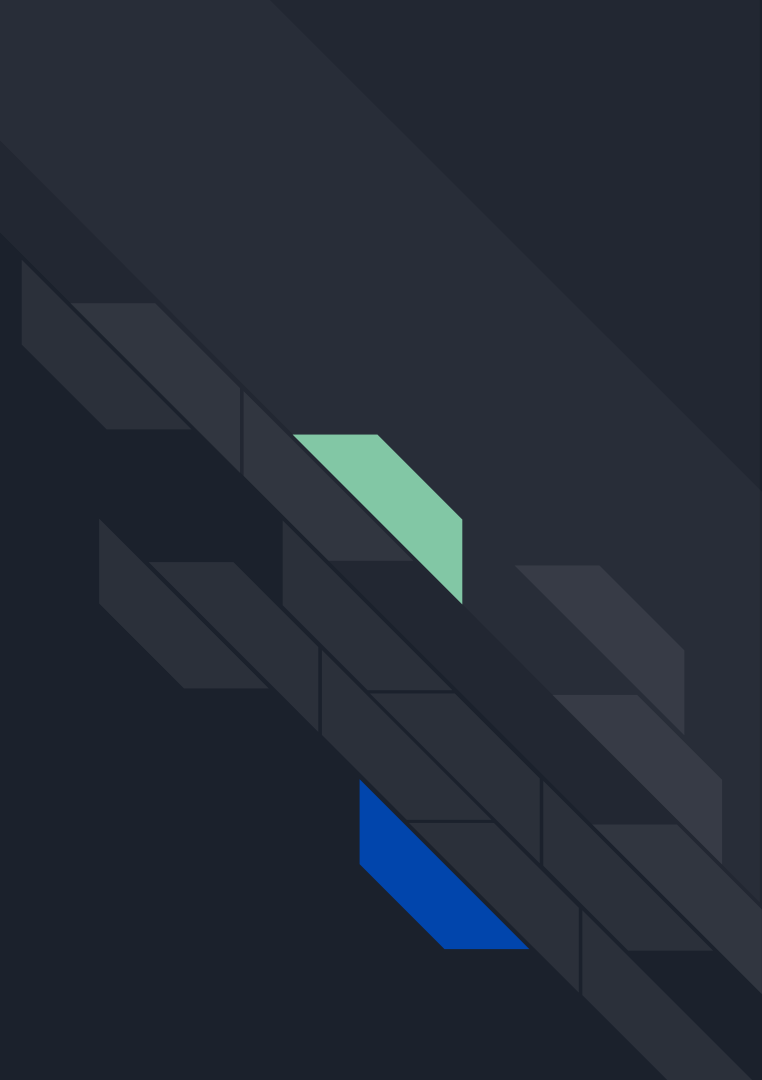
Answering the Questions:

*“What can my congregation do in order to **better serve an individual with a substance use disorder?**”*

*How can we better support the family as well?*

*“People won’t grow spiritually unless they are connected relationally.” Pastor Andy Stanley*

*“It is through RELATIONSHIPS that we can have SPIRITUAL CONVERSATIONS” Pastor Greg Delaney*



# CULTIVATING RELATIONSHIPS

## OBJECTIVES

*Share:*

\*WHAT we have...

**LEARNED &  
LEVERAGED**

\*WHAT we have...

**IMPLEMENTED**

PLAN OF ACTION (*How YOU can TOO!*)  
(*ENGAGEMENT*)





# LEARNING

CREATING  
CONGREGATIONAL CAPITAL  
STARTS WITH **EDUCATION!**



***First Step:  
Definitions:***

What is:  
***“ADDICTION”***  
***“RECOVERY”***  
***“RECOVERY CAPITAL”***

**Same  
Page**

# ADDICTION OFTEN

*“...originates in a human being’s desperate attempt to solve a problem: the problem of emotional pain, of overwhelming stress, of lost connection, of loss of control, of a deep discomfort with the self. In short, it is a forlorn attempt to solve the problem of human pain. Hence my mantra: “The question is not why the addiction, but **WHY** the pain.”*

*– Dr. Gabor Mate*



# What is drug addiction?

Addiction is defined as a **chronic, relapsing disorder** characterized by **compulsive drug seeking and use despite adverse consequences.**<sup>†</sup>

It is considered a brain disorder, because it involves functional changes to brain circuits involved in reward, stress, and self-control, and those changes may last a long time after a person has stopped taking drugs.



