

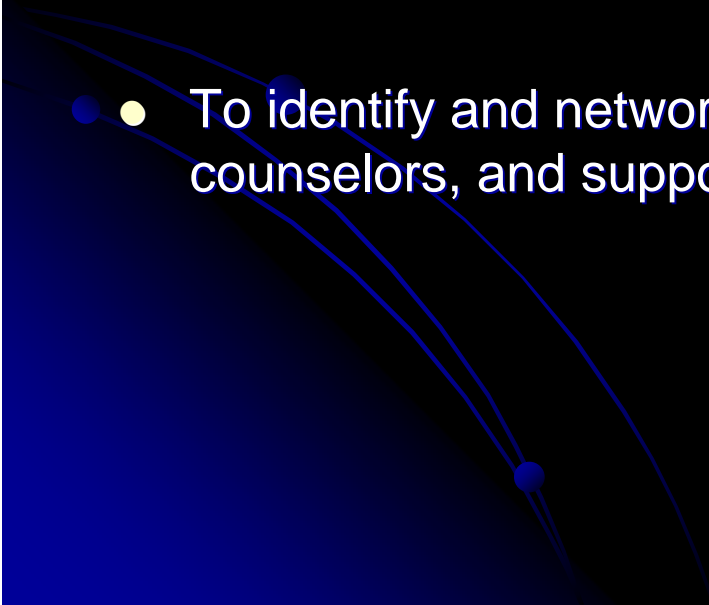
**The Alcohol & Drug  
Assistance  
Ministry  
ADAM**

# Genesis 9:20-23

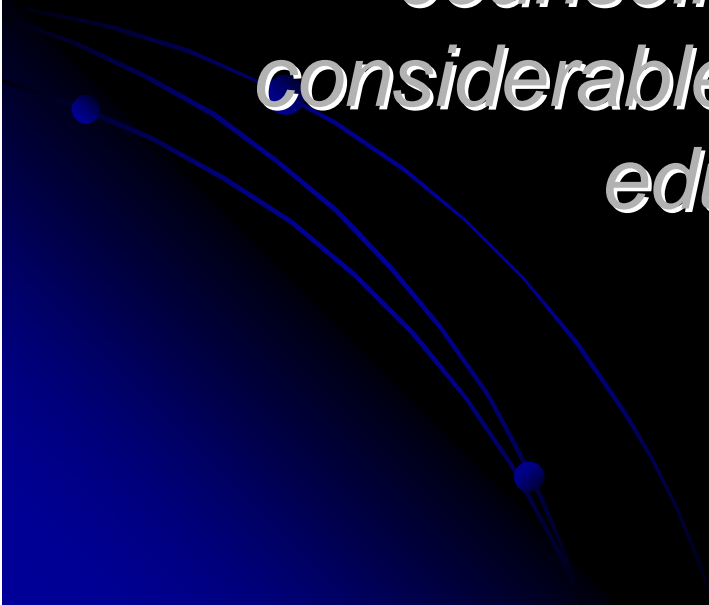
- Noah, a man of the soil, proceeded to plant a vineyard. When he drank some of its wine, he became drunk and lay uncovered inside his tent. Ham, the father of Canaan, saw his father's nakedness and told his two brothers outside. But Shem and Japheth took a garment and laid it across their shoulders; then they walked in backward and covered their father's nakedness. Their faces were turned the other way so that they would not see their father's nakedness.

# The Alcohol & Drug Assistance Ministry (ADAM)

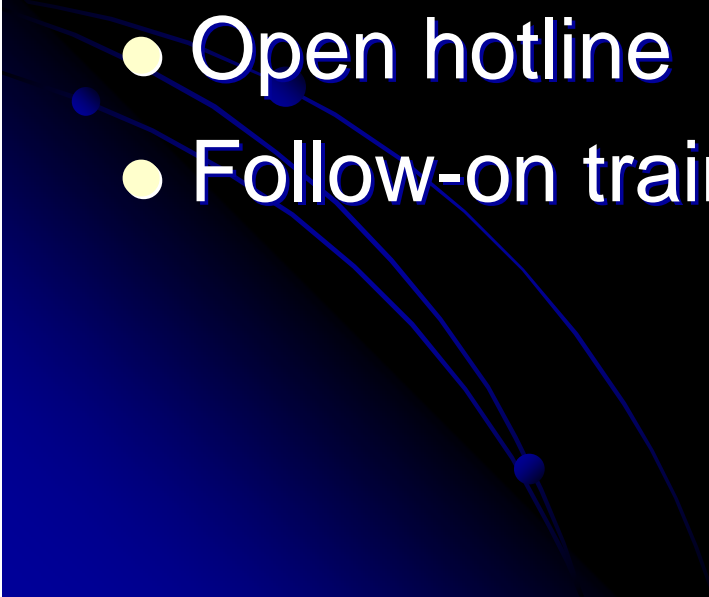
## OBJECTIVES

- To develop, train, and support a diocesan-wide team of selected deacons (&wives) capable of assisting parishioners suffering from their own or a loved-one's alcohol or drug problems.
  - To provide the ADAM Team with the information, materials, and skills needed to determine if alcohol or drugs use is problematic and to refer those in need to affordable, approachable help
  - To identify and network with local area treatment facilities, counselors, and support groups
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***NB:: This program neither intends or aims to train ADAM deacons to be A&D counselors. Addictive disease counseling requires unique skills, considerable experience and specialized education and training***



