



Mountain Plains ATTC (HHS Region 8)

ATTC

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

SAMHSA

Substance Abuse and Mental Health
Services Administration

Thank you for joining us today!

Please Note:

- All attendees are muted
- Today's session will be recorded

Housekeeping Items

- **All attendees are asked to remain muted** during this session.
- **Slides for today's session will be sent out after today's session.**
- This webinar is **being recorded** and will be available for future viewing on our website.
- Remember to **ask questions during the session using the chat box.**
- **Certificates of attendance are available** for today's session. Instructions will be sent in a follow-up email from Abby Moore Abby.Moore.1@und.edu

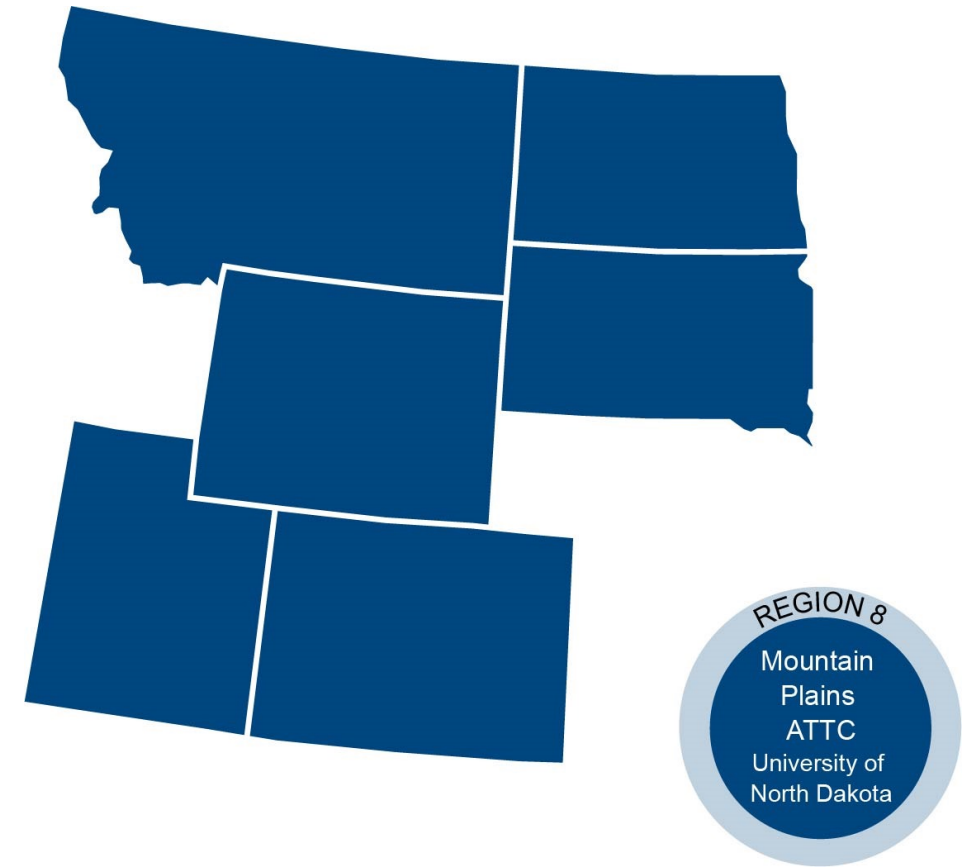
The Mountain Plains Addiction Technology Transfer Center

The Mountain Plains Addiction Technology Transfer Center (Mountain Plains ATTC) supports and enhances substance use disorder treatment and recovery services for individuals and family members throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).

Twitter: [@MT_Plains_ATTC](https://twitter.com/MT_Plains_ATTC)

Website: <https://attcnetwork.org/centers/mountain-plains-attc/home>



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At the time of this presentation, Miriam Delphin-Rittmon served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Kenneth Flanagan and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



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Evaluation Information

The AHTTC is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.

<https://ttc-gpra.org/P?s=114273>

Supporting Recovery in Rural Communities: Engaging Faith Supports

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September



NATIONAL
RECOVERY
MONTH 2021

Learning Objectives

- 1. Define the recovery process and the 10 guiding principles of recovery.**
- 2. Recognize the prevalence of substance use disorder in rural communities.**
- 3. Describe how providers can engage with faith communities to assist individuals and families in recovery.**
- 4. Identify strategies for developing responsive approaches to respond to community recovery needs.**

Opening Questions

What interested you about today's topic?

