



National Weekend of Prayer - Faith. Hope. Life.

In recognition of World Suicide Prevention Day during the second weekend of September, the National Action Alliance for Suicide Prevention (Action Alliance) invites faith communities across the nation to pray for those whose lives have been touched by suicide. Faith. Hope. Life offers campaign resources aimed at helping faith communities across our nation play an active role in preventing suicide.

Some of these resources include:

- How to respond to a member who may be at risk for suicide
- Worship and spiritual resources
- Communications aids such as flyers, bulletin inserts, poster and other graphical art

<https://theactionalliance.org/faith-hope-life/other-resources>

September is National Recovery Month



National Recovery Month (Recovery Month), sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help.

The 2019 Recovery Month **theme**, "*Join the Voices for Recovery: Together We Are Stronger*," emphasizes the need to share resources and build networks across the country to support recovery. It reminds us that mental and substance use disorders affect us all, and that we are all part of the solution. The observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and personal growth.

SAMHSA creates a toolkit to help individuals and organizations increase awareness of the power of recovery. The kit provides tips and resources for planning Recovery Month events and distributing information in communities across the nation.

Download the complete 2018 Recovery Month Toolkit

[English \(PDF | 594 KB\)](#)

[Spanish \(PDF | 2 MB\)](#)

Mental Health Ministries has created a new brochure on addictions. It is available at their website, www.mentalhealthministries.net

What is Addiction

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Addiction is both psychological and behavioral. Addictions are characterized by craving, compulsion, and an inability to stop using the drug and lifestyle dysfunction due to drug use. Addictions to substances like alcohol, tobacco or drugs like opioids.

Behavioral addictions are those not involving a substance such as addiction to food, sex, the internet, cell phones and video games. There are also recognized impulse control addictions such as gambling.

Addiction Statistics

According to the National Survey on Drug Use and Health (NSDUH), 19.7 million American adults (aged 12 and older) battled a substance use disorder in 2017.

In 2017, 8.5 million American adults suffered from both a mental health disorder and a substance use disorder, or co-occurring disorders.

Every day, more than 130 people in the United States die after overdosing on opioids.

2.6 million people with addictions have a dependence on both alcohol and illicit drugs.

Rates of illicit drug use are highest among those aged 18 to 25.

Addiction among people 65 and up is often underestimated and under-diagnosed, which can prevent them from getting the help they need.

Over 90% of those with an addiction began drinking, smoking or using illicit drugs before the age of 18.

Children of addicted parents exhibit symptoms of depression and anxiety more than children from non-addicted families.

Alcohol and drug abuse are among the leading risk factors for suicide.

Drug abuse and addiction cost American society more than \$740 billion annually in lost workplace productivity, healthcare expenses, and crime-related costs.

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up.

Treatment Options

- Addiction is a complex but treatable disease that affects brain function and behavior.
- No single treatment is right for everyone.
- People need to have quick access to treatment.
- Effective treatment addresses all **of the patient's needs**, not just his or her drug use.
- Staying in treatment long enough is critical.
- Counseling and other behavioral therapies are the most commonly used forms of treatment.
- Medications are often an important part of treatment, especially when combined with behavioral therapies.
- Treatment plans must be reviewed often and modified to fit the **patient's changing needs**.
- Treatment should address other possible mental disorders.
- Medically assisted detoxification is only the first stage of treatment.

Faith-based treatment can include aspects of:

- **A belief in one's** self
- Trust in life
- Confidence in a higher power
- Trusting in each moment
- Confidence in the ability to live substance-free
- Belief in religious ideals
- **Believing in one's** capacity to achieve change
- **Believing in other's** ability to help

How Faith Leaders and Congregations Can Help

Help break down the wall of silence that stands between the faith community and people with alcohol and drug abuse and dependence, preventing faith communities from availing themselves of opportunities to help.

Addiction is a disease and not a moral or spiritual failure. Treat it like one. **You can't "fix it."** Treat addiction like any other chronic debilitating illness.

Understand the importance of educating and informing your congregation about alcoholism, addiction and recovery.