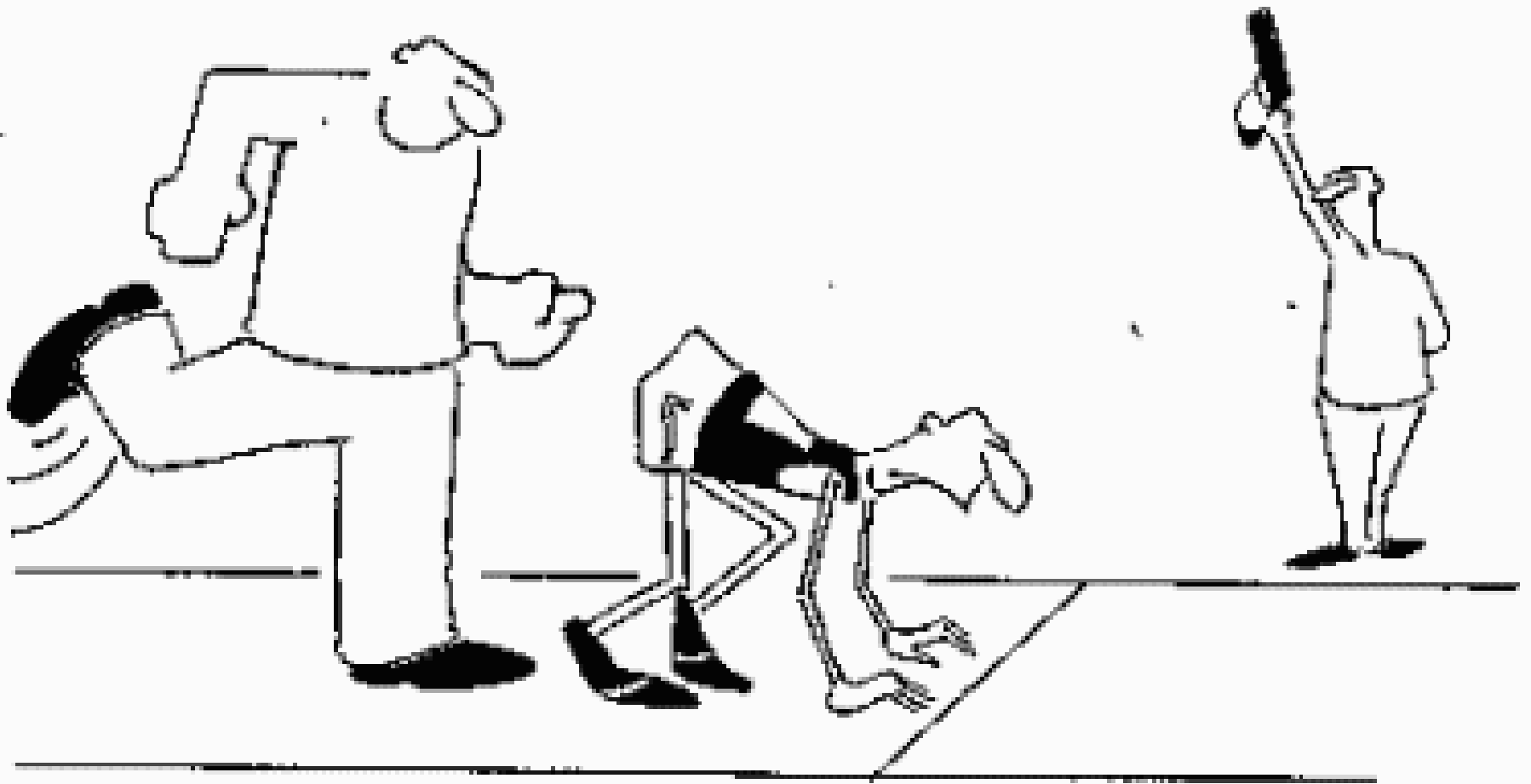
# ADAM IMPLEMENTATION

- Form Core Team today
  - Attend afternoon session
  - Distribute promotional material
  - Brief priests at deanery meetings
  - Open hotline
  - Follow-on training and hands-on visits
- 

# Program Promotion

- Notice in Sunday bulletins
- Take one brochures
- Wallet size cards
- ADAM deacon talks to parish groups
- Progress reports at deanery meetings
- Articles in diocesan periodicals
- ADAM deacon homilies

How do you get started?



# Today's Program

## Morning Session

9:00am – 9:10am

**Introduction**

Barbara Budde , Director Social Concerns

9:10 – 10:00

**Ministering to the Chemically Dependent**

Deacon John O'Neill, LCDC (Ret)

10:00am – 10:50am

**Where Science and Addiction Meet**

Carlton Erickson, PhD

10:50am – 11:10am

**Break**

11:10am – 12:00Noon

**The Family in Pain –**

Pat O'Neill LCDC (Ret)