What would you hope to get out of today's presentation?



Recovery



NATIONAL
RECOVERY
MONTH 2021

Recovery

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Dimensions that support recovery:

Health

Home

Purpose

Community

(SAMHSA, 2018) <https://www.samhsa.gov/brss-tacs/recovery-support-tools-resources>

Recovery Principles

Recovery:

emerges from hope

is person-driven

occurs via many pathways

is holistic

is supported by peers and allies

is supported through relationships and social networks

is culturally-based and influenced

Recovery Principles

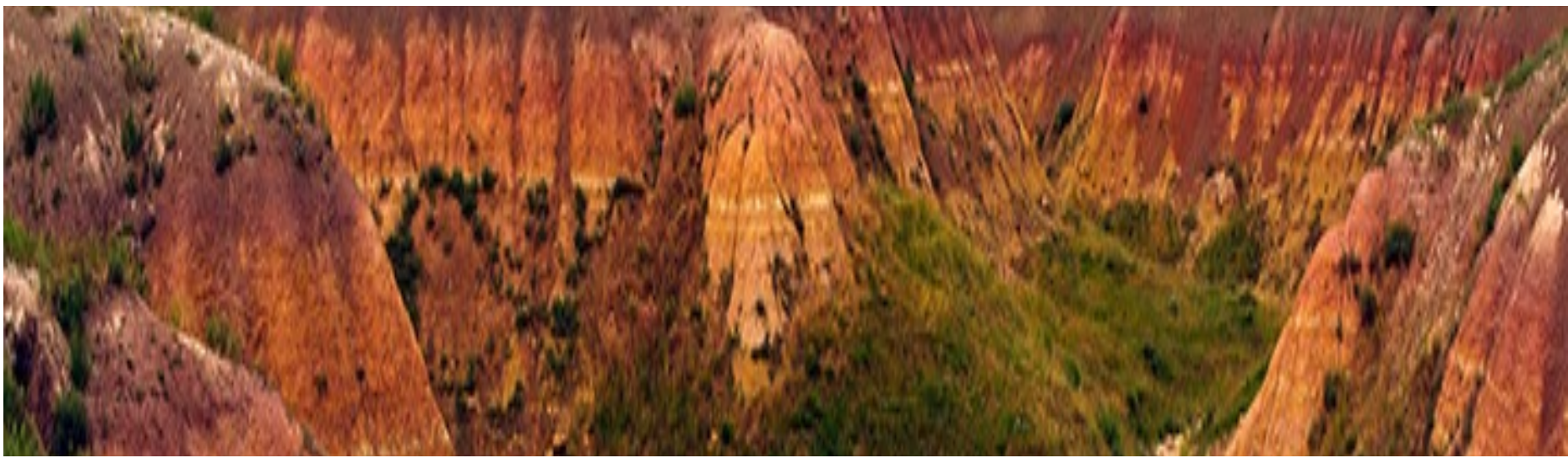
Recovery:

