
RESPONSE TO
SUBSTANCE
USE DISORDER

**FAITH BASED
TOOL KIT**

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DEFINITIONS

- A substance use disorder, also known as a drug use disorder, is a condition in which the use of one or more substances leads to a clinically significant impairment or distress. Although the term substance can refer to any physical matter, 'substance' in this context is limited to psychoactive drugs. Addiction and dependence are components of a substance use disorder and addiction represents the most severe form of the disorder.
- The *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, no longer uses the terms substance abuse and substance dependence, rather it refers to substance use disorders, which are defined as mild, moderate, or severe to indicate the level of severity, which is determined by the number of diagnostic criteria met by an individual. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. According to the DSM-5, a diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.



SUBSTANCE USE DISORDERS

The following is a list of the most common substance use disorders in the United States.



ALCOHOL USE DISORDER (AUD)

TOBACCO USE DISORDER

CANNABIS USE DISORDER

STIMULANT USE DISORDER

HALLUCINOGEN USE DISORDER

OPIOID USE DISORDER

Catching things early can be a blessing. The importance of catching things early is especially true when it comes to our health: an ounce of prevention is worth a pound of cure. Prevention is a familiar concept when we talk about diabetes, heart health, or preventing injuries. It is a central strategy when talking about preventing consequences of substance abuse and lowering addiction or substance use disorder rates.

No matter the denomination, the foundation, or the theology, the church should always be a place where people feel love and acceptance. It does not matter how the person may dress or look or what their background is, the church has a responsibility to accept everyone with open arms. This is especially true for those who are battling addictions and working their way towards recovery.



EDUCATE & TRAIN

Prevention strategies have changed over the years. Prevention is a community effort, for all ages, and prevention is not just one strategy fixed in time, but changes according to community needs. A focus on prevention will save lives, save families and friends, and save communities. It is never too late to start. We hope and pray that 2018 will be the year that you join a prevention effort in your community



TRAINING FOR CHURCH LEADERS, MINISTRY LEADERS, AND CONGREGATION

- Educate Church's leaders and congregation about skyrocketing drug abuse problem. Provide resources to help them understand the most dangerous and abused drugs in their communities.
- Teach leaders and church members how to recognize the symptoms of drug abuse, especially prescription painkiller, heroin and meth abuse. Encourage them to report possible drug abusers to specific church leaders who can help them. (See sidebar: Recognizing the Physical and Behavioral Symptoms of Substance Abuse)
- Train church leadership, teachers and others how to respond to an emergency overdose situation (NARCAN training and contact first responders, and coalition building).

RESOURCES AND EVENTS

- Keep a current list of emergency phone numbers, drug abuse counselors and treatment agencies located in your area. These resources will enable you to know who to contact if a drug abuse crisis arises. (See sidebar: Helpful Resources/area specific)
- Work together with agencies and counselors in your community to help combat drug abuse problems.
- Plan church events/programs and classes/seminars for your youth and parents that expose the dangers of opioid prescription drugs, heroin, and meth. Offer insights into understanding the dependencies, addictions and consequences that result from their abuse.
- Preach about the dangers of drug abuse from the pulpit. Promote SBC Sunday emphases, such as Substance Abuse Prevention Sunday. Invite guest speakers to give information, former abusers to give testimonies, etc.
- Respond immediately to any and all drug abuses in your church and community. Put abusers in touch with professionals who can help them.

ADVOCACY

- Provide information/resources to your community.
- Hold training events and presentations.
- Place announcements with prevention tips in local venues.
- Start a Students Against Destructive Decisions Chapter (SADD) or Youth Board.
- Advocate for policy to support prevention efforts.
- Contact local prevention coalitions and volunteer.
- Receive advice, assistance, training, and participation from area hospitals, treatment professionals, and recovery professionals.
- Sponsor Alcohol Anonymous and Narcotics Anonymous chapter meetings at the Church

FAITH COMMUNITIES CAN “DO SOMETHING”

- Call a special meeting to assess your community & plan your strategies.
- Provide information/resources to parents, youth, grandparents, and community members.
- Hold trainings and presentations for congregation and/or community members.
- Have a Youth Counselor or Recovery Coach available.
- Have youth speakers share in your service about making positive decisions & remaining drug free.
- Start a Students Against Destructive Decisions Chapter (SADD) or Youth Board.
- Participate in the DEA Rx Take Back Days
- Purchase permanent Rx drop boxes for police stations.
- Educate yourselves and your congregations.
- Provide NARCAN Training
- Host Drug Awareness and Internet Safety Programs led by Law Enforcement

UNDERSTANDING PREVENTION

- Modern prevention is research based and often uses evidence-based programming.
- The goal is population level change.
- Several indicators or risk factors help focus efforts.
- a community effort, for all ages,
- and that prevention is not just one strategy fixed in time,
- but changes according to community needs.