12:00Noon – 1:00pm

**Lunch**

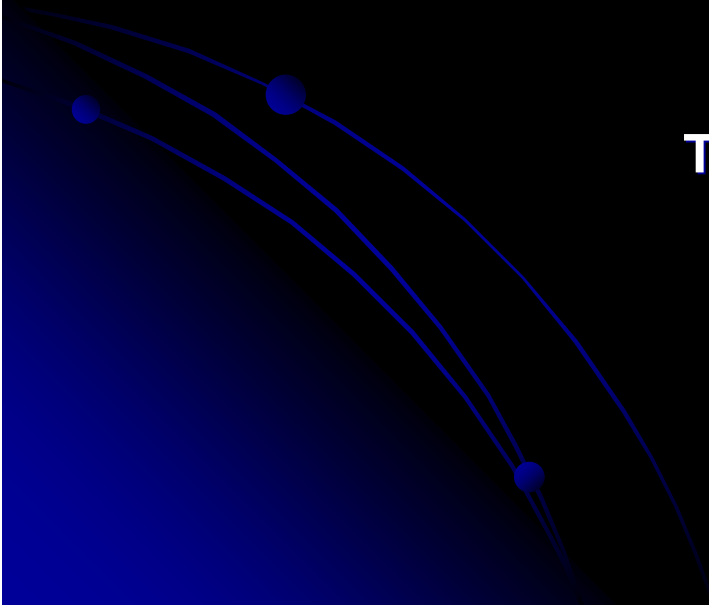
## Afternoon Session

**(1:00pm – 4:00pm) A participation workshop for ADAM deacons (& wives) Demonstrations, Role Plays, and Skill practice**

# MINISTERING TO THE CHEMICALLY DEPENDENT

*How to identify and help those in need (and those who love them)*

**The Alcohol and Drug Assistance Ministry  
(ADAM)  
Catholic Diocese of Central Texas**



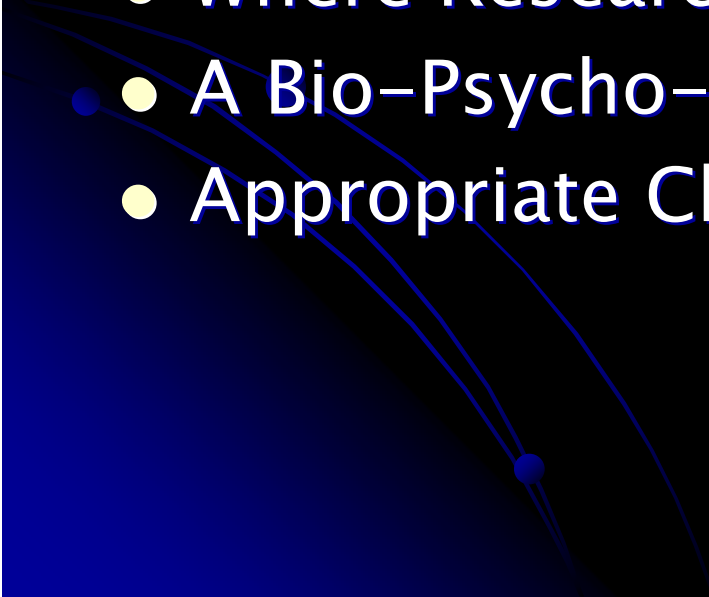
# Why They Left

- “Recovered Catholics”
  - Feared judging, moralizing, blame
  - Didn't perceive Church as a source of help
  - Experienced bad confessional incidents
  - Prayer and repentance hadn't helped
  - Leaving the Church assuaged guilt
  - Church didn't offer a dignified help option

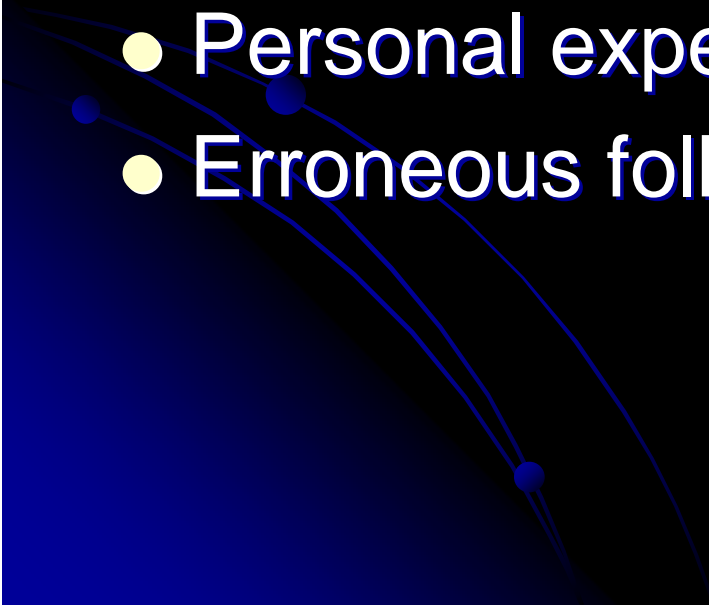
# Tales from out of the past...

- 1960 -The Chaplain's Advice
- 1971 - A priest of humility and hope
- 1999 – A pastor's missed opportunity
- We, The Church of Central Texas, can do a lot better


# Topics

- Invisible Barriers
  - Because There's No Cure
  - Spirituality and Recovery
  - Where Research and Morality Meet
  - A Bio-Psycho-Spiritual Model
  - Appropriate Christian Beliefs and Actions
- 

# Invisible Barriers

- Failure to discern abuse from dependence
  - Understandable anger
  - “War on Drugs” mentality
  - Personal experience with control
  - Erroneous folklore
- 

# Definitions

- Alcohol and drug abuse
    - Life problems but controlled use
      - *a problem to solve*
  
  - Alcohol and drug dependence
    - Life problems plus impaired control over use
      - *a disease to conquer*
- 

