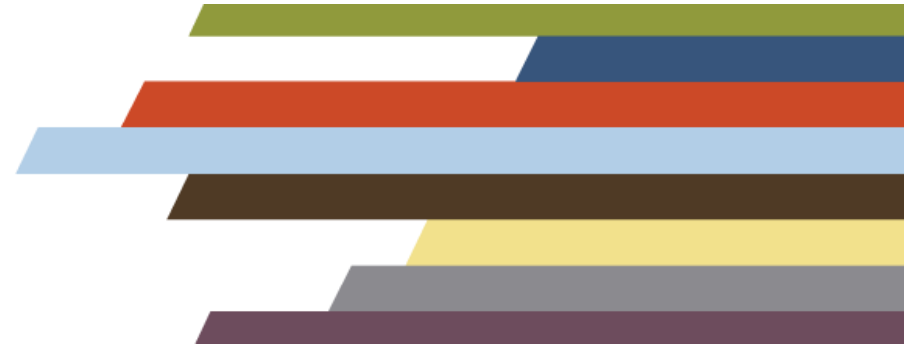




# Removing the Stigma and Addressing the Issues of Substance Use Disorders

**Presenter: Philip Dunston, Ph.D.**

**Associate Professor of Religion and Philosophy - Clark Atlanta University**





## About ATTC

The 2017-2022 ATTC Network is comprised of:

1 Network Coordinating Office

10 Domestic Regional Centers

6 International HIV Centers  
(PEPFAR funded)

Established in 1993 by SAMHSA, the domestic ATTCs:

Accelerate the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services;

Heighten the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use and/or other behavioral health disorders; and

Foster regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community.

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# Philip Dunston, Ph.D.

Associate Professor of Religion and Philosophy  
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Lead Pastor, FBC Ministries and Licensed Pastoral Counselor

Dr. Philip M. Dunston, Jr, is an Associate Professor and Chair of the Department of Religion and Philosophy at Clark Atlanta University. Dr. Dunston has published articles, presented papers at conferences and served as a member of the HBCU-Center for Excellence Steering Committee at Morehouse School of Medicine.

He is a long-time member of Who's Who in American Higher Education and he was inducted into the Colloquium of Scholars of The Martin Luther King, Jr. International College of Ministers and Laity at Morehouse College.

He is a member of the American Academy of Religion and the Alpha Phi Alpha Fraternity, Inc. Dr. Dunston is a pastor, a spiritual counselor, a teacher and a motivational speaker. His pedagogical philosophy includes highlighting the core principles of awareness, honesty and responsibility in teaching, advising and nurturing students.

Dr. Dunston has a wonderful family of ancestors, esteemed parents and mentors, and a beautiful daughter and grandson.



# Session Objectives

**Define Stigma from a faith-based perspective.**

**Learn how faith-based communities can be a resource for addressing issues with substance use disorder.**

**Some proven strategies used by Faith-Based communities for intervention and recovery.**

**How faith-based communities can support prevention efforts.**

# stigma

**Stigma-** a mark of disgrace or reproach which leads to feelings of shame.

**Shame-** a painful feeling of guilt for improper behavior.

**Sin-** any offense or fault

**Guilt-** the fact of having done a wrong or committed an offense.

THE EMOTIONAL TRAUMA ASSOCIATED WITH EACH OF THESE TERMS CREATE A SENSE OF **WORTHLESSNESS** IN AN INDIVIDUAL.

# The faith-based community has a mandate to address issues that are associated with feelings of worthlessness in people.

“God’s spirit is on me; he has chosen me to share the message of good news to the poor in spirit; he has sent me to announce freedom to prisoners of guilt and shame; and to support in recovery those who have been affected by these feelings of worthlessness and dishonor. He has sent me to provide assistance to those who have become oppressed by efforts to free themselves from these undesirable emotional states and to help them create healthy alternatives for positive, productive living.”