is supported by addressing trauma

involves individual, family and community strengths

and responsibility

is based on respect

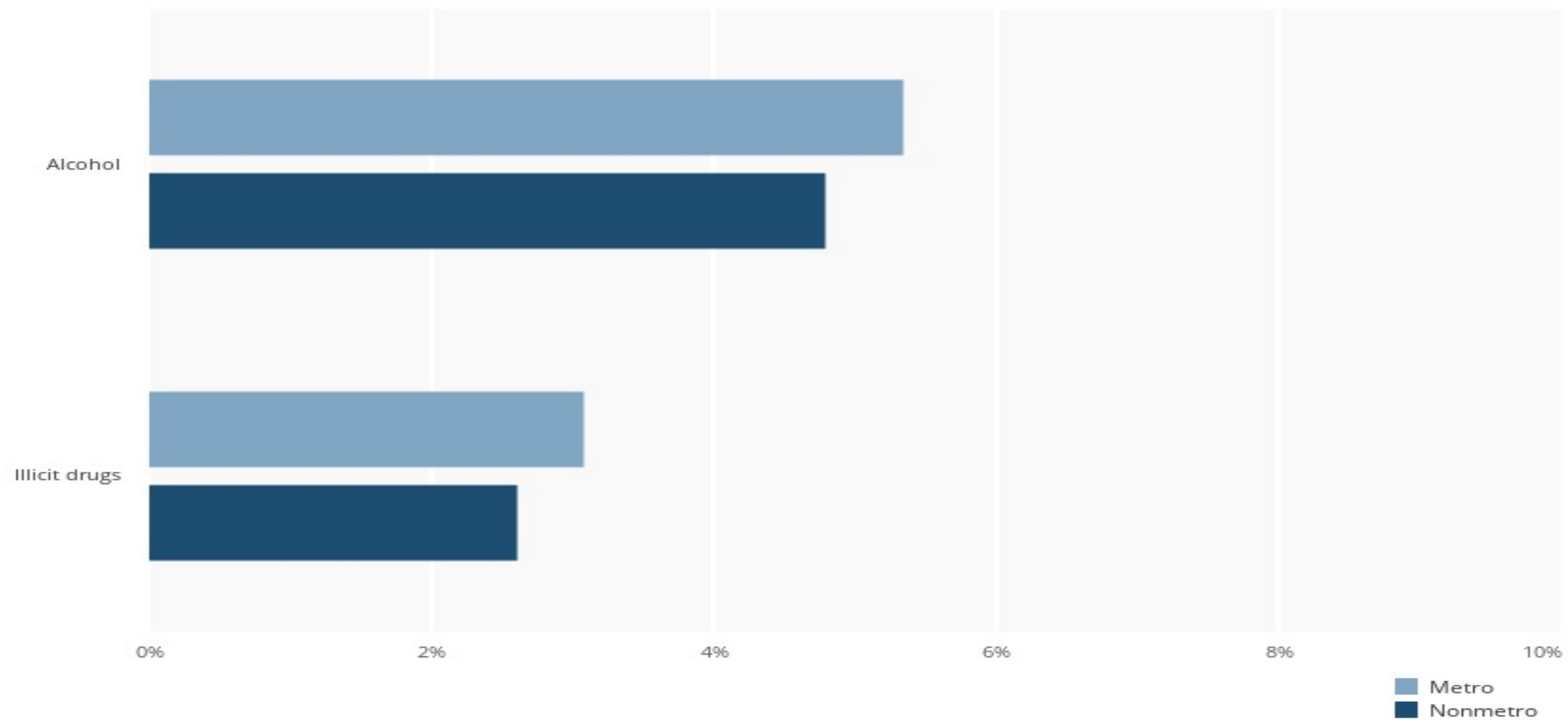


The Rural Context



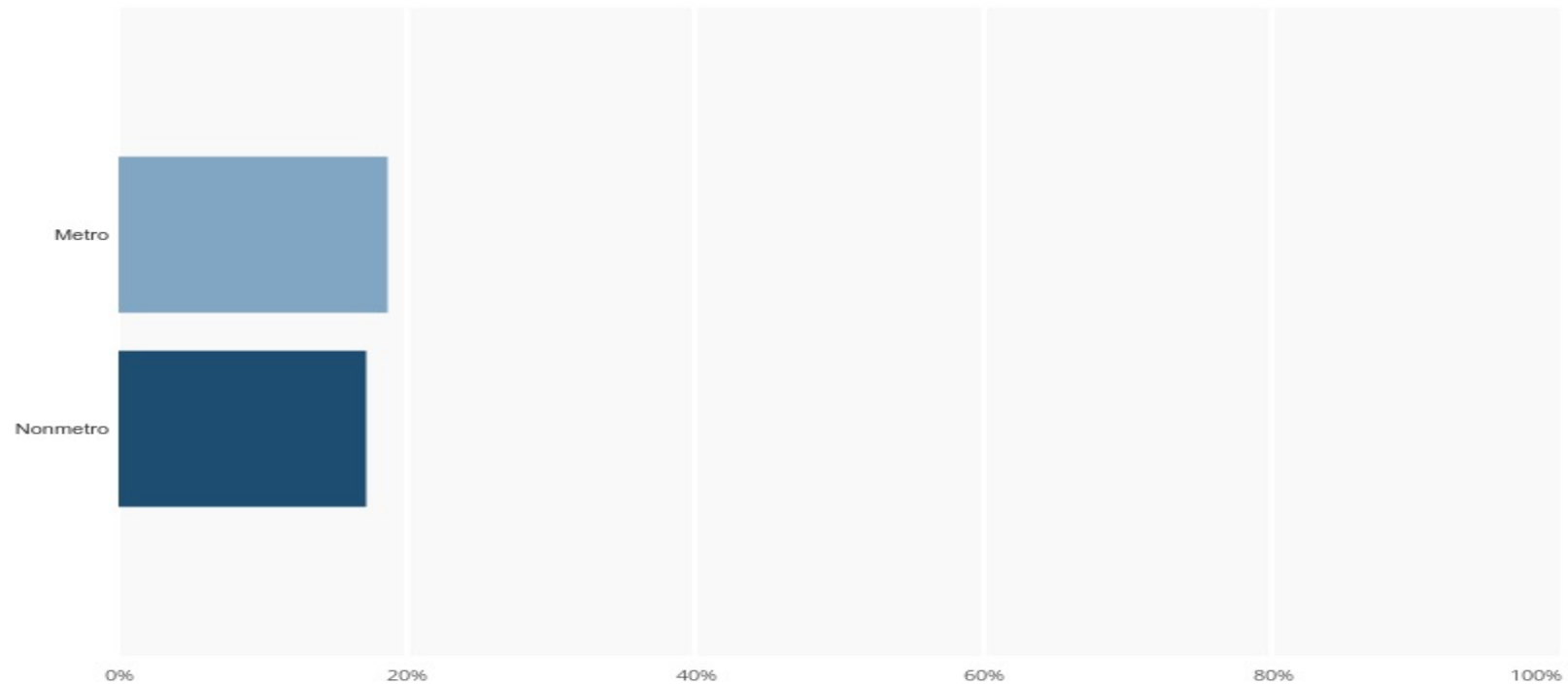
Substance Use Disorder

Substance Use Disorder in Past Year, Ages 12 and Over in Metro and Nonmetro Counties, 2019



Alcohol