# Erroneous Folk Lore

- Brought this on themselves
- Need to bottom out
- Don't want help
- They're just bad, stupid, or crazy
- They can see and feel what we see and feel

# Because There is no Cure...Yet

- Genetic vulnerability plus cultural pressures
- Leads to neurochemically-based impaired control
- Results in behavior in conflict with values
- Causes emotional pain
- Impels psychological defenses
- Traps victim with delusion and denial

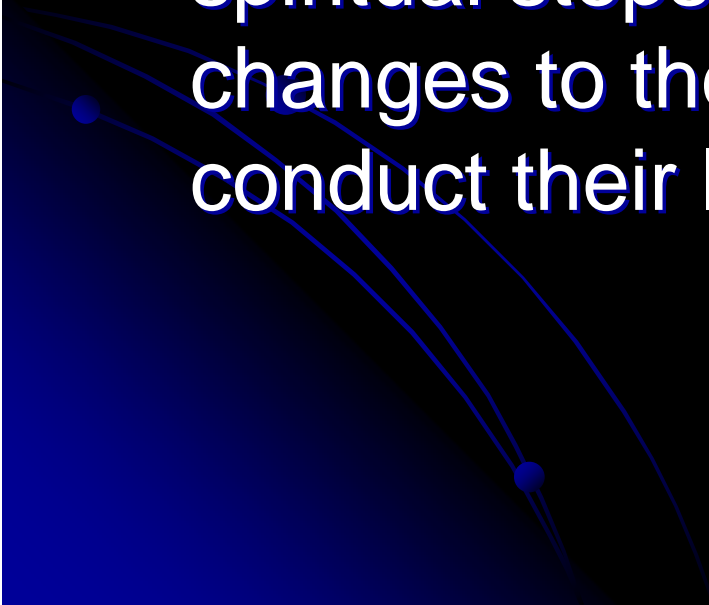
# Delusion and Denial

- Why he or she can't see what others see
  - Rationalization
  - Repression
  - Blackouts
  - Euphoric recall

# POINTS OF DEPARTURE

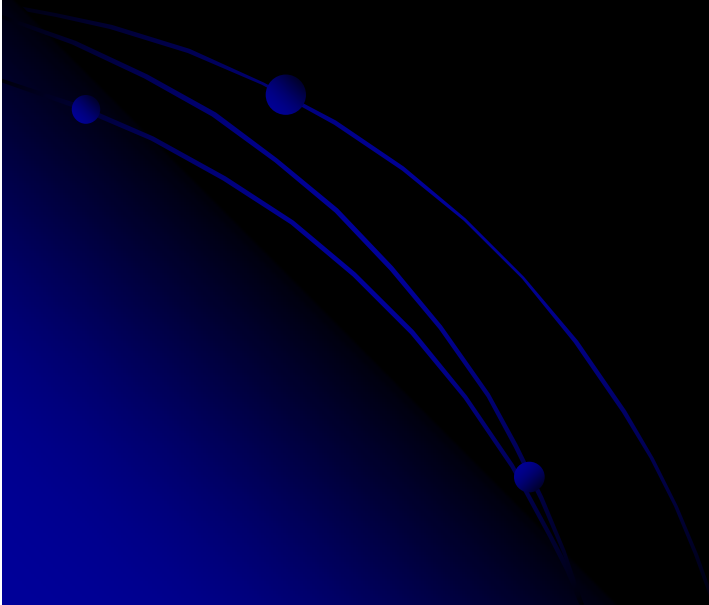
- Excellent, mainstream, highly respected scientific research in the areas of genetics, neurobiology, and pharmacology in the past 20 years clearly shows that chemical dependence is a brain disease, significantly driven by genetic vulnerability

# POINTS OF DEPARTURE

- Common place observation recognizes millions of previously addicted persons living happy, joyous, alcohol and drug free lives as a consequence of taking certain spiritual steps leading to profound changes to the manner in which they conduct their lives.
- 

# POINTS OF DEPARTURE

- How can this be?

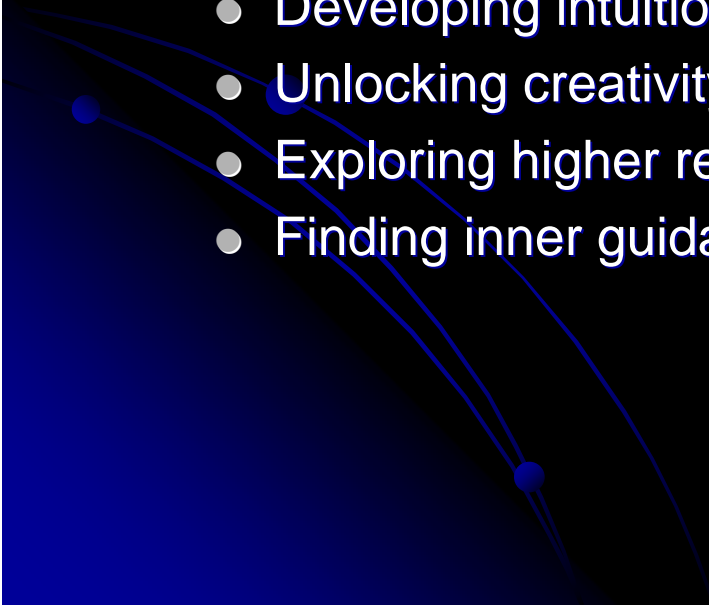


# SPIRITUAL PATHS

## ● **Asceticism** – The struggle with our animal nature

- Natural – for personal satisfaction
- Christian – desire to do the will of God
- Jewish – consecrated to service of God
- Monastic – extreme poverty, chastity, and obedience
- Essenes – Early, tribe-like, austere
- Pagan – philosophical basis
- Brahman – (India) extreme austerity
- Buddhist – communities of “The Eight-fold Path”

