

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 to here

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

The Website

The screenshot displays the website's interface for finding addiction recovery meetings. At the top, the browser address bar shows the URL: `addictionrecovery.churchofjesuschrist.org/?lang=eng&showMap=true&meetingTypes=inPerson&genders=menAndWomen,menOnly,wome`. The page header features the church's name, "THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS", and a navigation menu with items like "Libraries", "Serve", "Living Life", and "About Us". Below this, a secondary menu includes "Addiction Recovery Program", "Individuals", "Spouses and Families", "Leaders", "Volunteers", and "Manage Me". A note indicates that in-person meetings are the default view, with a link to change the filter. The main search area contains a text input field labeled "Enter an address or city" and a "Search" button. A "Map View" toggle is also present. Below the search bar, there are buttons for "Find Recovery Meetings", "Find Spouse and Family Meetings", and "All Meetings", along with a "Reset Filters" button and dropdown menus for "In-Person Meetings" and "Men & Women, Men Only". A map view is active, showing a map of the Sandy, Utah area with several meeting locations marked by numbered pins (1-5). A sidebar on the left shows a list of results, with the top entry being "Sandy Utah Hidden Valley Stake - Pornography Addiction - Couples" located 1.7 miles (2.8 km) away. The map includes a "Sort by distance" dropdown and "Map/Satellite" view toggles.

addictionrecovery.churchofjesuschrist.org/?lang=eng&showMap=true&meetingTypes=inPerson&genders=menAndWomen,menOnly,wome

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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Addiction Recovery Program Individuals Spouses and Families Leaders Volunteers Manage Me

Note: In-person meetings now show by default. You can change the option for in-person or phone/video meetings using the drop-down menu below.

Enter an address or city Search

Map View

Find Recovery Meetings Find Spouse and Family Meetings All Meetings Reset Filters In-Person Meetings Men & Women, Men Only

Sort by distance

Sandy Utah Hidden Valley Stake - Pornography Addiction - Couples
1.7 mi / 2.8 km

Map Satellite

1 2 3 4 5

A Guide to Addiction Recovery and Healing

- Individuals struggling with addiction behavior use a 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 PDF document or an MP3 audio file in many languages. It can also be purchased on store.lds.org

Spouse and Family Support Guide

- Family and friends also use a workbook 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 PDF document or an MP3 audio file in many languages. It can also be purchased on store.lds.org

12 Step Videos to Change

- There are personal stories of individuals in recovery sharing how they applied the 12 steps
- They can be [accessed here](#)
- 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

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

PORNOGRAPHY USE AND SUBSTANCE ABUSE PROGRAM

Administration Guide

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.

Family Services' Role

- **Family Services is the operations manager of the program (administers the program, provides oversight 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?



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