

## **Recovery from Substance Misuse: Pastoral Care, Counselling and Treatment Part 1**

Although rates of substance abuse vary across Europe, millions of lives are ruined in the grip of various substances. In the UK, up to half of young people have tried an illegal drug by the age of 16 and some post-conflict states struggle with their own unique legacies of drugs and alcohol. In these sessions we explore the nature and harmful effects of the leading substances of abuse and ask what we can learn from some of the common approaches to recovery. We reflect on personal testimony of recovery and the place of biblical teaching on repentance, idolatry, grace, and community in supporting those caught up in addictive behaviours.

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- I. Medical Models (e.g WHO & DSM)
  - A. Dependence
  - B. Abuse
- II. Legal Frameworks
- III. Prevalence and 'co-morbidity'
- IV. Models of risk and causation
  - A. Biological
  - B. Sociocultural

C. Psychological

D. Pastoral/biblical (desire and idolatry)

V. Models of Management (brief overview)

A. Pharmacological

B. Sociocultural

1. 12 steps and support groups

2. Therapy/counseling

VI. Outcomes and prognosis

***Suggested Readings:***

1. DiClemente, C. C. (2006) *Addiction and change: How addictions develop and addicted people recover*. New York: Guilford Press.
2. <http://www.talktofrank.com> [a secular website resource full of helpful information about different drugs, risks and general approaches to getting help in the UK.]
3. <http://www.rcpsych.ac.uk/mentalhealthinfo/problems/alcoholanddrugs/cannabis.aspx> [medical approach from UK Royal College with considerable information. Some information also available in Russian and Polish]
4. <http://www.ccef.org/crossroads-step-step-guide-away-addiction> [introduction to CrossRoads, a step-by-step guide to recovery by Ed Welch of CCEF]
5. <http://www.ca.org/12and12.html> [example of 12 steps and 12 traditions adapted to cocaine recovery]