**ASAM** American Society of  
Addiction Medicine

Addiction is a **treatable, chronic medical disease** involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that **become compulsive and often continue despite harmful consequences.**



**The Partnership Center**

# RECOVERY

## *Health, Purpose, Community, Home*

*Guiding Principles and Elements  
of Recovery-Oriented Systems of  
Care*

- 
- THERE ARE MANY PATHWAYS TO RECOVERY
  - RECOVERY IS SELF-DIRECTED AND EMPOWERING
  - **RECOVERY INVOLVES A PERSONAL RECOGNITION OF THE NEED FOR CHANGE AND TRANSFORMATION**
  - RECOVERY IS HOLISTIC
  - RECOVERY HAS CULTURAL DIMENSIONS
  - **RECOVERY EXISTS ON A CONTINUUM OF IMPROVED HEALTH AND WELLNESS**
  - RECOVERY EMERGES FROM HOPE AND GRATITUDE
  - **RECOVERY INVOLVES A PROCESS OF HEALING AND SELF REDEFINITION**
  - RECOVERY INVOLVES ADDRESSING DISCRIMINATION AND TRANSCENDING SHAME AND STIGMA
  - RECOVERY IS SUPPORTED BY PEERS AND ALLIES
  - RECOVERY INVOLVES (RE)JOINING AND (RE)BUILDING A LIFE IN THE COMMUNITY
  - **RECOVERY IS A REALITY – 23 MILLION in US vs 20 MILLION with SUD**

*Cori Kautz Sheedy, M.A., of Abt Associates Inc., under the direction of Melanie Whitter, Abt Associates Inc., under contract number 270-03-9000, with SAMHSA, U.S. Department of Health and Human Services (HHS). Shannon B. Taitt, M.P.A., served as the Government Project Officer*



CREATING

## **Congregational** Recovery Capital

THAT'S YOU!

Recovery Capital Defined:

*Is the breadth and depth of **internal and external resources** that can be drawn upon to **initiate and sustain recovery** from substance use disorder.*

