

NEW DAY NEWS



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Spirituality

An Important Component of Addiction Recovery

Addiction has been conceptualized as a “disease” of isolation, becoming disconnected to life. Addiction recovery and spirituality have been seen as the process of becoming connected.

Spirituality is an essential component of the 12 Steps of Alcoholics Anonymous as well as an important component of substance abuse treatment programs across the country. The 12 Steps, which emphasize the importance of turning to a higher power, have proven effective for millions of recovering addicts and alcoholics.



Research suggests that people with a spiritual belief system are less depressed, less anxious, and less suicidal than non-spiritual people, and that they are better able to cope with stressful and traumatic events.

Those who incorporate spirituality into their daily lives through meditation, prayer, and other spiritual practices report having a more positive outlook and an overall sense of satisfaction with life.

Research also indicates that spirituality can help individuals in recovery avoid relapse and feel a greater sense of inner peace and personal growth. Many substance abuse treatment programs integrate spirituality and often the 12 Steps into treatment. Although no one factor can guarantee long-term recovery, spirituality has proven to aid both adults and adolescents in the process of overcoming addiction.

The mission of The Starting Place is to improve lives through education, treatment and support services related to substance abuse, mental illness and co-occurring disorders



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CEO

Faith Matters

The Annie E. Casey Foundation issued a report in 2004 entitled, *Race/Ethnicity, Religion and Substance Abuse*. The report stated that substance abuse is America's number one health problem and that it is a problem that touches the lives of every American child, family, congregation, and community. Key findings from previous studies that they examined as well as their own original analysis indicated that:

- Religion is an important protective factor against substance abuse and an important support for people in recovery
- Religious people are less likely than others to use drugs and less likely to experience drug related consequences
- Clergy are the first professionals many people with serious personal problems like substance abuse contact for help
- The vast majority of clergy (94%) felt substance abuse was an important issue in their congregation. However, despite this impact only one-third of clergy reported that they preached a sermon on the topic and nearly a quarter say they never preached on the topic.

Religion and spirituality may not necessarily be one and the same for people. They are both however important to many people. We all need to continue to work together to help people to address their addictions and ways they can be more connected with themselves, others, and that force in the universe some call God.

Success Story

Rachel was referred to the Starting Place due to possession of an illegal substance on Broward School grounds. Rachel reported that her problem began at age 14 when she started hanging out with negative peers in order to fit in. Rachel reported that cannabis became her best friend. She explained that she became a good liar and was very manipulative especially when she needed to get money to support her habit.

After entering treatment at the Starting Place, Rachel focused on breaking ties with friends who use mood altering substances and was able to develop new and more positive friendships.

During treatment, she made steady progress as evidenced by maintaining a drug-free lifestyle, improving academic performance, and earning her GED. Rachel is currently attending beauty school. She plans to attend Broward College in the spring. At her final session, Rachel stated that she feels happy that she has conquered the demon that had possessed her life for more than 4 years. "Thanks TSP for all your help" as she expressed her gratitude.

Our services and how to contact us

The Starting Place provides outpatient substance abuse and mental health services to children, teens, young adults and their families. Our services include assessments, individual counseling, family counseling, case management, psycho-educational and therapy groups, school based services, and aftercare/ continuing care services. Services are office-based and in-home and school-based. Our hours are tailored to meet the needs of our clients. Fees are based on a sliding scale and we also accept a few different insurances.

If you would like to set up an appointment or speak to someone further about our services, please contact us at (954) 327-4060. You can also check us out at our website at www.startingplace.org

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