



Addiction

RESOURCE GUIDE



Description

You or your loved one can find freedom from addiction. Here are some support and resources to help you find lasting hope and change.

Bible Verses

- “And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working” (James 5:15-16 [ESV])
- “Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise”
Jeremiah 17:14

Links

[FIND A CELEBRATE RECOVERY GROUP NEAR YOU](#)

[PTSD: A COMPASS & LIGHT SERIES](#)

[RIGHTNOW MEDIA](#)

[ADDICTION: A COMPASS & LIGHT SERIES](#)

Books

***Changes That Heal* - Henry Cloud**

Dr. Cloud takes the reader step-by-step through the four basic tasks of becoming mature image bearers of God. Bonding to others - Separating from others - Sorting out good and bad in ourselves and others - Becoming an adult. Dr. Cloud explains and describes each task, but he also identifies the problems that result when we fail to accomplish that task. He shows us what changes to make in our lives to bring about healing.

[PURCHASE HERE](#)

***Freedom from Addiction: Breaking the Bondage of Addiction and Finding Freedom in Christ* - Neil T. Anderson and Mike and Julia Quarles**

Neil T. Anderson is the founder and president of Freedom in Christ Ministries and has authored several bestselling books on spiritual freedom, including *Victory Over the Darkness* and *The Bondage Breaker*. *Breaking the Bondage* brings help and hope to those bound by addictions through biblical principles and relational healing found in Christ. This book is not just a book for those dealing with addiction, but for loved ones as well.

[PURCHASE HERE](#)

Central Resources

[TALK TO SOMEONE](#)

[LOOKING FOR COUNSELING?](#)

CELEBRATE RECOVERY

Celebrate Recovery is a biblical and balanced program that helps you overcome your hurts, habits, and hang-ups. At the core of Celebrate Recovery, you can experience the 12-steps, the Recovery Principles, and their biblical comparisons, establishing a healing relationship with Christ and others. There is no registration necessary. Celebrate Recovery meets every Monday at 6:30 PM in the Mesa Café on our Mesa Campus providing a safe and confidential environment to heal from life's struggles. For more information email celebrate.recovery@centralaz.com.

PARENTS OF ADDICTED LOVED ONES (PAL)

Parents of Addicted Loved Ones is a Christian-based support group of parents helping parents. PAL meets every week to offer education and support, at no cost, to parents who are dealing with a child battling addiction. PAL can also help spouses who have a partner with addiction

issues. PAL is especially helpful for parents and spouses, however, all other sober family members and friends (18 years or older) are welcome at our meetings.

There are two parts to our PAL meetings: An educational component and an opportunity to share your current experiences. Everyone experiences this journey at their own pace; we value confidentiality and strive to be non-judgmental while offering suggestions.

Prayer is powerful, and when you attend our meetings, we will pray over your loved ones, and you will learn proven ways to help them. Through PAL, you will ultimately learn to find joy in your own life, regardless of the choices of your loved ones. PAL meets weekly on Mondays, from 7:00 PM - 8:30 PM. The meetings will alternate every other week between in-person and online. For more information email michelle@hometeamaz.com

BOUNDARIES

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives. Physical boundaries help us determine who may touch us and under what circumstances. Mental boundaries give us the freedom to have our own thoughts and opinions. Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others. Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator.

Often, Christians focus so much on being loving and unselfish that they forget their limits and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries?

At Central, take part in a nine-week guided program via Zoom based on Dr. Henry Cloud and Dr. John Townsend's book, providing biblically-based answers to these and other tough questions. This program will show you how to set healthy boundaries with your parents, spouse, children, friends, co-workers, and even yourself. For more information email boundaries@centralaz.com.

Community Resources

Substance Abuse Hotline = 800-662-4357 (National)

A NEW LEAF

Since 1971, A New Leaf has aided those most in need in our community, helping families, children, and adults overcome the challenges they face. These challenges are often unexpected and can be devastating. Whether it be the loss of a job, a medical crisis, domestic violence, homelessness, or another heartbreaking crisis, A New Leaf is here to help households recover and thrive. A New Leaf provides a comprehensive foundation for families and individuals who fall on hard times or are looking to get ahead with a rich ecosystem of services.

PURPOSE HEALING CENTER

Purpose Healing Center is Arizona's alcohol and substance abuse treatment leader, offering individualized inpatient and outpatient programs to help you and a loved one recover from addiction.

MENTAL HEALTH AND SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAM (IOP)

Decision Point Center is Arizona's premier alcohol and drug addiction treatment leader, offering individualized inpatient and outpatient rehabilitation services backed by evidence-based techniques and therapies to give individuals the tools they need to live a life free of addictive substances.

CALVARY HEALING CENTER

Calvary Healing Center is built on a single premise: To be successful, the whole person must be involved – body, mind, and spirit – through an environment that is secure, compassionate, and comfortable. This is necessary for a person to recover from different forms of addictions and substance abuse through this trauma-informed approach.

COMMUNITY BRIDGES, INC (CBI)

Community Bridges, Inc. (CBI) uses a holistic—or integrated—approach to addiction treatment and behavioral health concerns. They take each person's unique traits and issues into account to design a treatment plan. Our solutions are never one-size-fits-all using a combination of education, therapy, housing, medications, peer support, inspiration, hope, and other supportive services. People are unique, and their treatment plan should be too.

HOLDFAST RECOVERY

At Holdfast Recovery, their mission is to deliver high quality treatment, that emphasizes clinical excellence, physical wellness, and most importantly Christian values.

ADULT & TEEN CHALLENGE

For over 60 years, Adult & Teen Challenge has operated on a holistic model of drug and alcohol recovery. This means that we are concerned with the body, mind, and spirit of those who come to our addiction recovery centers. Our vision is to see all people freed from addiction through the power of Jesus Christ!