

*Walking with God's Children
on the Journey of Recovery*

A Resource Guide for Parish Communities

*~To Assist in the Pastoral Response
to the Disease of Addiction ~*

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*Archdiocese of Newark*

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Presented by the
New Jersey Catholic Committee
on Addiction and Recovery Ministries
(NJ CCARM)
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INTRODUCTION

“... there is a spiritual dimension to the disease of addiction that cannot be met by clinical professionals, but only by the spiritual consolation and support that the church can provide.”

This statement, from the [ITHIRST Initiative website](#), captures an essential truth about the disease of addiction. Unlike other diseases, it afflicts one's spiritual as well as physical and mental wellbeing. Perhaps you have seen the popular inspirational quote about cancer (which can apply to most other diseases as well):

“What cancer cannot do: it cannot cripple Love; it cannot shatter Hope; it cannot corrode Faith; it cannot destroy Peace; it cannot kill Friendship; it cannot suppress Memories; it cannot silence Courage; it cannot invade the Soul; it cannot conquer the Spirit.”

Those of us with experience of it know that addiction is likely to inflict ALL of this spiritual harm.

In your ministry, you will give spiritual support and assistance to those you accompany on the path to recovery, and you will also provide resources that can help them access other services, including treatment providers, social services, community-based programs, and housing. This guide will provide a starting point. The information you'll find here has been intentionally limited to mostly institutional organizations because they are some of the most important and reliable resources available. The person seeking help is responsible for treatment choices and all decisions about where to go for treatment or how to proceed. You should make clear to them at the outset that you will not be recommending particular service providers, but rather directing them to information. Your focus is to tend to the important task of their spiritual healing.

It is also important that you, and anyone you accompany on the journey to recovery, understand addiction as a disease and **not** a moral failing. This has been demonstrated scientifically, yet the stigma of addiction persists and can be deadly. As people of faith, we are called to serve and when we know the truth, we can better serve the afflicted. Understanding that addiction is a disease with devastating physical, mental, and spiritual dimensions is crucial to successful recovery. To that end we ask that you familiarize yourself with all the resources in this guide. Look through and visit the websites linked here. We recommend you give special attention to the links in the “NATIONAL Educational” section below. Those you minister to should be directed to read or watch them also.

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 guide¹

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.

¹ ***Please take special note:*** This resource guide has information in various Federal, State and County agencies, as well as links to private organizations and/or ministries – both Catholic and non-Catholic. The inclusion of any agency or organization's name **and** information *does not constitute endorsement or recommendation* of the resources or the information, products, or services provided by the resource on the part of by the New Jersey Catholic Committee on Addiction and Recovery Ministries (NJ CC~ARM) or the Archdiocese of Newark. The NJ CC~ARM and Newark Archdiocese do not have full knowledge of or experience with the services provided by each and every resource listed here. The NJ CC~ARM and Newark Archdiocese also do not exercise any control over the content on any resource websites or services they provide.

SECTION I NATIONAL AND STATE RESOURCES

NATIONAL (EDUCATIONAL) RESOURCES: YOUR FIRST STOP

National Institute on Drug Abuse (NIDA): <https://www.drugabuse.gov/>

Addiction is a Disease, not a Moral Failing:

<https://www.drugabuse.gov/about-nida/noras-blog/2018/03/what-does-it-mean-when-we-call-addiction-brain-disorder>

Addressing the Stigma of Addiction:

<https://www.drugabuse.gov/about-nida/noras-blog/2020/04/addressing-stigma-surrounds-addiction>

Must Watch: Nora Volkow talks about addiction on StopTheStigma blog:

<https://www.stopstigma.org/post/stop-the-stigma-episode-1-dr-nora-volkow>

Stop the Stigma Website:

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

Words Matter: Don't promote the stigma:

<https://www.drugabuse.gov/drug-topics/addiction-science/words-matter-preferred-language-talking-about-addiction>

NIH (National Institute of Health) links to info on addiction:

<https://search.nih.gov/search?utf8=%E2%9C%93&affiliate=hip&query=addiction&commit=Go>

Substance Abuse and Mental Health Services Administration (SAMHSA)

U.S. Department of Health and Human Services

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

1-800-662-HELP (4357) or

1-800-487-4889 (TDD, for hearing impaired)

Provides information on getting help with options that include: finding a treatment facility, suicide prevention, behavioral health services, treatment referral and info (24/7) etc.

Centers for Disease Control and Prevention (CDC):

- Understanding the Epidemic: <https://www.cdc.gov/drugoverdose/epidemic>
- Poisoning: <https://www.cdc.gov/homeandrecreationalafety/poisoning>

Prevent & Protect: Tools for conducting overdose prevention and naloxone advocacy, outreach, and communication campaigns: <https://prevent-protect.org/>

National Suicide Prevention Hotline: 1-800-273-8255 -

<https://suicidepreventionlifeline.org/>

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>

STATE RESOURCES:

State of NJ Main website for addiction services (Note: Not all links on the site are working. You may need to search independently for them. The first link below takes you to the main page. Also included are links to some of the most helpful items on that page, that were actually working at the time of this writing, for the sake of convenience.)