Alcohol Use in Past Month for Metro and Nonmetro Counties, Ages 12-20, 2019



Overdose Deaths

From 1999 through 2019, the rate of drug overdose deaths increased from 6.4 per 100,000 to 22.0 in urban counties and from 4.0 to 19.6 in rural counties.

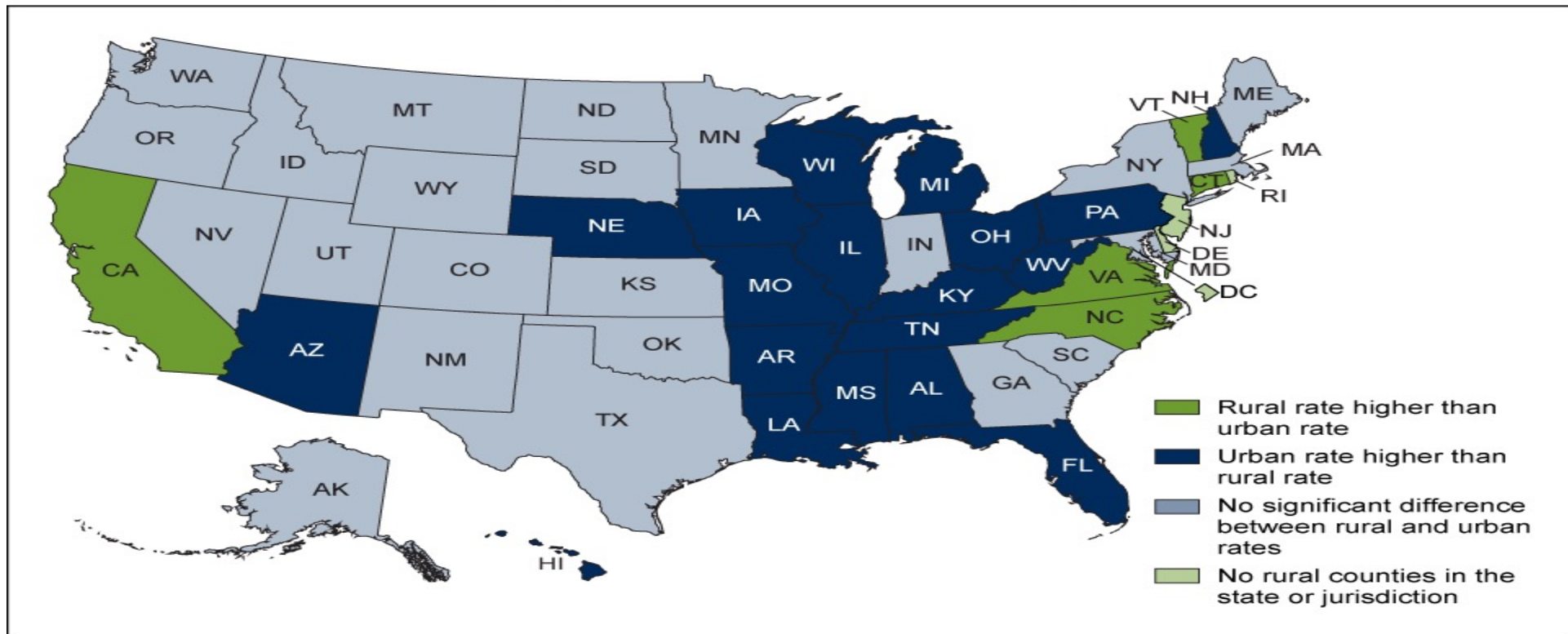
In 2019, rates in rural counties were higher than in urban counties in California, Connecticut, North Carolina, Vermont, and Virginia.