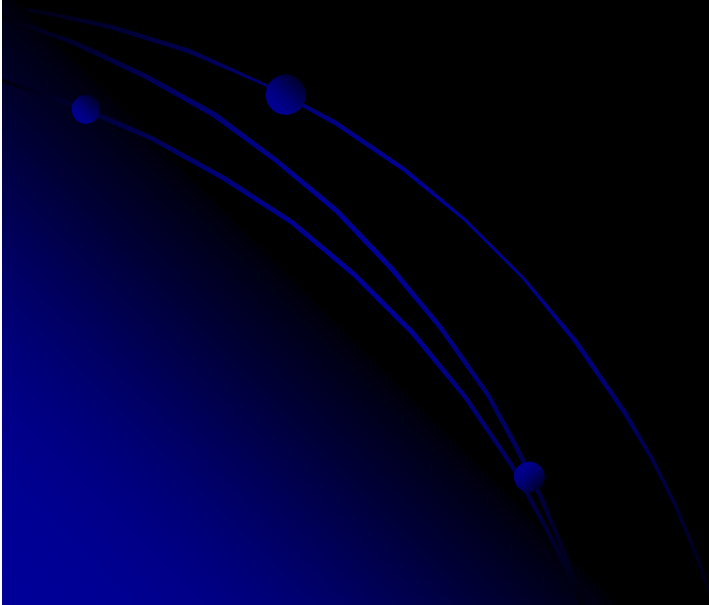
# SPIRITUAL PATHS

- **Meditation** - Directing your attention to alter your state of consciousness
    - Healing
    - Emotional cleansing & balancing
    - Deepening concentration & insight
    - Manifesting change
    - Developing intuition
    - Unlocking creativity
    - Exploring higher realities
    - Finding inner guidance
- 

# SPIRITUAL PATHS

- **Countless spiritual paths to higher consciousness**

- Yoga – awakening, awareness
- Islam & Sufism – meditation, dance
- Hermitage – solitude and detachment
- Shintoism – sacred places and shrines
- Confucianism –morality and ethics
- Taoism – inner meditation, outer observation
- At least 28 others



# Common Characteristics

- Surrender to a higher power
- Humility
- Detachment
- Grief processes, initiation rites, passages
- Transcendence
- Behavioral change
- Practice and reinforcement
- Spiritual mentors
- Community building


# 12 Step Spirituality

- Surrender to a higher power
- Humility
- Detachment
- Grief processes, initiation rites, passages
- Transcendence
- Behavioral change
- Practice and reinforcement
- Spiritual mentors
- Community building

# Where Science & Spirituality meet

- Spiritual exercises can alter states of consciousness toward enlightenment
- Enlightenment produces positive thinking
- Positive thinking results in new behaviors
- Persistent spiritual growth perpetuates positive thinking and new behaviors
- All this involves mediation and alteration of human brain chemistry !!

# A Bio-Psycho-Spiritual Model


- Genetic Vulnerability
  - Neurochemical Locus
  - Psychological Symptoms
  - Spiritually-Based Recovery
- 

# A Self-Diagnosis Quiz

- Can you consistently keep promises to yourself about drinking/drug use?
- Do others have a different version of your drinking/drug use than you have?
- Are you paying an emotional price for your alcohol/drug use?
- Do you do things under the influence that violate your own values?

Oops! One more question

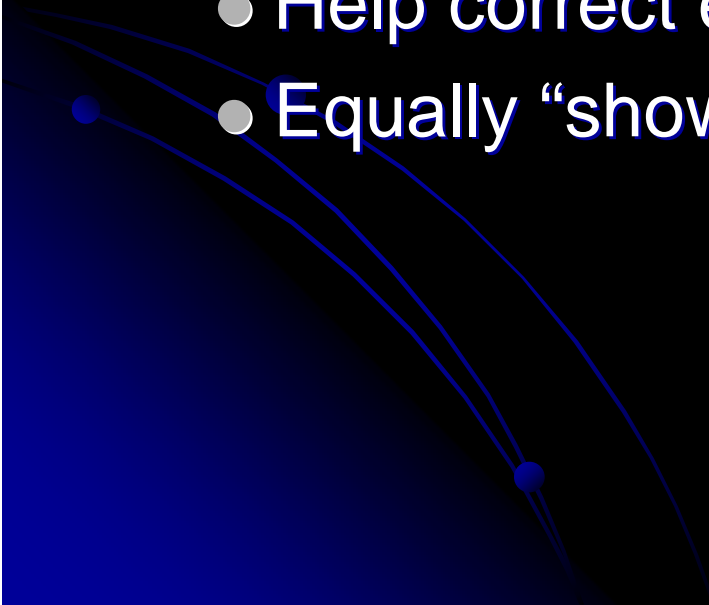
***Did you lie to yourself  
when you answered  
the previous  
questions?***



