THE ADDICTION RECOVERY PROGRAM

Healing through the Savior

The Program's Mission



The goal of the Addiction Recovery Program is to help individuals draw upon the power of Jesus Christ to prevent or recover from compulsive or addictive behaviors that impact their agency and covenants.

Resources

- Support Groups
- Addiction Recovery Website
- Guide to Addiction Recovery and Healing
- Spouse and Family Support Guide
- 12 Step Videos



Support Groups

- In-person and online support group meetings are free and confidential
- Support groups address substance abuse, pornography use, and other problematic behaviors
- There are support groups for both individuals struggling with addiction as well as family and friends
- Support groups are led by volunteer senior service missionaries, and are supported by a meeting facilitator (someone who has found recovery)

Support Groups

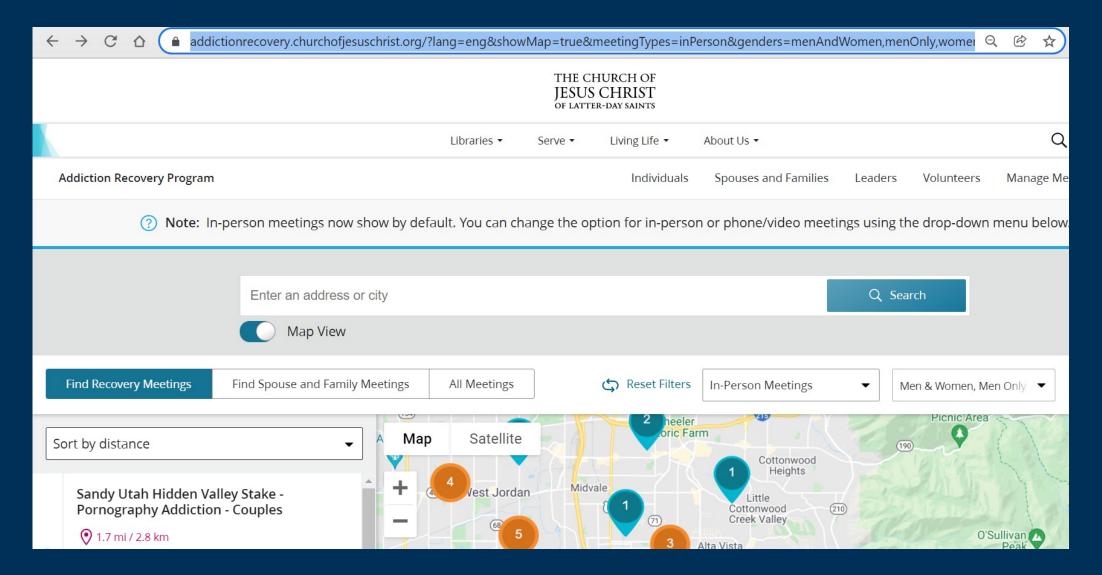


Groups can be found on the Addiction Recovery Program Website

Podcasts of actual support groups can be listened <u>to</u> <u>here</u>

For more information about what a meeting is like, watch this video

The Website



A Guide to Addiction Recovery and Healing

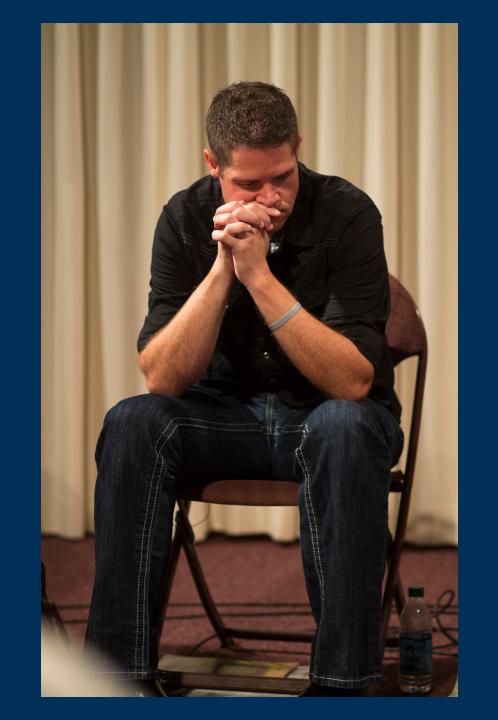
- Individuals struggling with addiction behavior use <u>a</u> workbook to study and apply the 12 steps and gospel principles
- The guide is used in support group meeting and can be studied individually
- A Guide to Recovery and Healing can be found in the Gospel Library under the Life Help Section and Addiction tab
- It also available as a downloadable <u>PDF document</u> or an <u>MP3 audio file</u> in many languages. It can also be purchased on <u>store.lds.org</u>

Spouse and Family Support Guide

- Family and friends also use <u>a workbook</u> to study and apply the principles that help them find peace through the Savior
- The guide is used in support group meeting and can be studied individually
- The Spouse and Family Support Guide can be found in the Gospel Library under the Life Help Section and Addiction tab
- It also available as a downloadable <u>PDF document</u> or an <u>MP3 audio file</u> in many languages. It can also be purchased on <u>store.lds.org</u>

12 Step Videos to Change

- There are personal stories of individuals in recovery sharing how they applied the 12 steps
- They can be <u>accessed here</u>
- For an example, watch the video on Step 2 Hope

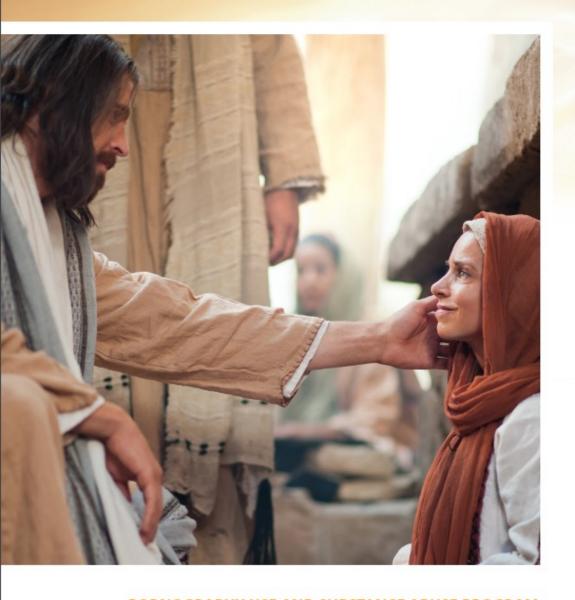


Church Leaders

- Church leaders can encourage members to use the program
- Leaders and others are welcome to attend meetings and can help an individual feel more comfortable by attending with them
- Leaders should not forget to help spouse and family members; to refer them to the spouse and family support groups as well as the Spouse and Family Support Guide
- Leaders can request additional Addiction Recovery Support groups by contacting their local Family Services agency
- More information for leaders is available on the addiction recovery program website under the leader tab

Administering the Addiction Recovery Program





Administration Guide

Administration Guide

- For latest version, go to addictionrecovery.churchofjesuschrist.org
- Provides polices and procedures that govern the program

Approved Materials

- The standard works, Church magazines, and the support group guidebook are the only materials used in support meetings.
- Other materials or publications are not promoted, sold, or distributed before, during, or after support meetings.

Approved Types of Meetings

Common types of support groups:

- Substance Abuse Meetings
- Pornography Addiction Support Groups
- Spouse and Family Support Groups

Additional types of groups may be requested but must be approved by Family Services

Adaptation

- Support groups may be adapted to better meet cultural needs, distance, or other factors that make operation of the program as outlined difficult.
- Such adaptations should be approved by the Area Presidency.

Administration Guide, p. 1,14

Family Services' Role

- Family Services is the operations manager of the program (administers the program, provides oversite to group leaders, policy, procedures)
- Screens potential group leaders and facilitators
- Oversees training for group leaders and facilitators

Stake or District President

- Support groups must be requested by the Stake or District President
- He may assign a counselor, high councilor, or stake welfare specialist to supervise support group activities in his stake



Group Leader's Responsibility

- Holds a current temple recommend
- Called as a Senior-service missionary
- Conducts meetings
- Ensures meetings run according to Church standards and program expectations
- Sets the tone for the meeting, welcomes participants

Facilitator's Responsibility

- A person living in recovery from an addiction
- Church member with testimony and living gospel standards
- Conducts sharing portion of the support group meeting

Questions?