Rates of drug overdose deaths involving natural and semisynthetic opioids (drugs such as oxycodone, hydrocodone, and codeine) were higher in rural than in urban counties from 2004 through 2017 but were similar in 2018 and 2019.

In 2019, the rate of drug overdose deaths involving psychostimulants with abuse potential (drugs such as methamphetamine) was 1.4 times higher in rural counties (6.7 per 100,000) than in urban counties (4.8)

Urban-rural differences 2019

Figure 2. Urban–rural differences in age-adjusted rates of drug overdose deaths, by jurisdiction of residence: 2019



NOTES: Drug overdose deaths were identified using *International Classification of Diseases, 10th Revision* underlying cause-of-death codes X40–X44, X60–X64, X85, and Y10–Y14. Age-adjusted death rates were calculated using the direct method and the 2000 U.S. standard population. Decedent’s county of residence was classified as urban or rural based on the 2013 NCHS Urban–Rural Classification Scheme for Counties. Access data table for Figure 2 at: <https://www.cdc.gov/nchs/data/databriefs/db403-tables-508.pdf#2>.

SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.

Recovery

Dimensions that support recovery:

- Health
- Home
- Purpose
- Community

Barriers

- Limited funding for recovery residences
- Transportation challenges
- Limited access to a continuum of care/recovery-oriented system of care
- Lack of detoxification facilities
- Lack of mental, dental, and health services
- Limited access to transition and long-term housing
- Lack of anonymity
- Limited access to mutual-aid meetings
- Limited access to employment

Strengths

- Strong sense of community and identification
- Based upon history & culture
- Access to the natural environment
- Places of natural interaction
- Social networks
- Local orientation

(Meit, 2018)

Perceptions of Rural Residents

Republican

Lower salaries

A higher rate of poverty

Less financial optimism

More community stability

Know their neighbors

More satisfied with family life

(Parker et al., 2018)

Challenges facing Rural Communities

In Summary:

Health status more compromised

Lack of access to physical and behavioral health providers

Loss of governmental support in recent years

Access to Technology

Sustainability of rural nonprofits



Rural Faith Communities



AA <https://www.aa.org/> & NA <https://na.org/>

Celebrate Recovery <https://www.celebraterecovery.com/about/what-is-celebrate-recovery>

Wellbriety Movement <https://wellbriety.com/about-us/>

Beit T' Shuvah <https://beittshuvah.org/>

Addiction Recovery Program of the Church of Jesus Christ of Latter-day Saints
<https://addictionrecovery.churchofjesuschrist.org/?lang=eng&showMap=true&meetingTypes=inPerson&genders=menAndWomen,menOnly,womenOnly,ysaMenAndWomen,ysaMenOnly,ysaWomenOnly,couples,wives&groupTypes=individual&page=1>

Faith- Orientated Programs

Millati Islami World Services

<https://sites.google.com/site/aspiritualrecovery/12-steps-group-versions/millati-islami>

Buddhist Recovery Network Mindfulness & 12 Steps

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

Role of Faith Communities

In rural areas in particular, churches take on a role that extends beyond the personal experience of rituals and traditions to a role of providing cohesiveness and a symbol of history in rural communities (Neitz, 2005).

