

Resource Guide
for
Parish Communities Walking with
God's Children on the
Journey of Recovery



~A Resource Guild to Assist in Your
Pastoral Response to
Addiction as a Bio-Psychosocial-Spiritual Disorder~
“Responding to the Call with Compassion”

Presented by the
New Jersey Catholic Committee
on Addiction and Recovery Ministries
May 2021

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CC~ARM Contributing Members

Introduction

When it comes to options for treatment and recovery services, there is a lot available for consideration. Indeed, perhaps enough to fill a volume the size of War and Peace, which was 1,225 pages long. Listing all those service organizations would not make for a manageable resource guide. Fortunately, there are ways to find resources without printing out hundreds of pages of lists.

In addition to the enormous number of addiction and recovery services out there, we do not want to list them individually in a guide as if we are recommending them. There is no way for us to truly know enough about each and every entity providing addiction treatment and recovery services for us to recommend them. And, for that reason, we must caution you not to actually recommend a particular treatment or service provider. If something should go wrong, we don't want you being blamed for making the "recommendation."

Rather, the purpose of this resource guide is to enable you to give direction and assistance to those you are accompanying on a journey of recovery so he or she can find the help that might meet their needs. It's not about specifically recommending service providers. If, however, you have had personal experience with a particular service provider, you are welcome to *share* your personal experience, but we still caution you on "recommending" a particular entity. Your role is to provide options. The ultimate decision on where to go or how to proceed always remains with the person you are accompanying.

All available Diocesan Editions of the *Resource Guide*, as well as the booklet, *How Parishes can be a Part of Their Communities' Journey of Recovery*, can be found on the New Jersey Catholic Conference (NJCC) website at <https://www.njcatholic.org/substance-abuse>.

How to use this guide

As we see it, there are two (2) ways to gain knowledge in order to answer a question about a particular topic. The first is by learning all you can about the topic so you will actually know the answer when asked a question. The second is by knowing how to find it.

This guide is set up to help you with the latter form of knowledge – knowing how to find it. In this case, more specifically, knowing how to find addiction treatment and/or recovery services that may be available to assist the person you are accompanying on his or her recovery journey.

So, this guide will start with an example of a site that can help identify the various treatment and recovery services in the nation and state. It is not, however, the only site available, but it is a good example. Then, after this example, we will provide a list of national/federal sites, state sites and Catholic sites with options that can be available anywhere in the country, throughout the entire state, or even as detailed as within a specific city or a defined geographic area.

After looking far and wide, the guide provides local area resources – specifically, those in the Diocese within which you live and serve in this ministry. We will look at diocesan-wide options and multi-county sites as well as county sites – of course, the counties focused on will be the specific counties within the diocese based on the diocesan edition being used. Diocesan parish-based services may also be provided as both service resources as well as examples of ministries to consider developing at your parish.

Information about self-help and peer support group are provided. Suggested reading materials are also presented. Finally, you may want to consider getting additional training and education for which resource opportunities are provided for consideration.

SECTION I

HOW TO FIND ADDICTION AND RECOVERY RESOURCES

~An Example Site Walk Through~

The State of New Jersey Division of Mental Health and Addiction Services (DMHAS) has website that provides a wealth of information. For our purposes, the most important part of the DMHAS website is their [searchable directory](#) to assist in locating programs for alcohol and drug abuse treatment and related services. Here's how to use it - go to*:

- <https://www.state.nj.us/humanservices/dmhas/home/hotlines>
- Click on "[Are You Looking for Substance Abuse Treatment?](#)"
- Click on the "[searchable directory.](#)"
- You'll see a screen that asks:
 - What type of treatment are you interested in?
 - Medication-Assisted Treatment (MAT)
 - Inpatient Services
 - Outpatient Services
 - Withdrawal Management
 - You can check one or all of the boxes.
- You can then indicate the area to search as:
 - Zip Code/City, State
 - County
 - Provider Name.
- Once you've indicated the treatment and area of interest, hit "Search."
- The search results will appear below the search area. You can even export the search results to a PDF.
- You are also able to reset the search parameters to start over if you need another area of treatment.

AGAIN, the website for DMHAS is a wealth of information. For example, you can see who your [County Drug and Alcohol Director](#) is and how to contact them to inquire about local treatment resources. So, explore it to find more.

- * Please note the site's appearance may change periodically, but the general search process should be fairly consistent or at least similar.