A paraphrase of **Luke 4:14-16** “the faith-based mission”

# The Faith-Based Perspective is holistic in nature

THE SOURCE OF ALL CREATION IS DIVINITY  
**(SPIRIT);**

THE PROCESS OF CREATION IS DIVINITY IN MOTION  
**(OR THE MIND);**

AND THE OBJECT OF CREATION IS THE PHYSICAL UNIVERSE  
**(WHICH INCLUDES THE PHYSICAL BODY);**

THESE ARE THE THREE COMPONENTS OF REALITY  
**SPIRIT, MIND, AND BODY**

Deepak Chopra



“ The greatest revolution of our generation is the discovery that human beings, by changing the

**INNER ATTITUDES OF THEIR MINDS,**  
can change the

**OUTER ASPECTS OF THEIR LIVES.”**

**-William James**

# Substance Use Disorder as a Spiritual, Mental and Physical Condition

## What is Spirituality?

Spirituality is the quality of being concerned with the human spirit or soul as opposed to material or physical things.

Spirituality includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life.

Spirituality as applied to biblical faith is understood to refer to that relationship between the creator (God) and the creation (man).

## What is Substance Use Disorder?

Substance Use Disorder is defined as a medical condition in which the use of one or more substances leads to a clinically significant impairment or distress.

A faith-based, holistic approach can be an effective means of promoting healing. Restoring the whole person, spirit, mind and the physical nature of a person.

# Restoration is the mission of the Faith-Based Community

## Restoration is?

The establishment of something better than the original.

Restoration implies an improved or enhanced version, leaving it's current state significantly better than the original state.

Restoration for an individual means replacing the spiritual, emotional and physical death brought on by abuse and addiction and replacing it with a meaningful spirit lead life.

The faith-based perspective is a **belief** or **faith** that releases a **supernatural power operating through the gifts within the faith community**; this provides the impetus for healing and restoration.

**Hebrews 11:1**

**The fundamental fact of existence is that this trust in God , this faith, is the firm foundation under everything that makes life worth living."**

**(MSG)**

# Faith-Based Recovery/Restoration

- ❑ Recovery is a return to a normal state of health, mind or strength. A process whereby an individual can attain wholeness, allowing them to live a self-directed life and strive to reach their full potential.
- ❑ From a Faith-Based perspective recovery is attained through internalizing faith-based principles that lead to a restored and regenerated life.
  1. A Meaning connection with the creator (**salvation as a process**)
  2. Forgiveness and acceptance (**the release of guilt and shame**)
  3. Relationships and community (**builds self-esteem and self-worth**)
  4. A sense of belonging (**a self identity of value is created**)

# 7 Keys for Healing & Restoration

1. **Build Trust in the creative energy (God)**
2. **Read and Study Positive Affirmations (Holy Writings)**
3. **Confess your faults one to another**
4. **Speak words of hope and not doubt**
5. **Prayer, meditation and worship**
6. **Submit to the positive things of God (Jer. 29:11)**
7. **Treat your body like the temple of God, with proper nutrition, exercise and rest**

# A Faith-Based Perspective on Intervention and Recovery

Because of the stigma attached to abuse and addiction, people hide their experiences in shameful isolation.

Faith based communities are uniquely designed to offer repentance, honest self-assessment without judgment, and responsible living with spiritual devotion.

Because intervention and recovery is a **holistic process**, faith based communities are equipped to minister to individuals and their families.

Congregations can provide a caring community which fosters acceptance, nurtures self-worth, offers forgiveness, reconciliation and supports spiritual healing and growth.

# Effective Strategies that can be used by Faith-Based communities for Restoration and Recovery

Faith-Based communities have the **obligation** and the **opportunity** to minister to affected persons who need information and education about alcohol and drug related problems.

Congregations can develop **substance use ministry teams** that can support leadership by identifying community resources, and helping the community recognize the serious nature of addictions.

Knowledgeable leaders/pastors/teachers can be sensitive to and assist parishioners in finding support and guidance. This is particularly effective for **educating youth** within faith-based communities.

# Community Faith-Based Support

The church is a **community partner** in prevention when clergy and members recognize and value the critical role the ministry can play in educating and preventing substance use disorder.

Bringing parents and youth together in workshops, retreats, and other forums can facilitate dialogue around critical lifestyle issues.

Adults can be mentors and partner with other community groups like big brothers and sisters to support and nurture youth.

The church can utilize the myriad of social media platforms to educate and share information.



*Build. Restore. & Love Anew.*

GUEST SPEAKER: KERVIN SEARLES, MS, LPCA


*Feb. 9, 2019 9am-12pm.*

RSVP: FRIENDSHIPCHURCH1867@GMAIL.COM

A circular photograph showing a woman with her hair in braids, wearing a red sweater, sitting on a patterned rug. She is looking towards two children who are also sitting on the rug. The children are wearing striped shirts and denim shorts. The background is a soft-focus outdoor setting.