UNDERSTANDING PREVENTION

Substance Availability/Access Points:

- When a substance is easy to acquire, it is often abused by young people.
- Reducing access is a primary substance abuse prevention strategy.

Perception of Substance Harm:

- Youth low perception of harm of a substance is an indicator of higher substance use.

Perception of Parental Disapproval:

- Youth low perception of parental disapproval is an indicator of increased chance of substance abuse.

Age of Onset:

- Lower age of first use may lead to more individual consequences related to substance abuse.

Community Norms of Substance Use Acceptance:

- Interviews with community members will shed light on shared views about specific substances.
- Changing norms can change help reduce substance abuse.

Substance Use in Adult & Youth:

- Determining the rates of use in specific populations will point to strategy options needed.

Marketing Techniques:

- Examples of techniques that increase youth substance abuse are: marketing to youth using cartoon characters or animals, glamorizing substance use, product placement near candy or soda, colorful packaging, lower price point, placement on social media, and more.

HOW TO BEGIN

It may be overwhelming to believe you can actually prevent a problem from occurring but, with the right tools you can make a difference!

TOOLS

Contact:

Reach out to your local Prevention Coalition and ask for help.

Assess:

Collect local data to learn which substance abuse issues exist. Your local prevention organizations, police or health departments can help. Use data to confirm your beliefs about your community problems. Prevention coalitions offer training to assess your community & determine focus.

Build Capacity:

Knowing your focus, a team can be assembled. Invite participants with expertise in healthcare, education, law enforcement, social work etc.

Plan:

Armed with local data and team members, you can plan strategies. A substance abuse prevention professional can help you strategize & plan effective activities.

Implement:

Put the planned strategy into action using your community connections. Keep a good record of your participants and other collectible data.

Evaluate:

See your results. How effective were you? What worked and what did not? Create a survey for those who participated. Collect any new data and start the process again.

RECOVERY COACHING

- A Recovery Coach is anyone interested in building skill sets to assist students and adults with adverse childhood experiences by removing barriers and obstacles to support their ability to be resilient and successful in life. The training also allows the Coach to serve as a personal guide and mentor for the student/individual to be successful and overcome these past and current obstacles.
- Recovery Coaching is a self-directed, strength-based model that assists school personnel/community members/parents/grand-families/law enforcement/veterans to empower students/individuals with the understanding that overcoming traumatic experiences is possible. It provides coaches with motivational interviewing and listening skills along with many other competencies to ensure today's students/individuals are engaged and supported to be resilient and successful.



THE COMMUNITY REINFORCEMENT APPROACH AND FAMILY TRAINING (CRAFT)

The Community Reinforcement Approach and Family Training (CRAFT) intervention is a scientifically based intervention designed to help concerned significant others (CSOs) to engage treatment-refusing substance abusers into treatment. This intervention method was developed with the belief that since family members can, and do make important contribution in other areas of addiction treatment (i.e. family and couples therapy), the CSO can play a powerful role in helping to engage the substance user who is in denial to submit to treatment. In addition, it is often the substance user who reports that family pressure or influence is the reason sought treatment. Also, CSOs who attend the CRAFT program also benefit by becoming more independent and reducing their depression, anxiety and anger symptoms even if their loved one does not enter treatment.

CRAFT uses an overall positive approach and steers clear of any confrontation. CRAFT is a culturally sensitive program that works with the client's mores and beliefs to develop an appropriate treatment plan. The program emphasizes learning new skills to cope with old problems. Some of the components include how to stay safety, outlining the context in which substance abusing behavior occurs, teaching CSOs how to use positive reinforcers (rewards) and how to let the substance user suffer the natural consequences for their using behavior.

No one has better information about the substance user's behavior patterns than a close family member. CRAFT teaches the CSO how to use this information in a motivational way to increase the chance of the substance user entering treatment. CRAFT research has shown that almost 7 out of 10 people who use the program get their substance user to attend treatment.