In rural communities there is an emphasis on the reliance upon personal and informal relationships to respond to needs, both material and emotional (Greenfield, 2009).

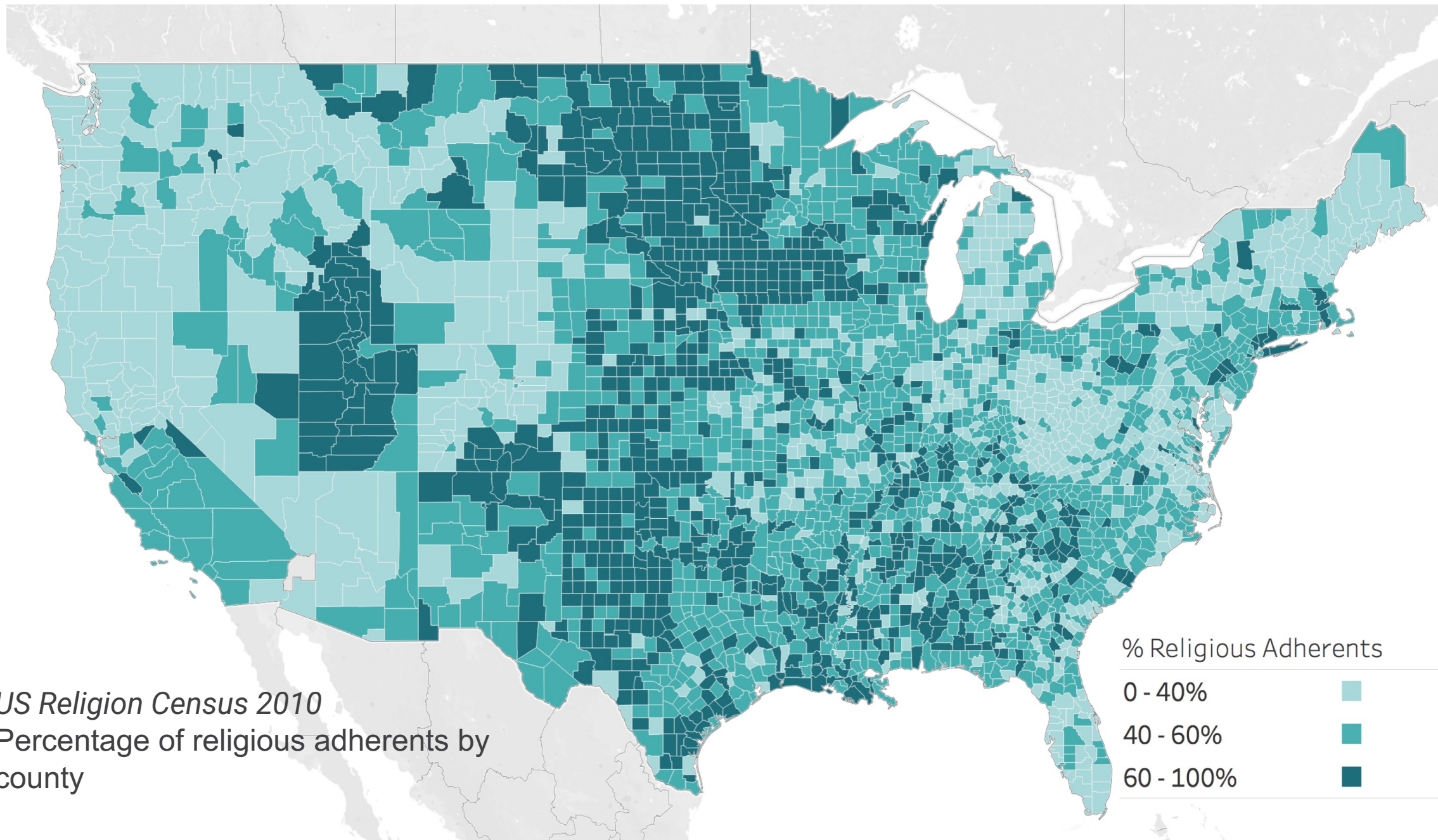
Rural life is grounded in place, and institutions such as the church emerge as an important focus within rural communities (Neitz, 2005).