*Adapted from Granfield and Cloud - 1999*



# LEVERAGED

BEST PRACTICES

EVIDENCE BASED

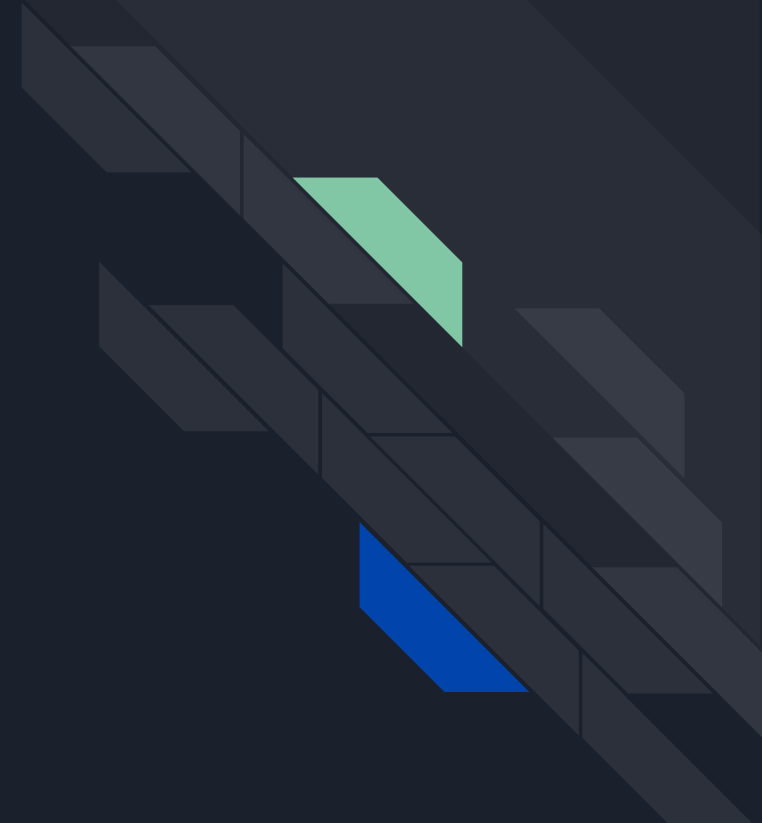
CULTURALLY  
COMPETENT

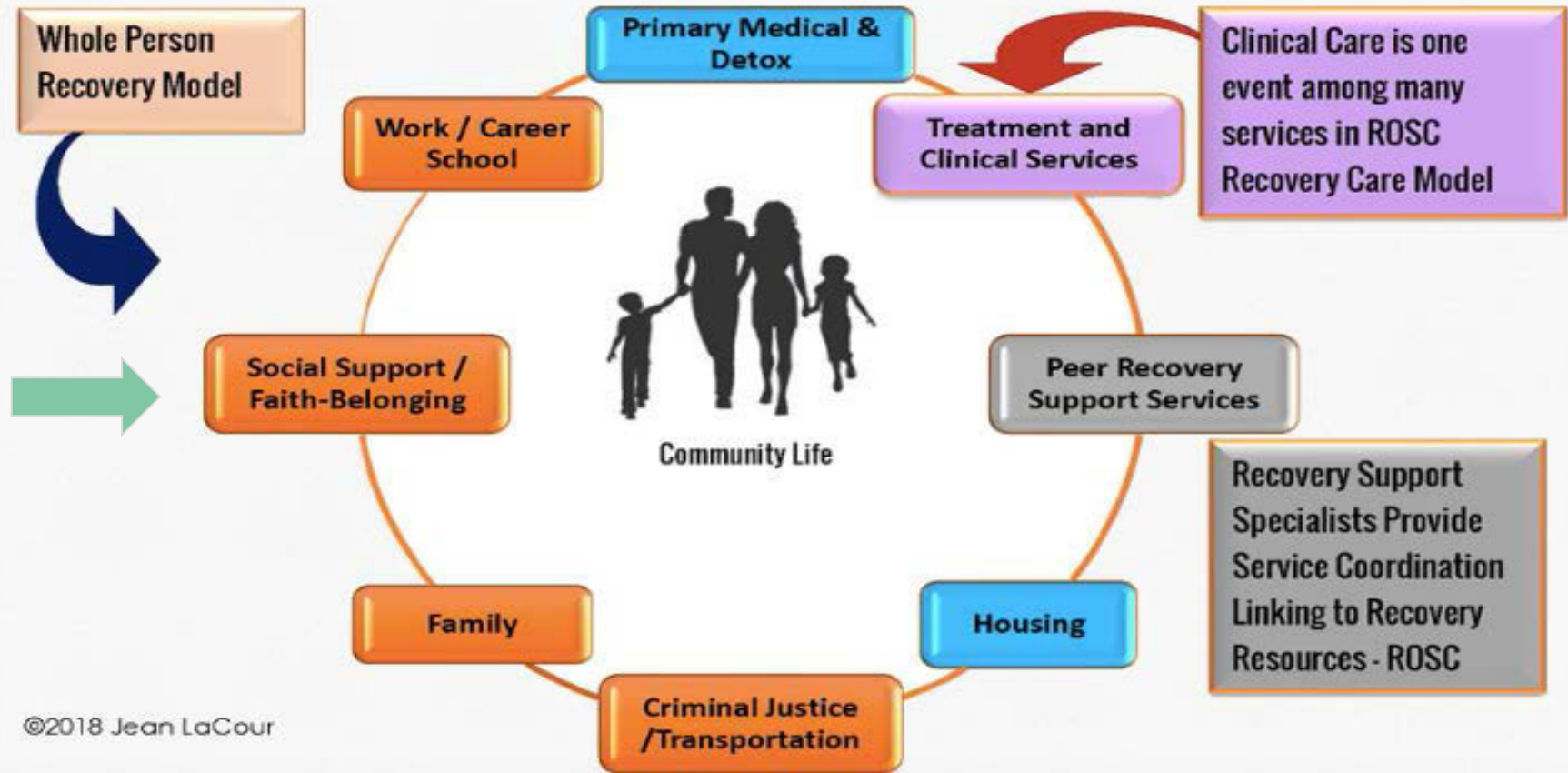
CONGREGATIONALLY  
SENSITIVE

BROAD APPLICATION

PROVEN PRACTICE

BLENDED APPROACH





**COMPLEX PROBLEMS NEED COMPREHENSIVE SOLUTIONS!**



## LEVERAGE: Assessing your Community Needs

- **Step 1: Assess Needs** – Gather and assess data to ensure that efforts are appropriate and targeted to the needs of communities.
- **Step 2: Build Capacity** – Build and mobilize resources at the local level to address the needs identified in step 1.
- **Step 3: Plan** – Develop a plan to prioritize the needs identified in step 1. Understand the capacity within the community to ensure key goals can be achieved.
- **Step 4: Implement** – Put the strategic plan identified in step 3 into action.
- **Step 5: Evaluate** – Systematic collection and analysis of data to measure progress against goals and desired outcomes.