Consider offering sermons, classes and prayers that deal with these issues.

Assess the situation, know the resources and make a good referral for both the alcoholic/addict and the family.

Provide meeting space for the variety of Twelve-Step programs.

Recognize that addiction is a family **issue, a "family disease."** Alcoholism and addiction take a tremendous toll on everyone involved. The spouse and all the children need attention and referral.

Offer a message of hope. There are literally millions of American families in recovery and living a positive recovery lifestyle. They are in your congregation. Encourage these people to share their stories.

Congregations can offer a safe, welcoming and accepting community with people who care and will listen without judgment.

RESOURCES ON ADDICTION

Addiction Center
<https://www.addictioncenter.com>

Center on Addiction
<https://www.centeronaddiction.org/>

National Institute on Drug Abuse
<https://www.drugabuse.gov/>

SAMHSA (Substance Abuse and Mental Health Services Administration)
<https://www.samhsa.gov/>

Addiction

How Congregations Can Respond



Mental Health Ministries
www.MentalHealthMinistries.net



SCHEDULE MENTAL HEALTH FIRST AID TRAINING FOR YOUR CHURCH AND COMMUNITY

Since 2009 numerous churches throughout the Conference have hosted Mental Health First Aid classes. Participants:

- Learn mental health problems are medical conditions that need early medical treatment.
- Increase their knowledge of the signs, symptoms and risk factors related to mental illnesses and substance use disorders.
- Can identify multiple types of professional and self-help resources for individuals with a mental health or addiction problem;
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

This program is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP). There are many audience-specific Mental Health First Aid courses, such as Youth; Older Adults; Higher Education; Law Enforcement, Corrections, and Public Safety; and Military Members, Veterans, and Their Families.

As the hands and feet of Christ, we are to tend to the broken and seek out the lost the same way Jesus tended to our wounds and sought us out. To do this, we must be willing to meet our brothers and sisters where they are, and use Jesus' example of meeting the needs of our neighbors. We must remember effective churches don't simply meet the spiritual needs of their congregants, but also the psychological, social, and physical needs.

If you're interested in bringing this valuable training to your staff, volunteers, and community contact the Mental Wellness Awareness Association at their website, www.mentalwellnessawareness.org, via email at mwaa@mentalwellnessawareness.org or by phone at 717-957-3432 to schedule a training at your church.

The Susquehanna United Methodist Church provides these trainings at a very reasonable cost because of contributions received by United Methodist Members through Sunday offerings received under Advance #4050.

Psalm 34:17-18 ESV When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.



COMMUNITY OUTREACH

MENTAL HEALTH FIRST AID TRAINING

Sometimes first aid isn't a bandage or CPR.

Sometimes first aid is YOU!

Strengthen your community! Create happier healthier families! Save a life!
Mental health problems, in most cases, precede a substance use disorder by about 3 years

Host a Mental Health First Aid Class – call 717-957-3432

Many MHFA classes: Adult helping Adult; Adult helping Youth; Adult for Fire/EMS - Older Adults - Law Enforcement, Corrections, and Public Safety – Higher Education – Veterans, Servicemembers, & Their Families



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MENTAL HEALTH is PHYSICAL HEALTH

 AMERICAN MENTAL
WELLNESS ASSOCIATION
2019 NATIONAL CONFERENCE

**NOVEMBER
21 - 22, 2019**

Radisson Harrisburg
Camp Hill, Pennsylvania



Karen Lankford,
Ph.D.
Neuroscientist,
Yale University



Randal Fox,
M.Ed. Director,
PA Center for
Safe Schools



Nick Jaworski,
B.S. CEO,
Circle Social, Inc.



Manya Chylinski,
M.S. Victim
Advocate,
Alley 424
Communications



Brian Sims, M.D.
Senior Medical
Adviser,
NASMHPD

DON'T MISS THIS PRECEDENT-SETTING CONFERENCE!

REGISTER TODAY AT:

WWW.AMERICANMENTALWELLNESS.ORG/NATIONAL-CONFERENCE