# Appropriate Christian Beliefs

- Abstinance has spiritual value
- Harmless use is morally neutral
- Abuse is morally wrong
- Harmful abuse is seriously wrong
- Dependence is a disease
  - Culpability is extenuated
  - Victim is responsible for  
recovery

# *Where Research and Morality Meet*

- Alcohol and drug abuse
    - Teach that abuse is unacceptable
    - Support prevention programs
    - Protect our youth
    - Help correct erroneous folklore
    - Equally “showcase” non-alcoholic beverages
- 

# *Where Research and Morality Meet*

- Alcohol and drug dependence
  - Teach that it is a disease
  - Accept that delusion and denial require outreach plus intervention
    - Mollify guilt and shame
    - Emphasize the moral responsibility to accept help
- Establish an ADAM presence in parishes

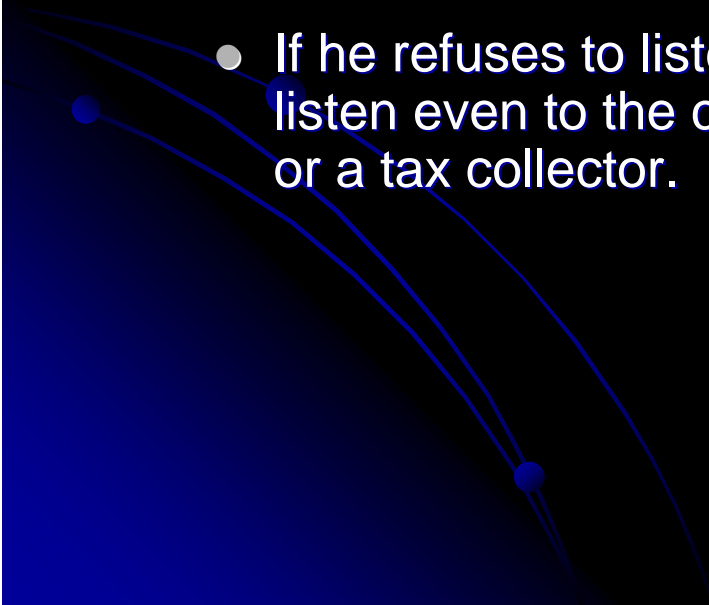


# iNtervention

*...with a small "I"*

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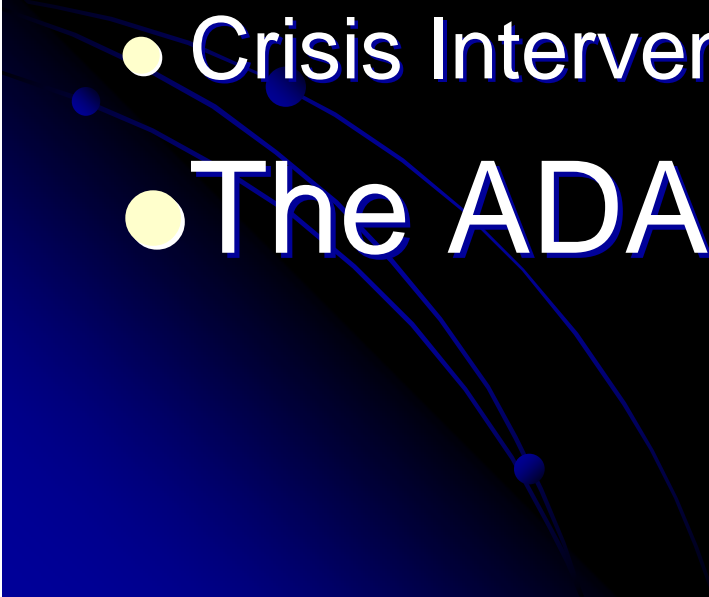
# Matthew 18:15-17

- "If your brother sins (against you), go and tell him his fault between you and him alone. If he listens to you, you have won over your brother.
  - If he does not listen, take one or two others along with you, so that 'every fact may be established on the testimony of two or three witnesses.'
  - If he refuses to listen to them, tell the church. If he refuses to listen even to the church, then treat him as you would a Gentile or a tax collector.
- 


# Program Promotion

- Notice in Sunday bulletins
- Take one brochures
- Wallet size cards
- ADAM deacon talks to parish groups
- Progress reports at deanery meetings
- Articles in diocesan periodicals
- ADAM deacon homilies

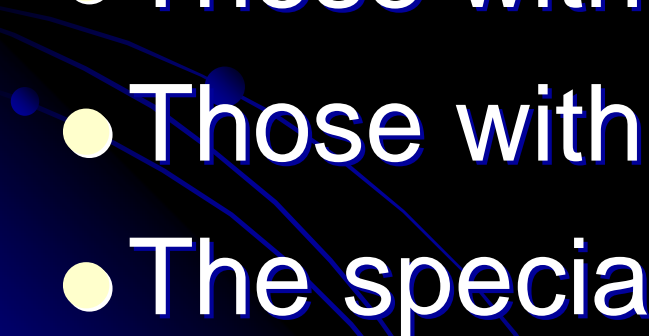
# Intervention Models

- One-on-One
  - Small Group
  - Concerned Group
  - Employee Assistance
  - Crisis Intervention
  - The ADAM Model
- 

# The ADAM Model

- A network of referral resources
  - Promoted at diocesan and parish levels
  - Specially trained deacons (& wives)
    - Listening skills
    - Empathy
    - Clear boundaries and limitations
    - “I” intervention techniques
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# Who Should Intervene?