### EVIDENCE-BASED APPROACH



# LEVERAGE *BEST PRACTICE* – “First Things First”

- **Be Intentional** about your language

*Use person first language – LEARNING*

- **Be intentional** about your message

*What are you trying to say? Who are you trying to serve? – CULTURALLY COMPETENT*

- **Be intentional** about your audience

*Who is in the room? Why? Everyone is not built to do this work – CONGREGATIONALLY*

*SENSITIVE (Internally) – Congregational Readiness*

# Second Things First: (Low Hanging Fruit!)

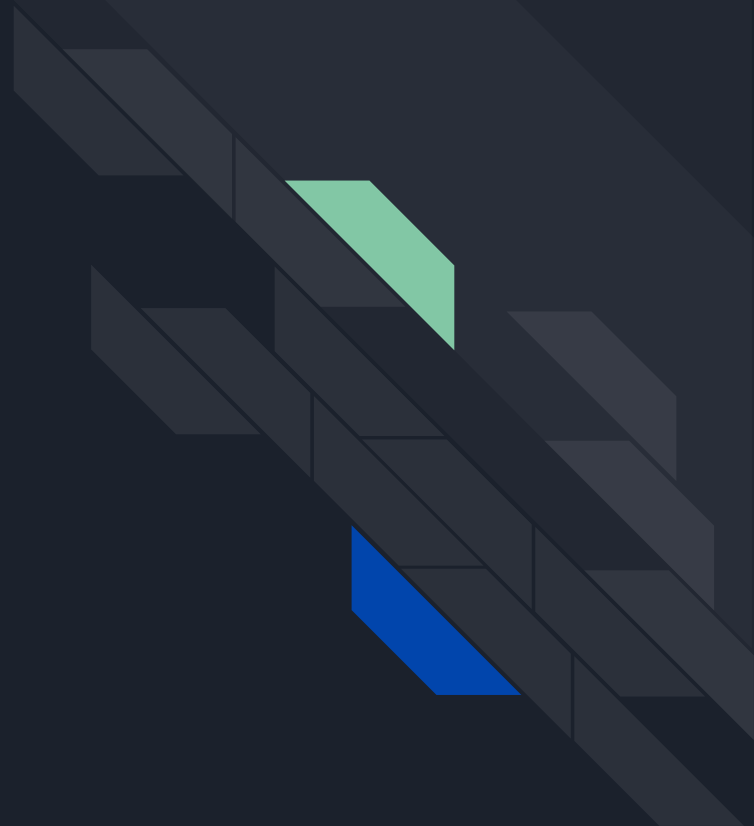
## **BLENDED APPROACH**

- Reduce Stigma – **EDUCATION!**
- End Overdose – **APPLICATION**
- Create Partnerships - **COLLABORATION**
- Build Bridges - **CONNECTION**

# IMPLEMENT

# EQUIPPING

CONGREGATIONS FOR SERVICE!



# FROM EDUCATION to EQUIPPING! – Learning/Leverage

- Connect individuals struggling with addiction to treatment. - **CONNECTING**  
**Faith Community as an Access Point**
- Facilitate understanding of treatment and recovery. - **LEARNING**  
**Break Down Language Barriers – STIGMA REDUCTION**
- Increase knowledge about addiction.- **LEARNING**  
**Let's Talk About it – *BLENDED APPROACH (SCIENCE + SPIRITUAL)***
- Understand the continuum of care and collaborate with it. - **COLLABORATION**  
**Prevention, Treatment, and Recovery.. Criminal Justice**

**Help groups understand and implement evidence-based practices  
("The Best Practice Model").**

# Best Practice Model: CRC

- Provide Spiritual/Pastoral Support according to the **congregation's culture-**
  - Trauma Informed Approach
- View addiction by its definition - as a treatable disease, - **PROVEN PRACTICE**
  - Understanding the Brain Science Behind Addiction
- Embrace and support people in recovery and walk with them on their journey-  
Person First Approach – **“RECOVERY COMPETENT APPROACH”**
- **Culturally Competent** Application (INTENTIONAL)
- Leverage CURRENT Support Group Opportunities – **CONNECTION!**
  - Teach HOW to HOST and HOW to REFER