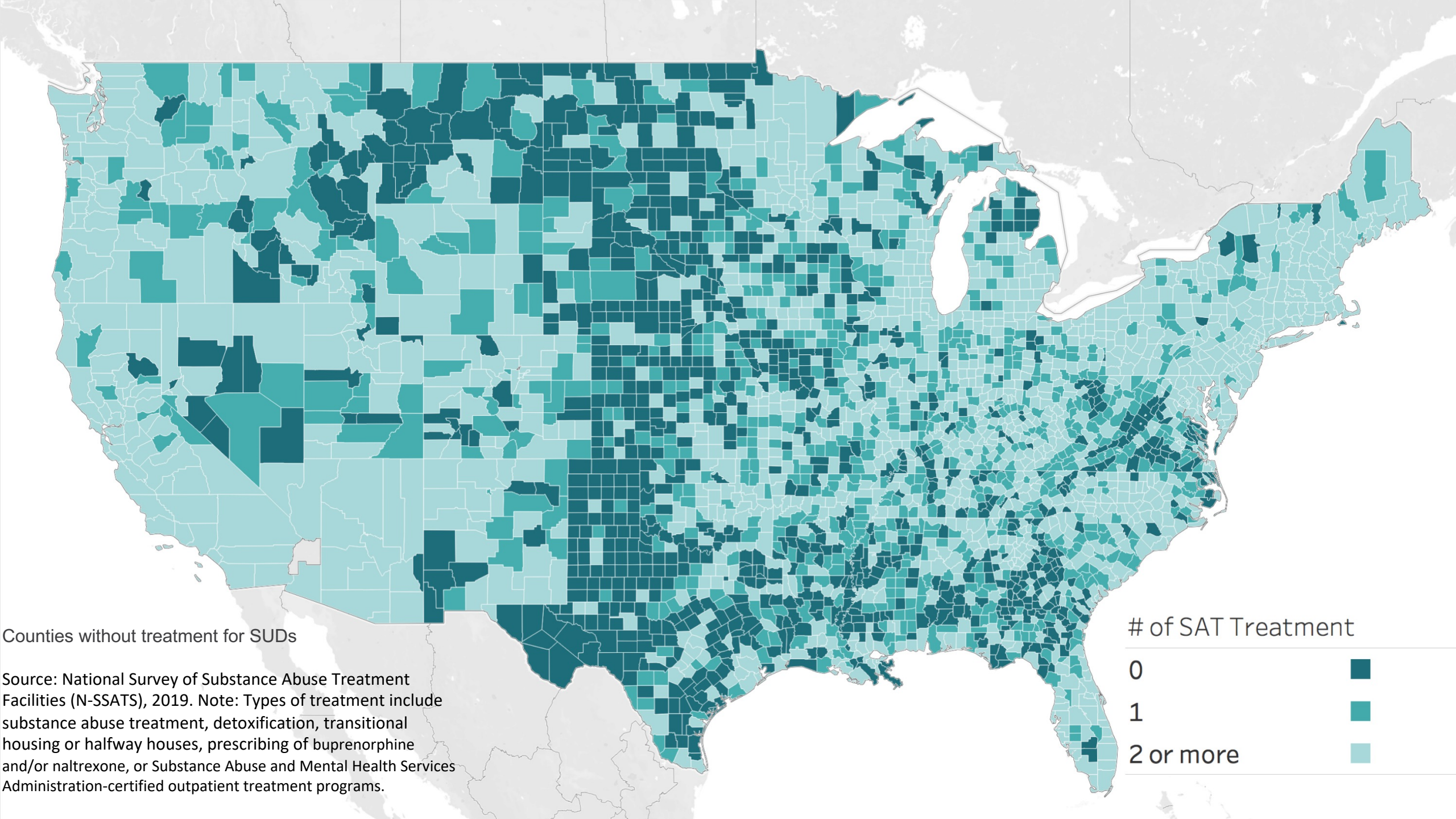
Grim and Grim (2016, p. 17) estimated that 129,680 faith congregations (which is 37.6% of an estimated total of 344,894 congregations) in the United States have groups for people struggling with drug or alcohol abuse.