SECTION II

Looking Far and Wide

A. NATIONAL/FEDERAL SITES

U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration (SAMHSA)

Provides information on getting help with options that include:

- ♣ Finding a treatment facility near you
- ♣ National suicide prevention
- ♣ Behavioral health treatment services
- ♣ Treatment referral and information (24/7)
- ♣ Public education messages

SAMHSA

National Helpline: 1-800-662-HELP (4357) or
1-800-487-4889 (TDD, for hearing impaired)
<https://www.samhsa.gov>

Behavioral Health Treatment Services Locator (search by address, city, or ZIP Code):
<https://findtreatment.samhsa.gov/>

Buprenorphine Treatment Practitioner Locator (search by address, city, or ZIP Code):
<https://www.samhsa.gov/medication-assistedtreatment/physician-program-data/treatment-physician-locator>

Single State Agencies for Substance Abuse Services:
<https://www.samhsa.gov/sites/default/files/ssa-directory.pdf>

State Opioid Treatment Authorities:
<https://dpt2.samhsa.gov/regulations/smalist.aspx>

SAMHSA Publications Ordering (all SAMHSA Store products are available at no charge):
<https://store.samhsa.gov>;
1-877- SAMHSA-7 (1-877-726-4727)

SAMHSA's Opioid Prevention Toolkit –
<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

Provides information on the roles of State Alcohol and Drug Abuse Directors, information by state, treatment and recovery resources, fact sheets and other federal resources.

<https://nasadad.org/federal-resources/>

Opioids Fact Sheet (2/5/16): <http://nasadad.org/2016/02/opioidsfact-sheet-2016/>

Addiction Guide

Source of information on addiction and the dangers of illicit substances, including, for example:

- ♣ How it effects the body
- ♣ How to identify signs and symptoms
- ♣ Where to seek effective treatment

<https://www.addictionguide.com/resources/>

My Mental Health Crisis Plan

Resource that allows individuals who have serious mental illness (SMI) to create a plan to guide their treatment during a mental health crisis. The app was developed through SMI Adviser, a project funded by SAMHSA and administered by the American Psychiatric Association.

- ♣ **My Mental Health Crisis Plan** is available in the [Apple App Store](https://apps.apple.com/us/app/my-mental-health-crisis-plan/id1497373282) - <https://apps.apple.com/us/app/my-mental-health-crisis-plan/id1497373282> and [Google Play](https://play.google.com/store/apps/details?id=org.smiadviser.apa&hl=en_US) - https://play.google.com/store/apps/details?id=org.smiadviser.apa&hl=en_US
- ♣ View videos on [What is a PAD?](#) and [How to Use the App](#)

Centers for Disease Control and Prevention

- ♣ Understanding the Epidemic: <https://www.cdc.gov/drugoverdose/epidemic>
- ♣ Poisoning: <https://www.cdc.gov/homeandrecreationalafety/poisoning>
- ♣ Association of State and Territorial Health Officials
- ♣ Preventing Opioid Misuse in the States and Territories: <http://my.astho.org/opioids/home>

Prevent & Protect

Tools for conducting overdose prevention and naloxone advocacy, outreach, and communication campaigns:

<http://prevent-protect.org/communityresources-1/>

National Institute on Drug Abuse (NIDA)

This is the lead federal agency supporting scientific research on drug use and its consequences.

<https://www.drugabuse.gov/>

National Suicide Prevention

♣ National Hotline: 1-800-273-8255 - <https://suicidepreventionlifeline.org/>

- The U.S. Congress has approved the adoption of 988, the new three-digit number for the National Suicide Prevention Lifeline to be completed by July 2022. In the meantime, please continue to share 1-800-273-TALK (8255).
- '988' is NOT CURRENTLY ACTIVE nationally.

National Alliance on Mental Illness (NAMI)

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, some of whom have dual diagnosis of mental illness and addictions.