# ***LEARNING and LEVERAGE has LED to...***

**UNDERSTANDING of the IMPORTANCE of PEER ENGAGEMENT OPPORTUNITIES for CONGREGATIONAL CERTIFICATION**

- *MEASURABLE METHOD for ENGAGEMENT (NV/NH/OH)*

**EFFECTIVE TRAININGS for CONGREGATIONAL COMPETANCE**

**CONFIRMING THAT COMMUNITY ENGAGEMENT IS KEY  
(NECESSARY and DOABLE)**

**UNDERSTANDING the IMPORTANCE of RESEARCH and HIGHER  
EDUCATION PARTNERSHIPS**

**TOOLKITS and BEST PRACTICES NEED NOT BE 'REINVENTED'**

# What is the Lifeline **Peer** Project

The Lifeline **Peer Project** was established to reduce the stigma related to the disease of addiction and increase community support for policies that provide for treatment and recovery services.

Project approaches include:

- Establishment of **evidence-based** addiction and recovery programs
- Educational presentations for civic groups, **faith-based organizations**, and community leaders to increase understanding of the disease of addiction and support for recovery strategies.





# Certified Recovery Congregation

How to be recognized as a **Certified Recovery Congregation**:

1. The **Faith Based Coordinator or Lifeline (PEER)** becomes aware of a congregation's service to the community and reaches out to assist...
2. A congregation chooses to fill out a survey to make us aware of the ways that they serve the community that promote recovery and invite them to attend a trauma informed care training!

Scan this QR code with your phone:



[https://stateoftennessee.formstack.com/forms/certified\\_recovery\\_congregations](https://stateoftennessee.formstack.com/forms/certified_recovery_congregations)

# Interfaith Recovery Training Offerings

## The Science of Addiction

**Length:** 1.5 Hours

**Description:** In this 90 minute training, you will learn the basics of how addiction and trauma affect the human brain and body.

Understanding the biology helps us understand the reason

behind the behavior and why certain treatments and supports can help someone on their journey to recovery.

## Recovery 101

**Length:** 1 Hour

**Description:** We'll cover de-stigmatizing language you can use when working with families and the recovery community, the various types of treatment and recovery support services, and some of the resources available in Nevada.

## Overdose Prevention

**Length:** 1 Hour

**Description:** We'll cover what an opioid is, how to recognize and respond to an opioid overdose, what naloxone (Narcan) is, what the Nevada good samaritan law covers, and how to become an access point for overdose prevention kits in your community.

## Suicide Recognition & Resources

**Length:** 1 Hour

**Description:** We'll cover terminology, the signs of suicide, other training resources, and how you can respond.

## Bridges of Hope

**Length:** 30 minutes

**Description:** Overview of mental illness and strategies so you can create stronger safety nets and welcoming communities of faith for people affected by mental illness.



## Recovery Certified

Becoming Recovery Certified shows members of your organization and community that you have an understanding of the issue and are open to individuals and families impacted by substance use and mental health challenges. If your organization/congregation is interested in becoming Recovery Certified by Foundation for Recovery, a minimum of four trainings must be completed. Two required trainings, and two electives. The two required trainings are indicated by the icon next to the training title.

## Nevada Interfaith Recovery Partners

The Nevada Interfaith Recovery Initiative is a partnership between several organizations to offer training and support to faith-based organizations, faith leaders, and members of our faith community. Contact us if you're interested in becoming a partner and including your trainings and resources.

For more information or if you have questions, please contact Ana Maria Hernandez at [faith@forrecovery.org](mailto:faith@forrecovery.org) or visit [faith.forrecovery.org](http://faith.forrecovery.org)



## TRAIN THE TRAINER PLAN – **LEVERAGE EXPERTISE**

- Training Opportunities Empower and Equip Your Ministries
- Certified Recovery Congregations Increase the Impact of Your Ministries

# Training Opportunities – **THE BASICS! (LEARNING)**

- **The LANGUAGE of RECOVERY**
  - (Addressing Stigma)
- **Compassion in Action**
  - (Principles of Mental Health) – HHS TOOLKIT
- **The Addicted Mind**
  - How addiction affects the brain.
- **Question, Persuade, Refer (QPR)**
- **Trauma Informed Care**
  - 1-hour introduction with ACES



## Training Opportunities – Continuing EDUCATION

- Mental Health First Aid
- Trauma Informed Care
  - (Practitioner Certification)
- ASSIST
- Building Strong Brains
- CRAFT



*OVER 40+ EVIDENCE INFORMED TRAININGS!*



# enCompass

Encompass is an interactive multidisciplinary training program that teaches participants about the science of addiction and equips them with the knowledge and tools to understand and address addiction.