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

Addiction Services:

<https://www.state.nj.us/humanservices/clients/addiction/>

<https://www.state.nj.us/humanservices/dmhas/resources/services/treatment/addictions.html>

Hotlines and Helplines: <https://www.state.nj.us/humanservices/dmhas/home/hotlines/>

State of NJ Addiction Services Treatment Directory:

<https://njsams.rutgers.edu/treatmentdirectory/>

State of NJ helpline: 1-844-REACHNJ (1-844-732-2465)

**SECTION II:
RESOURCES BASED IN THE ARCHDIOCESE OF NEWARK
Bergen, Essex, Hudson, & Union Counties**

A. DIOCESAN-WIDE CATHOLIC SERVICES

Archdiocese of Newark

Addiction Recovery and Support Task Force

171 Clifton Avenue

Newark, 07104

973-497-4000

iTHIRST Spiritual Companionship (Training and Recovery Support Services)

<https://www.rcan.org/addiction-recovery-and-support-task-force>

Catholic Charities.

Catholic Charities of the Archdiocese of Newark

56 Freeman Street

Newark NJ, 07105

www.ccannj.org

(973) 596-4190

(Note: As of June 2021, there are no substance abuse programs listed under the main Catholic Charities link or under the individual county links.)

B. COUNTY-WIDE STATE SERVICES WITHIN THE ARCHDIOCESE

Robin A. Lavorato, Executive Director

Essex Health and Wellness Recovery Center

at Saint Michael's Medical Center

306 Dr. Martin Luther King Boulevard

Newark, New Jersey 07102

(862) 485-8811 rlhealthguide@gmail.com

NJ County Drug Administrators:

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

Bergen County

Laurie Crocco

Bergen County Department of Health Services

Program Coordinator, Office of Alcohol & Drug Dependency

One Bergen County Plaza, 4th Floor

Hackensack, NJ 07601

Phone: (201) 634-2744

E-mail: lcrocco@co.bergen.nj.us

Essex County

Eileen Fishman, RP
Alcoholism & Drug Abuse Director
Dept. of Health & Rehabilitation
50 S. Clinton Street, Suite 4301
East Orange, NJ 07018
Phone: (973) 395-8402
E-mail: efishman@dchs.essexcountynj.org

Hudson County

Robin F. James, MA, PD (MFT), LPC
Alcohol and Drug Director
Dept. of Health & Human Services
830 Bergen Avenue, 2B
Jersey City, NJ 07306
Phone: (201) 369-5280, ext. 4250
E-mail: rjames@hcnj.us

Union County

Gene Tavera
Alcohol and Drug Abuse Coordinator
Alcoholism & Drug Abuse Services
Union County Department of Human Services
Division of Individual & Family Support Services
10 Elizabethtown Plaza 4th Floor
Elizabeth, NJ 07207
Phone: (908) 527-4844
E-mail: gene.tavera@ucnj.org

C. DIOCESAN PARISH BASED SERVICES**ITHIRST Spiritual Companionship Ministry**

Holy Family Parish
28 Brookline Avenue
Nutley, NJ 07110
Phone: (973) 667-0026
<https://holyfamilynutley.org>

ITHIRST Certified Spiritual Companions
Melinda Papaccio (973) 868-1938
Catherine Vieira (201) 968-6487

**SECTION III
SELF-HELP, PEER SUPPORT, AND CONSUMER SELF-HELP**

[ITHIRST Initiative](https://ithirstinitiative.org/)

<https://ithirstinitiative.org/>

In addition to training, the ITHIRST Initiative offers companions to help shepherd people through the recovery process, helping them navigate the bumpy waters of recovery and helping their loved ones in the process.

Helpline: 973-370-DRUG (3784)

[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/)

<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/)

<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/)

<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 IV 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 V TRAINING AND EDUCATIONAL OPPORTUNITIES

Catholic Organizations (SERVING STATEWIDE AND BEYOND):

The iTHIRST Initiative

Trinity House
1292 Long Hill Road
Stirling, NJ 07980

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](https://www.shu.edu/academics/ithirst-spiritual-companionship-training.cfm)

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

Other 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

Founder and Facilitator:
Nina Marie Corona

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.

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 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.

Non-Denominational/Non-Governmental

Center for Addiction and Recovery Training (CART) <https://addictionrecoverytraining.org/>

75 Charter Oak Ave.
Building 1- Suite 305
Hartford, CT 06106
866-205-9770

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

CONCLUSION²

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...!

² ***Please take special note:*** This resource guide has information in various Federal, State and County agencies, as well as links to private organizations and/or ministries – both Catholic and non-Catholic. The inclusion of any agency or organization's name **and** information *does not constitute endorsement or recommendation* of the resources or the information, products, or services provided by the resource on the part of by the New Jersey Catholic Committee on Addiction and Recovery Ministries (NJ CC~ARM) or the Archdiocese of Newark. The NJ CC~ARM and Newark Archdiocese do not have full knowledge of or experience with the services provided by each and every resource listed here. The NJ CC~ARM and Newark Archdiocese also do not exercise any control over the content on any resource websites or services they provide.

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APPENDIX

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.