- The concerned
  - The respected
  - Those with data
  - Those with leverage
  - The specially trained
- 

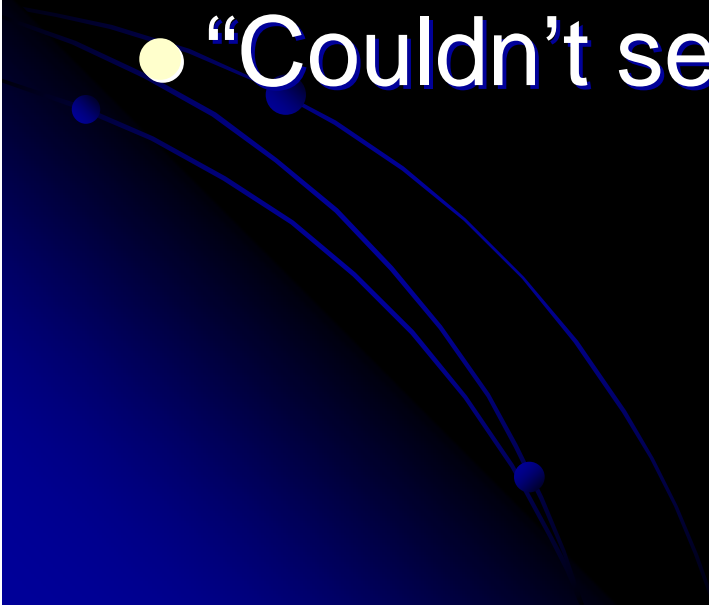
# The ADAM Deacon

- “Job description”
  - (Wives may team with deacon husbands)
  - Attend training
  - Attend 12 Step meetings
  - Network with local help resources
  - Promote ADAM within local parishes
  - Respond to help calls
  - Make referrals

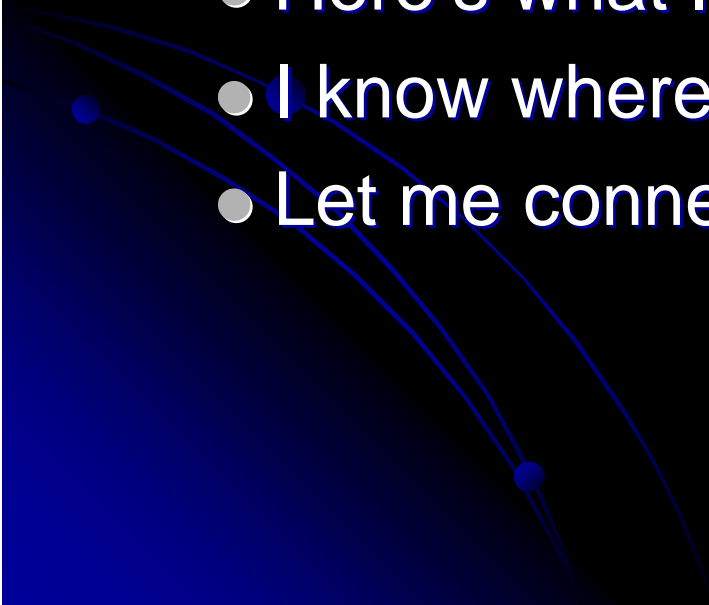
# Counseling the Co-Dependent

- You don't need the "whole story"
- Stress they're not unique or alone
- Connect (not just refer) to AlAnon
- Provide contact info for counseling
- Suggest "bibliotherapy" titles
- Be empathetic but directive
- More this afternoon

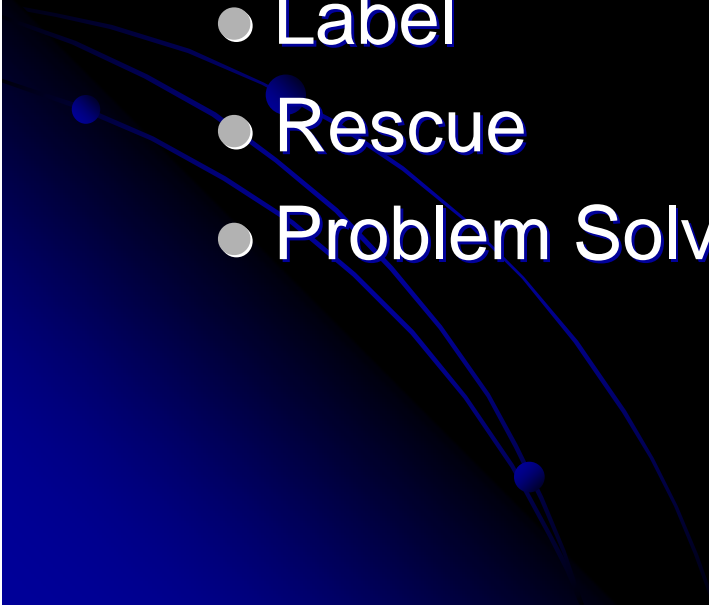
# The Silent Message

- “Didn’t know it was that bad”
  - “Didn’t realize I hurt so many people”
  - “Didn’t think anyone still cared”
  - “Couldn’t see a way out with dignity”
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# Develop a CORE MESSAGE

