

# Addiction Recovery Program



## Needs

Those struggling with addiction and other harmful behaviors need guidance and support from a gospel-centered viewpoint. In equal measure, family members and loved ones of those struggling with such behaviors need support too.



## Description

The addiction recovery program provides free confidential support groups for individuals as they strive for recovery. Each meeting has a facilitator—someone recovering from addiction—who provides hope by sharing his or her personal story and testimony of recovery. Participants find a sponsor, or mentor, to help them work through each step of recovery. Participants study the manual *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* to work through each of the 12 steps in the program.

Meetings are held in person, over the phone, or by video. These groups are not intended to be treatment groups; they are run by volunteers who are not professional therapists. Members may need professional treatment in addition to the addiction recovery support groups.

Spouses and family members may think the only solution to their problems is their loved one's recovery. However, spouse and family support groups can help them heal from the impact of their loved one's addiction whether or not the loved one chooses recovery. These groups operate in a similar way to addiction recovery support groups. Additionally, the manual *Support Guide: Help for Spouses and Family of Those in Recovery* provides critical principles, skills, and support.

Church leaders can encourage members they counsel to attend recovery meetings. Leaders and other members are also welcome at the meetings and can help a member feel comfortable attending a meeting.

Church leaders can use *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* and *Support Guide: Help for Spouses and Family of Those in Recovery* when working with members who struggle with addiction. They can discuss steps and principles during visits, go through the study sections together, and make assignments from the book. Each guide can provide a framework for charting progress toward recovery.



## Who is this for?

This is for those affected by addiction and other harmful behaviors, including the families and friends of those who struggle with such behaviors. It's also for Church leaders seeking support as they minister to those so affected.



## How it works

Meetings for those struggling and for friends and family can be found at [AddictionRecovery.ChurchofJesusChrist.org](https://AddictionRecovery.ChurchofJesusChrist.org).



## Where to learn more

Visit [AddictionRecovery.ChurchofJesusChrist.org](https://AddictionRecovery.ChurchofJesusChrist.org).

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## Contact: