

Supplement to the Addiction and Substance Abuse Guidelines
Greater Milwaukee Synod
November 2019

*This information is accurate as of the date of printing.
If you become aware of any pieces of this that are outdated, please let us know.*

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Helping Addicts Resource Team (HART)

Resources available by contacting the HART group members listed below

- “I Am the Mother of an Addict”
- “A Mother’s Love and Hate for Her Addicted Son”
- “What I Wish I Had Done with My Addicted Son”
- “Seven Tips for Mothers of Adult Addicts”
- “Breaking the Cycle of Addiction, One Child at a Time”
- “DETOX”
- Bible Passages and the 12-Step Program
- “What science says to do if your loved one has an opioid addiction”
- Naloxone Training Pack – Basics

The bishop has appointed persons knowledgeable about addiction and substance abuse to serve on HART. Those dealing with addiction-related matters are encouraged to contact them for resources and support.

Mrs. Christine Bremer, 262-875-8572, cbremer53@gmail.com

The Rev. Molly Doreza, 262-374-8263, mdoreza@charter.net

The Rev. Bob Thays, 414-732-4519, spiritualventure@aol.com

The Rev. Lowell Timm, 414-915-8466, eljaytimm@gmail.com

HART will provide these services to members of synod congregations:

1. A listing of resources for the families of persons with addictions to access for their education and recovery.
2. Emotional and spiritual support for addicts and their families involved in treatment for and recovery from addiction.
3. Printed materials and videos for education of synod members in understanding addiction as a brain disease and thereby reduce the stigma associated with addiction.
4. Knowledgeable persons who will lead educational programs on addiction for congregations.
5. An annual review of the guidelines to update them using the most recent research on addiction.

Addressing the Stigma of Addiction and its Nature as a Family Illness

Stigma

From the Chair of the AMA Opioid Task Force:

“Unfortunately, we still have a lot of people who think that people who have substance-use disorders have character flaws, or that having an addiction is a moral failing. It is not. It is a brain disorder resulting in a chronic medical condition analogous to other chronic diseases like type 2 diabetes and high blood pressure.”

“We have to do whatever we can to reduce the intangible and often devastating effects of stigma. The key to recovery is support and compassion. Patients in pain and patients with a substance use disorder need comprehensive treatment, not judgment.”

(Patrice A. Harris, MD, MA, chair AMA Opioid Task Force)

Family Counseling and Support

The American Academy of Experts in Traumatic Stress provides several reasons why parental drug abuse is harmful to the household. A chaotic home life (often breeding violence) contributes to mental and physical health problems, creating difficulty at school or on the job. Emotional issues are fueled and often lead to substance abuse later in life. Children of substance abusing parents are twice as likely as their peers to have an alcohol or drug disorder later in life.

Family-based services offer a solution to an intergenerational cycle of substance use and related consequences by helping families reduce substance use and improve family functioning, child health, and safety. (Brakenhoff, B., & Slesnick N. (2015). "The whole family suffered, so the whole family needs to recover": Thematic analysis of substance-abusing mothers' family therapy sessions. *Journal of Social Service Research*, 41(2), 216-232.)

A comprehensive plan of care for clergy and lay leaders with a substance abuse disorder begins with their own treatment. But addiction treatment for one person is not enough to initiate healing for all individuals in the family unit. Since addiction is a family disease, it must also be treated as such. “Family therapy can help repair damaged relationships, teach healthy communication, a way that promotes a long-term abstinence from drugs and alcohol. (Nova Recovery Center)

Programs for Assessment and Treatment

Call by phone 2-1-1

- Text: Text your Zip Code to 898211
- Internet search: <https://211wisconsin.communityos.org>
- This service will give information on a variety of resources, including those for assessment and treatment of addiction and substance abuse.

Portico Benefits Services (for Portico members only)

- Call the Employee Assistance Program (EAP) at 800-432-5155 to arrange for six free counseling sessions. The counselor will help you assesses your needs and recommend a plan of treatment.
- Call Quantum at 877-851-5656 to discuss insurance coverage for treatment and to learn about the short-term disability benefit.

Rogers Memorial Hospital

- Located at 34700 Valley Road, Oconomowoc, WI 53066 with offices in Brown Deer, West Allis, and Kenosha.
- Call 800-767-4411 and request a free phone assessment lasting approximately one hour. The person providing the assessment will pass along your information to the medical director and let you know the recommended course of treatment.
- Rogers will investigate your insurance coverage for the proposed treatment.

Aurora Psychiatric Hospital

- Located at 1220 Dewey Ave., Wauwatosa, WI 53213 with offices at various locations in SE Wisconsin.
- Call 414-454-6600 and request a free phone assessment lasting approximately one hour. The person providing the assessment will pass along your information to the medical director and let you know the recommended course of treatment.
- Aurora will investigate your insurance coverage for the proposed treatment.

Ascension Behavioral Health

- 2323 N. Lake Dr.
Milwaukee, WI 53211
Phone: (414) 585-1620
- 13111 N. Port Washington Rd.,
Mequon, WI 53097
Phone: (414) 585-1620

Pro Health Care Behavioral Health, Waukesha

- Located in ProHealth Waukesha Memorial Hospital
721 American Ave Suite 501
Waukesha, WI 53188
Phone: (262) 928-4036

Milwaukee County Behavioral Health Division

- Crisis phone line: 414-257-7222

Waukesha County Behavioral Health Department

- Information and Referral: The mental health intake worker is available during regular business hours, 8 a.m. - 4:30 p.m., Monday-Friday, to answer questions and to help you find the right services to meet your needs. Call (262) 548-7666.
- Crisis Intervention: During regular business hours, contact the outpatient clinic at (262) 548-7666 and ask to speak with a crisis worker. During non-business hours, contact Impact 2-1-1 via the Waukesha County hotline at (262) 547-3388 and ask to speak with a Waukesha County mental health crisis worker.

Organizations for Education and Support

ELCA Portico Employee Assistance Program

- New in 2020 - Learn to Live's programs offer effective tools to help you and your family understand how your mind works and change your behavior patterns - to help you live your best life. And it's available at no cost to Portico's plan members.
<https://www.learntolive.com>

Beacon Health Strategies

- Employee assistance program (EAP) for ELCA-Primary plan members
- Phone: 800-432-5155
- Hours: 24 hours a day

Aurora Psychiatric Hospital

- Phone: 414-454-6600
- Aurora Psychiatric Hospital utilizes the services of Recovery Associates to assist our staff members to help guide our patients on the path toward life-long sobriety

Rogers Memorial Hospital

- Phone: 800-767-4411

Addiction Support Groups

Rogers Behavioral Health in Brown Deer

- SMART Recovery - Mondays, 6 pm
- Narcotics Anonymous - Wednesdays, 7:30 pm
- Nar-Anon Family Group - Wednesdays, 7:30 pm

Rogers Behavioral Health in Oconomowoc

- Alcoholics Anonymous
 - Mondays, 7 pm
 - Wednesdays, 7 pm
 - Thursdays, 6 pm
 - Saturdays, 7 am
 - Sundays, 8:30 am
- Al-Anon Family Group - Tuesdays, 7 pm
- Narcotics Anonymous - Saturdays, 7 pm
- Pre-paired Professionals Recovery Group Meeting - Tuesdays, 6:30 pm
- Heroin Anonymous - Fridays, 7 pm

The Hazelden Betty Ford Foundation

- Phone: 855-546-9661
- Personalized, drug and alcohol rehab with 14 treatment locations in the US
- Programs designed to fit specific needs and lifestyle
- 14 treatment locations throughout the U.S., including Minnesota, California, Oregon, Illinois, Florida, and New York
- Medication-assisted treatment, our COR-12™ program, for opioid addiction
- Help for families facing addiction
- Sober living homes
- Integrated mental health care
- Gender-specific programs
- Detox
- Specialized programs for professionals
- Evidence-based treatment to ensure better outcomes

Aids Resource Center of Wisconsin

820 N Plankinton Ave

Milwaukee, WI 53203

Phone: (800) 359-9272

Overdose / Naloxone training & supplies

Videos and Books on Addiction

Video

Pleasure Unwoven. (2010). DVD.

An explanation of the brain disease of addiction. *Kevin McCauley, is a qualified medical doctor and he focuses the important question about addiction: "Is it really a "disease?" This video essay, filmed in high-definition and recipient of NAATP's Michael Q. Ford Journalism Award 2010, presents the arguments for and against this question.* Available from Amazon.

Books

Hazelden Bookstore - Available on Amazon

Each Day a New Beginning: Daily Meditations for Women (Hazelden Meditations)

by Karen Casey | Nov 1, 1982

Touchstones: A Book of Daily Meditations for Men

by Anonymous | Jul 1, 1986

Drop the Rock: Removing Character Defects - Steps Six and Seven

by Bill P. , Todd W., et al. | Feb 11, 2005

Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day

by Fred H. | Apr 20, 2016

The Book That Started It All: The Original Working Manuscript of Alcoholics Anonymous

by Anonymous | Sep 3, 2010

Keep It Simple: Daily Meditations for Twelve Step Beginnings and Renewal (Hazelden Meditations)

by Anonymous | Oct 1, 1989

The Little Red Book

by Anonymous | Sep 1, 1987

The Gifts of Acceptance: Embracing People and Things as They Are

by Daniel Miller | May 15, 2018

A Happier Hour

by Rebecca Weller | Aug 2, 2016

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

by Melody Beattie | Sep 1, 1986

Night Light: A Book of Nighttime Meditations (Hazelden Meditations)
by Amy E Dean | Sep 8, 2010

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown | Aug 27, 2010

The Language of Letting Go: Daily Meditations for Codependents (Hazelden Meditation Series)
by Melody Beattie | Jun 1, 1990

Twenty-Four Hours a Day Journal: A Meditation Book and Journal for Daily Reflection
(Hazelden Meditations)
by Richmond Walker | Aug 17, 2001

Sought Through Prayer and Meditation: Wisdom from the Sunday 11th Step Meetings at the Wolfe Street Center in Little Rock by Geno W. and William G. Borchert | Oct 7, 2008

Stools and Bottles: A Study of Character Defects - 31 Daily Meditations
by Edward A. Webster | Sep 1, 1987

In God's Care: Daily Meditations on Spirituality in Recovery (Hazelden Meditations)
by Karen Casey and Homer Pyle | Feb 1, 1991

Day by Day: Daily Meditations for Recovering Addicts, Second Edition (Hazelden Meditations)
by Anonymous | May 28, 1998

The Essential Addiction Recovery Companion: A Guidebook for the Mind, Body, and Soul
by Richard a Singer | Nov 1, 2018

The Myth of Doing: managing guilt, shame, anxiety, regret and self-judgment
by Jill Eng | Jan 29, 2016

Mindful Recovery: A Spiritual Path to Healing from Addiction
by Thomas Bien Ph.D. and Beverly Bien M.Ed. | Apr 1, 2002

The 12 Step Prayer Book: A Collection of Favorite 12 Step Prayers and Inspirational Readings
by Bill P. and Lisa D. | Jul 21, 2004

Twenty-Four Hours A Day
by Anonymous | Sep 26, 2011

The Dual Disorders Recovery Book: A Twelve Step Program for Those of Us with Addiction and an Emotional or Psychiatric Illness
by Anonymous | Feb 1, 1993

Days of Healing, Days of Joy: Daily Meditations for Adult Children (Hazelden Meditations)
by Earnie Larsen and Carol Larsen Hegarty | Apr 1, 1987

12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right
Action by Allen Berger Ph. D. | Feb 11, 2008

A Woman's Spirit: More Meditations for Women (Hazelden Meditations)
by Karen Casey | Apr 18, 1994

God Grant Me: More Daily Meditations from the Authors of Keep It Simple (Hazelden
Meditations) by Anonymous | Feb 21, 2005

The Addiction Recovery Workbook: A 7-Step Master Plan to Take Back Control of Your Life
(Codependency & Substance Abuse Books)
by C.W. V. Straaten | Jan 21, 2018

Finding the Gift: Daily Meditations for Mindfulness
by Angela Howell | Nov 30, 2017

The More We Find in Each Other: Meditations for Couples (Hazelden Meditations)
by Mavis Fossum and Merle Fossum | May 1, 1992

A Restful Mind: Daily Meditations for Enhancing Mental Health (Hazelden Meditations)
by Mark Allen Zabawa | Feb 25, 2010

Other Books for Family & Friends

Sharing Experience, Strength and Hope (Nar-Anon Family Groups Daily Reader)
by Anonymous |2011 (Amazon)

Courage to Change (Al-Anon Family Groups Daily Reader)
by Anonymous |1992 (Amazon)

Loving an Addict – Gospel reflections of hope and healing (Upper Room Books)
by Alyssa Phillips |2014 (Amazon)

The Way to Love – The last meditations of Anthony de Mello (Doubleday)
by Anthony de Mello |1992 (Amazon)

12 Step Groups

Alcoholics Anonymous

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

<https://www.aa.org/>

Narcotics Anonymous

“Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.”

<https://na.org/>

Nar-Anon Family Groups

A 12-Step program for family and friends of addicts

<https://www.nar-anon.org>

Al-Anon /Alateen

A 12-Step program for people who are worried about someone with a drinking problem.

<https://al-anon.org/>

Healing Addiction (Richard Rohr)

I've shared some of Western Christianity's weaknesses—for example, how we have over-emphasized separateness, sin, and external religious exercises. But Western Christianity has unique gifts and strengths to offer. The dynamism of Western civilization has led to what I might call the “secularization” of the Gospel message into many side streams and rivulets. A strong example of this might be Twelve-Step programs and many other healing and transformational experiences that have now emerged outside of the formal boundaries of Christianity. You cannot kill the Gospel or true wisdom! Living things keep taking on ever new forms of life.

In creating Alcoholics Anonymous in 1935, Bill Wilson and Dr. Bob Smith, with typical American pragmatism, designed a program that *really worked to change lives*. It is the same spirituality of imperfection that Jesus taught, Paul clarified, Francis and Clare of Assisi lived, and Thérèse of Lisieux brought to light for the modern world. Transformation has little to do with intelligence, willpower, or perfection. It has everything to do with honesty, humility, willingness, and surrender.

On the practical (read “transformational”) level, the Gospel message of Jesus and the Twelve-Step message of Bill Wilson are largely the same. *Addiction* can be a metaphor for what the biblical tradition called *sin*. It is quite helpful to see sin, like addiction, as a destructive *disease* instead of something for which we're culpable or punishable and that “makes God unhappy.” If sin indeed makes God “unhappy,” it is because *God loves us, desires nothing more than our happiness, and wills the healing of our disease*.

Pope Francis clearly understands sin in this way. Shortly after he proclaimed the Holy Year of Mercy in 2015, he was asked why humanity is so in need of mercy. He replied that in part it's due to “considering our illness, our sins, to be incurable, things that cannot be healed or forgiven. We lack the actual concrete experience of mercy. The fragility of our era is this, too: we don't believe that there is a chance for redemption; for a hand to raise you up; for an embrace to save you, forgive you, pick you up, flood you with infinite, patient, indulgent love; to put you back on your feet. We need mercy.”

Much of Jesus' work was healing, with many of his teachings illustrating the healings. Nine of Jesus' healing stories are actually exorcisms. While the term may be off-putting, the fact that there are so many exorcisms in the Gospels speaks to their importance. I believe “possession by devils” refers to what we now call addiction. The “possessed” person is in some sense trapped by a larger force and is powerless to do anything about it. The only cure for possession is “repossession” by Something Greater than the disease. This is why Bill Wilson said that a “vital spiritual experience” is necessary for full recovery.

I'm convinced that when the great medieval spiritual teachers talked so much about *attachment*, they were really talking about addiction. We are all attached and addicted in some way. At the very least, we are addicted to our compulsive dualistic patterns of thinking, to our preferred self-image, and to the usually unworkable programs for happiness we developed in childhood—which then showed themselves to be inadequate or even wrong.