National: <https://www.nami.org>

State: <https://www.nami.org/Find-Your-Local-NAMI/Affiliate?state=NJ>

Addiction Center

Search for Catholic Drug and Alcohol Treatment options at:
<https://www.addictioncenter.com/treatment/faith-based-drug-and-alcohol-rehab/catholic/>

B. STATE/STATEWIDE SITES

Department of Human Services, Division of Mental Health and Addiction Services (DMHAS)

Human Services, DMHAS – home page

<https://www.state.nj.us/humanservices/dmhas/home/>

NJ State Treatment Directory - <https://njsams.rutgers.edu/TreatmentDirectory/>

NJ State Treatment Hotlines –

<https://www.nj.gov/humanservices/dmhas/home/hotlines/> or

Governor's Council on Alcoholism and Drug Abuse (GCADA) <https://gcada.nj.gov/home/>

National Alliance on Mental Illness (NAMI) – Dual diagnoses; find state and county affiliates

<https://www.nami.org/Find-Your-Local-NAMI/Affiliate?state=NJ>

SECTION III Looking Closer to Home

a. DIOCESAN-WIDE CATHOLIC SERVICES

Catholic Charities.

- ADDICTIONS HEALING SERVICES HELPLINE – 856-342-4057
- Resources/Services/Referral Information:
<https://catholiccharitiescamden.org/counseling/addiction/>
- Addictions Healing Services Coordinator: Jo Anne Farrell
 - Joanne.farrell@camdendiocese.org
 - Office Phone: 856-342-4057

b. COUNTY-WIDE SERVICES WITHIN CAMDEN DIOCESE

i. Counties' Drug Administrators within diocese:

County	County	County	County	County	County
Atlantic	Camden	Cape May	Cumberland	Gloucester	Salem
Robert Widitz	John Pellicane	Patricia Devaney	Janine Fabrizio	Judith Johnson	Maggie Vaughan
(609) 645-5932	(856) 374-6320	(609) 465-1055	(856) 391-1638	(856) 384-6886	(856) 935-7510, ext. 8460

Atlantic County: <http://www.mhaac.info/addictions.html>

Camden County: <https://www.camdencounty.com/service/mental-health-and-addiction/addiction-resources/>

Cape May County: <https://capemaycountynj.gov/683/Mental-Health-Alcohol-Drug-Abuse-Board>

Cumberland County:
[http://www.co.cumberland.nj.us/filestorage/23751/24596/24739/Alcohol and Drug Treatment and Prevention Resource Guide.pdf](http://www.co.cumberland.nj.us/filestorage/23751/24596/24739/Alcohol%20and%20Drug%20Treatment%20and%20Prevention%20Resource%20Guide.pdf)

Gloucester County: <https://www.gloucestercountynj.gov/168/Addiction-Services>

Salem County: <https://health.salemcountynj.gov/human-services/alcoholism-drug-abuse/>

c. DIOCESAN PARISH BASED SERVICES – Support Services

- The Church of Incarnation, 240 Main St., Mantua (**Community Connections**) Contact: Bill Dougherty at billdoc@comcast.net
- The Church of Incarnation 240 Main St. Mantua (**Calix Society**) Contact: Jen Drees at jendrees@yahoo.com
- St. Clare of Assisi, 1225 Kings Highway, Swedesboro (**Christ's Arms for Others**) Contact: Joe & Maureen Vitulli at joev@cheerful.com
- St. Charles Borromeo, 176 Stagecoach Road, Sicklerville (**I Thirst Ministry**) Contact: Ralph Burnley at Theburnleygroup@gmail.com

SECTION IV SELF-HELP, PEER SUPPORT, AND CONSUMER SELF-HELP

[New Jersey Self-Help Group Clearinghouse](https://www.njgroups.org/)

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

Information to find a support group of all kinds throughout the country and New Jersey. Ability to list/update a group and how to start a group information as well.

[Alcoholics Anonymous\(AA\)](http://www.aa.org/)

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

Web portal to U.S. government information and services on the web.

[Al-Anon Family Groups](https://al-anon.org/)

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

Helps family and friends recover from the effects of someone else's drinking through a 12-step program including regular attendance at group meetings.

[Cocaine Anonymous\(CA\)](https://ca.org/)

<https://ca.org/>

Recovery from crystal meth addiction through a 12-step program including regular attendance at group meetings.

[Crystal Meth Anonymous](https://crystalmeth.org/)

<https://crystalmeth.org/>

Comprehensive information about disability programs, services, laws and benefits.

[Dual Recovery Anonymous](http://draonline.qwknetllc.com/)

<http://draonline.qwknetllc.com/>

Recovery from joint chemical dependence & emotional/psychiatric illness through a 12-step program including regular attendance at group meetings.

[Marijuana Anonymous](https://www.marijuana-anonymous.org/)

<https://www.marijuana-anonymous.org/>

Recovery from marijuana addiction through a 12-step program including regular attendance at group meetings.