# Family Matters

5212 N TUBMAN RD. APPLING, GA 30802

Friendship Ministries 

# The Faith-Based Community and Prevention

## Utilize caring, supportive adults in the community

PEW statistics reveal that youth who attend religious services once or twice a month are nearly **50** percent less likely to engage in at-risk behaviors such as SUD.

Simply being involved in a faith-based community is a protective factor for youth.

Most adolescents believe that faith-based communities can be more intentional about addressing at-risk behaviors.

## No fear- address the issues

**Forty-three** percent of youth feel that faith-based communities spend little time addressing issues that are important to them.

Faith based communities must engage professionals and provide resources to address issues that people deal with daily, particularly, substance use disorder.

# Effective Strategies to Support Healing and Recovery?

Open their facilities for 12-step meetings, invite Alcoholics Anonymous and other SUD groups to participate.

Offer classes that ties the twelve steps process to the Bible and other spiritually based literature.

Begin a support group for people who are in need healing from addictions.

Offer parenting and other support groups if needed to support individuals affected by SUD.

Offer facilities and volunteers to lead curricula-based support groups for young adults and youth who have been traumatized by substance use disorder.

Invite recovering persons to speak on special Sunday's or to make presentations to study groups or Sunday school classes.

Provide training for interested ministers to support people in recovery.

# Faith-Based Communities can play a Role in Prevention

Develop intergenerational relationships with adults in the faith-based community and create activities that offer opportunities for nurture, education and training in healthy living.

Develop youth ministries that are challenging and fun, and will address important developmental issues to support youth in their maturation processes.

Engage adults who work with youth who are able to communicate clear and consistent boundaries regarding substance use disorder.

Develop community service projects that provide opportunities for youth to live out their faith and learn valuable leadership and relational skills.



FOOD



**JESUS  
OVER**  
EVERYTHING  
BACK TO CHURCH WEEKEND  
Colossians 1:15-20



**March 23 - 24**

**FRIENDSHIP BAPTIST CHURCH**

5212 NORTH TUBMAN RD.  
APPLING, GA 30802

FUN

**Saturday Event**

March 23, 2019  
1:00pm - 4:00pm



**Sunday Service**

March 24, 2019  
10:30am



COME JOIN US FOR FOOD, FUN, AND  
FELLOWSHIP

GAMES

PRIZES

# Engage the support of Faith-Based Communities NOW!

According to a recent report by renown physician, Dr. Sonjay Gupta, entitled, “**One Nation Under Stress**” and recently reported on CNN television network news, “life expectancy in the United States is declining. The decline is attributable to three critical factors:

**Drug Overdoses**

**Alcohol consumption causing cirrhosis of the liver**

**And a thirty percent increase in suicides**

In a nation that spends **four trillion** annually on health care

# Millennials and SUD

**70** percent of attempted suicides involve frequent alcohol and other drug use.

The current economic cost of alcohol and drug related crime in the US is **\$61.8** billion annually.

Alcohol is a key factor in **68** percent of manslaughters, **62** percent of assaults, **54** percent of murders, **48** percent of robberies and **44** percent of burglaries.

Many perpetrators of violent crimes are users of illicit drugs such as PCP and steroids.

Millennials are reporting that they are the most stressed generation in American history due to their fast-paced lifestyle.

# Gen-Z and SUD

Gen-Zers are at a greater risk of addiction more than any generation before them.

Prescription drugs are easily obtained on the street and online.

PCP, alcohol and date rape drugs are readily accessible to school age and college students.



## Gen-Z

**Born between  
1998 – 2017**

**Range 65.2 - 77.9  
million**



**Faith-Based communities must continue to partner with Behavioral Health Professionals in every arena to stem the tide of SUD.**

**Each one reach one.  
The responsibility is ours.**

# THANK YOU FOR SHARING

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# Questions and Answers



NATIONAL CENTER  
FOR PRIMARY CARE



Southeast (HHS Region 4)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



## **Southeast ATTC**

National Center for Primary Care  
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***SAMHSA***

Substance Abuse and Mental Health  
Services Administration