## **FAMILY PROGRAM**



ENGAGEMENT!

*COLLABORATION  
and CONNECTION IS  
KEY!!!*

# Connection to Other Community Resources

Resources to access and leverage across your state might include:

- Community Prevention Coalitions
- Treatment and Recovery Courts
- Addiction Recovery Program (ARP) Agencies
- Local Health Departments/Councils
- Health Educators
- Local Law Enforcement Agencies
- Nonprofit Organizations
- Colleges /Universities
- Housing Partners
- Single State Agencies
- Grant Expertise
- NAMI
- OTHER CONGREGATIONS!
- ...others!







# HIGHER EDUCATION

***RESEARCH  
PARTNERS***

***SOCIAL WORK  
DEPARTMENTS***

***RECOVERY  
PROGRAMS***

***NURSING and  
PHARM***

***“GOODLIFE”***

# WHEN APPLIED!

**Recovery  
Congregations (800+)**

**Faith-Focused  
Recovery Programs  
(CreativeApplications)**

**Thousands of Trainings  
Provided**

**Countless Community  
Forums**

**Thousands of people  
given access to  
treatment and recovery  
support services**

**New Recovery Meetings  
Initiated**

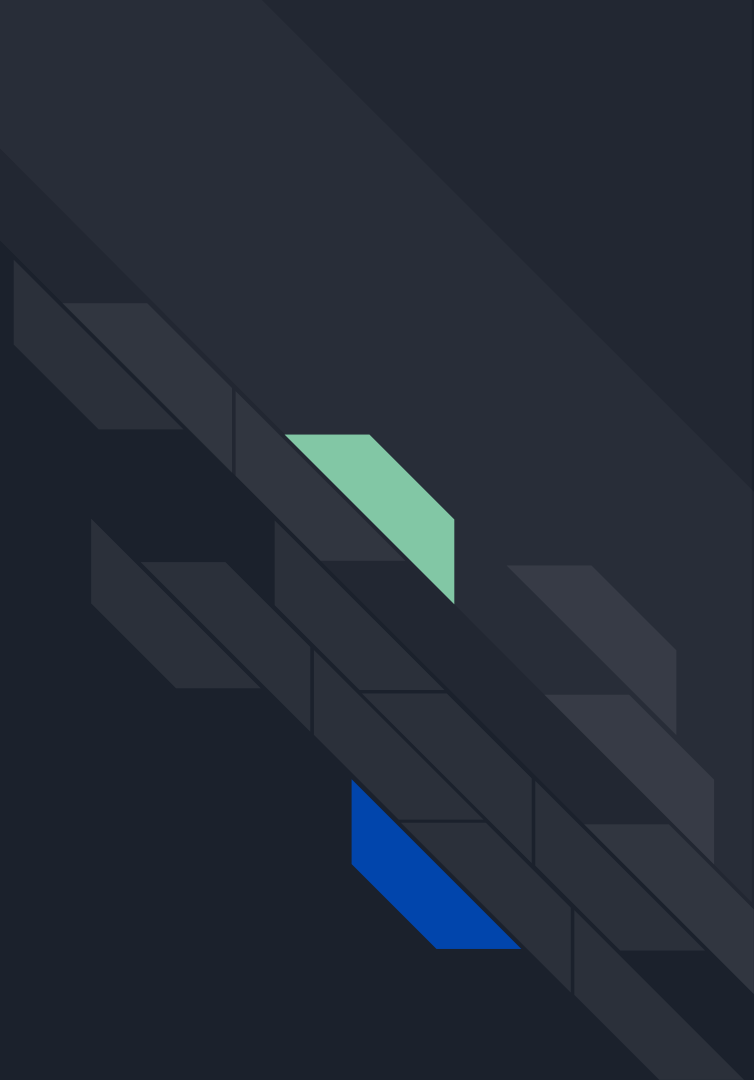
**New Faith-Focused  
Prevention**

**Family Programs**

**New ALTERNATIVES!**

*“That's what loving well  
is all about: giving  
people the **time and**  
**space** they need as  
they grow.”*

— William P. Smith, Loving Well



Any  
Questions



TM





A link to the recording of today's webinar will be sent to all those who registered to participate. Thank you for joining us!

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