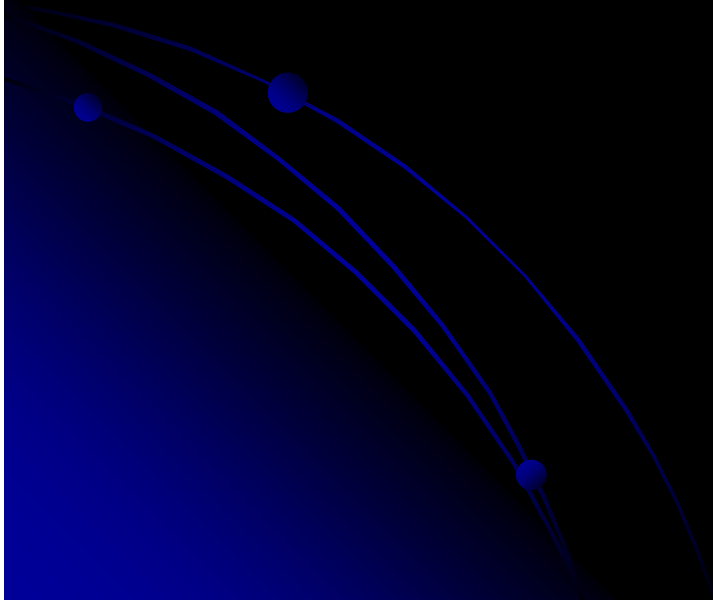
- What's a CORE MESSAGE
  - Outline
    - I/we care
    - Here's what I see and hear
    - I know where there is help
    - Let me connect you with that help
- 

# Win-Win Dynamics

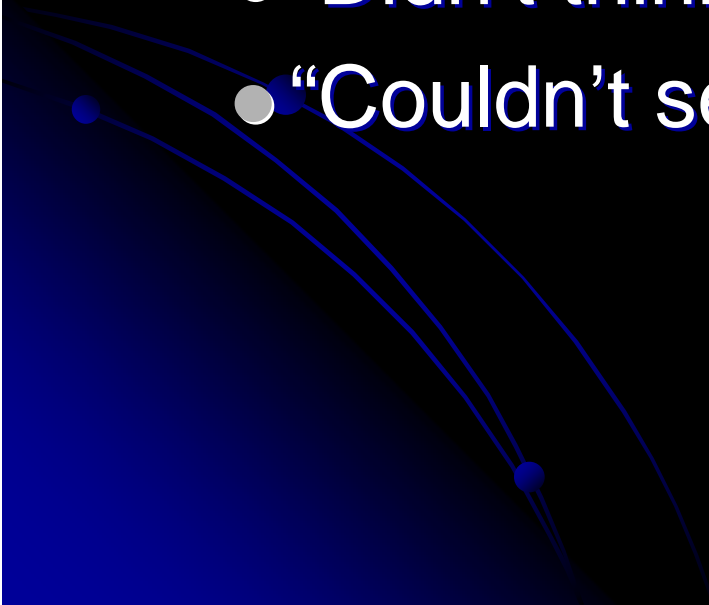
- “Intervention as a “martial art”
  - Don't:
    - Judge
    - Moralize
    - Label
    - Rescue
    - Problem Solve
- 

# How to Help


*Programs, skills and resources*



# Will They Listen?

- The unspoken cry for help
    - “Didn’t know it was that bad”
    - “Didn’t realize I hurt so many people”
    - “Didn’t think anyone still cared”
    - “Couldn’t see a way out with dignity”
- 

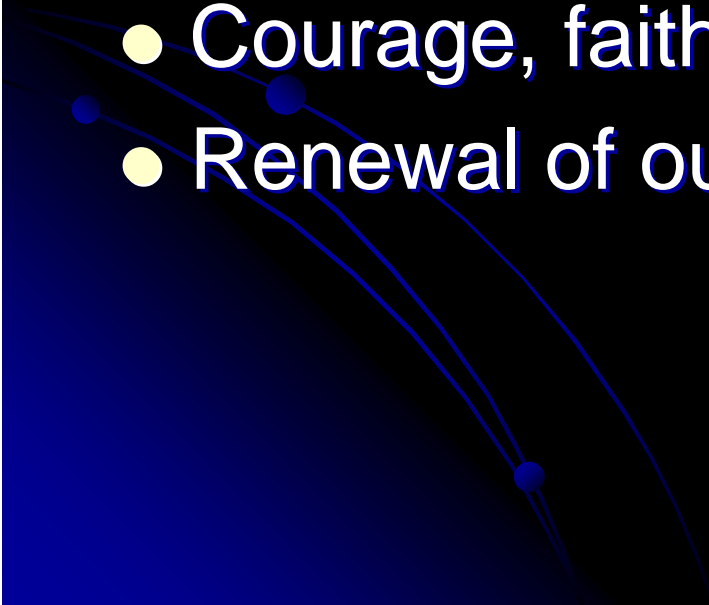
# What Do You Say?

- I/we care
  - Here's what I see and hear
  - I know where there is help
  - Let me connect you with that help
- 

# It's a Spiritual "Martial Art"

- Don't:
  - Argue
  - Judge
  - Moralize
  - Label
  - Rescue
  - Problem Solve
    - (The idea is to transform negative energy into spiritual conversion)

# Pray For:

- God's will and power to do it
  - Acceptance of our powerlessness over others
  - Willingness to change ourselves
  - Courage, faith, strength, and hope
  - Renewal of our spiritual resources
- 

# And Finally

- *Love is the weapon God has given us to live fully, bravely, and meaningfully in this less than understandable universe*