[Narcotics Anonymous\(NA\)](#)

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

Recovery from drug addiction through a 12-step program including regular attendance at group meetings.

[Nar-Anon](#)

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

Helps family and friends of addicts recover from the effects of living with an addicted relative or friend.

[SMART Recovery®](#)

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

4-Point Program® helps people recover from all types of addictive behaviors by teaching how to change self-defeating thinking, emotions, & actions.

SECTION V ARTICLES, BOOKS AND MORE*

USCCB:

- *New Slavery New Freedom, A Pastoral Message on Substance Abuse* (1990)_(PDF) <http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/upload/New-Slavery-New-Freedom-A-Pastoral-Message-on-Substance-Abuse.pdf>
- Other items: <http://www.usccb.org/news/2018/18-153.cfm>
- *Substance Abuse and Women* <http://www.usccb.org/issues-and-action/marriage-and-family/children/substance-abuse-and-women.cfm>
- *Letter Endorsing Youth Drug and Mental Health Services* <http://www.usccb.org/issues-and-action/human-life-and-dignity/health-care/letter-to-senator-jeffords-from-cardinal-mahoney-endorsing-youth-drug-and-mental-health-services-act.cfm>
- *Create in Me a Clean Heart: A Pastoral Response to Pornography* (PDF) at <http://www.usccb.org/issues-and-action/human-life-and-dignity/pornography/index.cfm>
(this link includes other writings on this topic as well)
- *Communities of Hope: Parishes and Substance Abuse. A Practical Guide*

Washington DC: U.S. Catholic Conference, Publication No. 473-2, 1992.

OTHER ORGANIZATIONS/GOVERNMENT OFFICES:

- *A Practical toolkit for faith and community leaders in the face of the opioid epidemic* (PDF) <https://www.chhsm.org/wp-content/uploads/2017/10/Hope-Healing-A-practical-toolkit-for-faith-and-community-leaders-in-the-face-of-the-opioid-epidemic.pdf>
- *The Opioid Epidemic Practical Toolkit*
Download the complete [The Opioid Crisis Practical Toolkit: Helping Faith-based and Community Leaders Bring Hope and Healing](https://www.hhs.gov/sites/default/files/opioid-epidemic-practical-toolkit-35001-dhhs.pdf) - PDF (4th Edition) at <https://www.hhs.gov/sites/default/files/opioid-epidemic-practical-toolkit-35001-dhhs.pdf>.

*Please note these resources are understood to be available as of the distribution of the CC~ARM booklet in May 2021 and may or may not be available as time goes on.

- *Core Competencies for Clergy and Other Pastoral Ministers in Addressing Alcohol and Drug Dependence and the Impact on Family Members, Substance Abuse and the Family: Defining the Role of the Faith Community* (PDF)
Download a copy at <https://www.samhsa.gov/sites/default/files/competency.pdf>

BOOKS:

The Twelve Steps Meet the Gospel: Reflections on Scripture and Stories of Hope for those in Recovery

By Dick Rice and Trish Vanni

Twenty-Third Publications

<https://www.amazon.com/Twelve-Steps-Meet-Gospel-Reflections/dp/1627852611>

The Twelve Steps and the Sacraments: A Catholic Journey Through Recovery

By Scott Weeman

Founder of Catholic in Recovery

Ave Maria Press

<https://catholicinrecovery.com/>

The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction

By Rebecca E. Williams and Julie S. Kraft

New Harbinger Publications

www.newharbinger.com

The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors

By Rebecca E. Williams and Julie S. Kraft

New Harbinger Publications

www.newharbinger.com

The Life Recovery Bible

The Life Recovery Workbook

The Life Recovery Journal

Tyndale Publishers

<https://www.tyndale.com/p/the-life-recovery-bible-nlt/9781414309613>

Unchained: Our Family's Addiction Mess is Our Message

By Nancy McCann Vericker and JP Vericker (A true Story of a Mother and Son)

Clear Faith Publishing

www.ClearFaithPublishing.com

Breathing Under Water – Spirituality and the Twelve Steps

By Richard Rohr

Franciscan Media, Cincinnati, Ohio

www.FranciscanMedia.org

SECTION IV TRAINING AND EDUCATIONAL OPPORTUNITIES

Catholic Organizations (SERVING STATEWIDE AND BEYOND):

The iTHIRST Initiative

146 Danforth Avenue
Paterson, NJ 07501

973-370-DRUG (3784)
www.IThirstInitiative.org

Keaton Douglas, Executive Director
keaton@ithirstinitiative.org

Empowering the Church to be a resource
for those suffering from addictions and
their families.

