

## PHYSICAL

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### Overcoming Addictions

#### Rationale

Addictions can sabotage even the best of intentions, whether at work or in our personal life. Without appropriate help and careful attention, many people struggle to recover from addiction. Most adults with addictions continue to participate in recovery meetings or in therapy for many years in order to maintain their sobriety. Adults with addictions rarely recover alone.

#### Objective

Help Deseret Industries associates with addictions manage their addictions so that they can fulfill their work and personal life responsibilities.

#### Potential Discussion Items

- Counsel with the Deseret Industries associate with addictions to help him or her develop a desire to work on recovery—forcing him or her into recovery is ineffective.
- As the Deseret Industries associate develops his or her coping skills, share with him or her the Uplifting Activities handout.
- Discuss with the Deseret Industries associate ways you can help him or her create a place of healing and recovery.
- Talk to the Deseret Industries associate to help him or her overcome the stigma associated with addiction.
- Recommend to the Deseret Industries associate with addictions that he or she obtain long-term professional counseling if needed.
- If appropriate, encourage the Deseret Industries associate with addictions to visit a detoxification center, which provides a way for addicts to experience a safe withdrawal from substance abuse.

#### Suggested Resources

- Willpower Is Not Enough: Why We Don't Succeed at Change by A. Dean Byrd and Mark D. Chamberlain (1995)
- The Gospel and the Productive Life Student Manual (Church Educational System manual, 2004), chapter 12, "Observing the Laws of Physical Health": <https://www.lds.org/manual/the-gospel-and-the-productive-life-student-manual-religion-150/chapter-12-observing-the-laws-of-physical-health?lang=eng>
- A Guide to Recovery and Healing (the Church's Addiction Recovery Program guide, 2005): <http://addictionrecovery.lds.org/addiction-recovery-program-guide?lang=eng>
- Pleasure Unwoven DVD and study guide (can be obtained from the Deseret Industries development counselor)
- The Institute for Addiction Study's Recovery Resources library (including Pleasure Unwoven): [http://www.instituteforaddictionstudy.com/recovery\\_resources.html](http://www.instituteforaddictionstudy.com/recovery_resources.html)
- The 12-step Addiction Recovery Program of The Church of Jesus Christ of Latter-day Saints: <http://addictionrecovery.lds.org/?lang=eng>



# MENTOR

- “Addiction Recovery,” Why I Believe (audio program discussing the role of faith in addiction recovery): <http://www.mormonchannel.org/why-i-believe/59>
- “Addiction Recovery,” Youth Voices (audio program that interviews participants in the Church’s Addiction Recovery Program): <http://www.mormonchannel.org/youth-voices/13>
- “Addictions Afflictions,” Enduring It Well (audio program interview of a Church Addiction Recovery Program facilitator): <http://www.mormonchannel.org/enduring-it-well/19>
- “Step 1: Honesty,” Addiction Recovery Program (audio recording of an actual Church Addiction Recovery Program meeting; follow the links on the site to listen to the remaining 11 steps): <http://www.mormonchannel.org/addiction-recovery-program/honesty-step-1>
- “What Is the Lord’s Pattern for Helping His Children Overcome Addiction?” The Mormon Channel Q&A (audio recording of counsel from prophets and apostles about overcoming addiction): <http://www.mormonchannel.org/qa/52>
- Alcoholics Anonymous: [www.aa.org](http://www.aa.org)
- Narcotics Anonymous: [www.na.org](http://www.na.org)
- Detoxification programs such as LDS Hospital’s Dayspring Chemical Dependency Program, University of Utah’s Neuropsychiatric Institute’s Recovery Works Outpatient Program, and Highland Ridge Hospital’s Drug and Alcohol Detox Program; work with the Deseret Industries development counselor to identify similar programs in your community
- In-treatment addiction recovery specialists such as Steps Recovery Center in Payson, Utah; Journey Healing Center Clinical Programs and Facilities in Salt Lake County; Cold Creek Wellness Center in Kaysville, Utah; or Life’s Journey Center in Palm Springs, California; work with the Deseret Industries development counselor to identify similar providers in your community

Handouts

Uplifting Activities