Provides:

- Spiritual Companionship Training
- Retreat Programs
- Recovery Bible Study
- Spirituality of the Big Book Study
- Recovery Mass and Intercessory
Prayer Session
- Sober Community Living
- Alumni Ambassadors
- Family and Friends Support Group
- Special Events

iTHIRST Spiritual Companionship Certification Training

This certificate training is offered under the auspices of Seton Hall University and the Archdiocese of Newark.

This training is provided virtually, so anyone can enroll.

For more information and to register for training go to:

<https://www.shu.edu/academics/ithirst-spiritual-companionship-training.cfm>

[iThirst Spiritual Companionship Training - Seton Hall University](#)

The iTHIRST online training offered by Seton Hall seeks to provide this spiritual remedy to those suffering from addiction through the development and implementation of programs designed to educate and prevent, to provide support to treatment facilities and those incarcerated, and to develop an aftercare community for the afflicted and their families.

www.shu.edu

Christian Organizations (SERVING STATEWIDE AND BEYOND):

WE Thirst Ministries

492 Richlandtown Pike

Post Office Box 564
Richlandtown, Pennsylvania 18955

610-559-4534

[https://www.wethirstseries.com/
info@wethirstseries.com](https://www.wethirstseries.com/info@wethirstseries.com)

Founder and Facilitator:
Nina Marie Corona

CONTACT Jo Anne Farrell at
joanne.farrell@camdendiocese.org to
schedule a "WE THIRST" training in your
Parish Setting

We Thirst Series: Christian Reflections on
Addiction ~ A popular educational and
inspirational 5-part course that educates
about addiction from a Christian
perspective.

With a mission to inspire individuals and
communities to renew and share their
faith, hope, and love accomplished
through educational and inspirational
courses, presentations, [writings](#), [retreats](#),
[missions](#), and [videos](#) designed to move
both hearts and minds and to reawaken
the Spirit within.

Non-Denominational/Non-Governmental

**Center for Addiction and Recovery
Training (CART)**
75 Charter Oak Ave.
Building 1- Suite 305
Hartford, CT 06106

866-205-9770
[https://addictionrecoverytraining.o
rg/](https://addictionrecoverytraining.org/)

Providing a centralized location for those interested in recovery coaching and recovery
support services with training resources and performance enhancement supports.

Government

The NJ Self-Help Group Clearinghouse

<https://www.njgroups.org>

The mission of the Clearinghouse is to help people find and form all types of self-
help support groups in order to provide hope, strength and experience to those in need in
order to not feel alone. A service of the Mental Health Association of New Jersey, funded by
the New Jersey Department of Human Services, Division of Mental Health and Addiction
Services. Provides:

IDEAS AND SUGGESTIONS ON DEVELOPING GROUPS – Help with ideas and suggestions over the phone and through email or “snail mail.” A vast library of how-tos on starting and running groups in general, as well as specific types of groups.

TRAINING – Offer periodic workshops throughout the state on topics of interest to those starting, running and maintaining support groups.

PRESENTATIONS ABOUT SUPPORT GROUPS –Free presentations on the availability and benefits of self-help support groups and how they can assist congregants, families and friends.

WEBSITE – Information of interest to group leaders, professionals who make referrals to groups, to those interested in starting new groups, and the general community. We also have contact information on support groups in New Jersey on our website.

CONCLUSION

Whatever your parish develops from the ideas presented in the booklet, *How Parishes can be a Part of Their Communities' Journey of Recovery*, and whatever ways you use this resource guide, we hope you will commit to making them a permanent part of your parish life. May the Holy Spirit be with you in this ministry and inspire you as you accompany our brothers and sisters on their addiction and recovery journeys.

Remember: addressing the scourge of addiction and supporting recovery is *not* a sprint, but a very long marathon.

As a final note, all available Diocesan Editions of the *Resource Guide*, as well as the booklet, *How Parishes can be a Part of Their Communities' Journey of Recovery*, can be found on the Addiction and Substance Abuse page of the New Jersey Catholic Conference (NJCC) website at:

<https://www.njcatholic.org/substance-abuse>.

GOD BLESS...!

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