We found that 73% of addiction treatment programs in the USA include a spirituality-based element (Grim and Grim, 2019)

More than 84% of scientific studies show that faith is a positive factor in addiction prevention or recovery and a risk in less than 2% of the studies reviewed, we conclude that the value of faith-oriented approaches to substance abuse prevention and recovery is indisputable (Grim and Grim, 2019)

US Religion Census 2010
Percentage of religious adherents by county

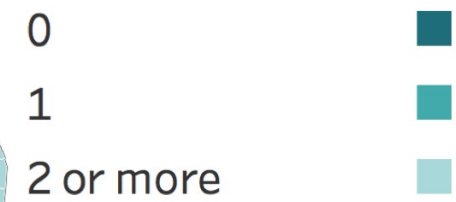




Counties without treatment for SUDs

Source: National Survey of Substance Abuse Treatment Facilities (N-SSATS), 2019. Note: Types of treatment include substance abuse treatment, detoxification, transitional housing or halfway houses, prescribing of buprenorphine and/or naltrexone, or Substance Abuse and Mental Health Services Administration-certified outpatient treatment programs.

of SAT Treatment



- Four hundred and twelve counties (13.1 percent of total US counties) had more than 60 percent of the population identified as religious adherents and lacked any substance use treatment services.
- Can Churches Bring Addiction Treatment To Rural Areas?
- [Alex Woodruff](#)
- [Austin B. Frakt](#)
- **APRIL 16, 2020**
- Health Affairs Blog

Faith Leaders

“Frontline Workers”

Accessible

Available

Viewed as being less stigmatizing

Capitalizing on longer-term relationships

But needing...

Training

Resources

Opportunity

Challenges Facing Faith Leaders

- Stigma
- Training shortages
- Time and resources

(Developing Welcoming Faith Communities, 2015) <http://tucollaborative.org/wp-content/uploads/2017/04/Developing-Welcoming-Faith-Communities.pdf>

Addressing Substance Use by Faith Leaders

- Use of stories
- The stigma associated with substance use
- The community impact of substance use
- The need for understanding and training

(Thomas & Grafsky, 2021)



Engaging & Organizing Strategies



Organizing Process

- Reflect upon your thoughts, views, biases regarding faith-based organizations/approaches
- Organize a core group – county or multi-county group
- Work with tribal communities
- Based upon what brings you together, develop a very preliminary plan
- Identify and approach faith community leaders to dialogue about the issue(s)
- Secure initial commitment to participate
- Move towards coalition-building

Organizing Tips

- Interpersonal focus and approach
- Accept that movement takes time
- Be sensitive to local norms
- Be respectful of lessons learned from previous experiences

(Sandusky, 2008)



Examples of Organizing

TN Community Faith Based Initiative

The Tennessee Community Faith Based Initiative was designed to connect our Faith Based Community with our Prevention Coalitions, Recovery Courts, Treatment Programs, Jail and Prison Programs, Recovery Programs and Lifeline Peers around the state to increase access to resources and ultimately become a resource.

- Congregations willing to follow a best practice model will be recognized as “Certified Recovery Congregations.”
- Prevention Coalitions recognized an opportunity to engage in a conversation around prevention and early intervention

https://www.tn.gov/content/dam/tn/mentalhealth/documents/Faith%20Based%20Initiative%20toolkit_040119.pdf

Approaches

1. Meet faith leaders where they are. Tap into their passions and abilities and be willing to supplement their work with information and resources.
2. Discuss organic resources that the congregation may already have in place – like ministry work. This is another strategy to meet a faith leader where they are. By aligning your organization’s goals to terms that are meaningful to a congregation, stronger partnerships can be built.
3. Respect belief and denominational differences. Sometimes the only resource that will be shared is information. A great start!
4. Invest time into building relationships with the congregation and invite them to be a part of something greater.

(TN Recovery Congregations)

Certified Recovery Congregation

- Providing Spiritual/Pastoral Support.
- Viewing addiction as a treatable disease, not a moral issue.
- Embracing and support people in recovery and walk with them on their journey.
- Providing a visible outreach in the community.
- Sharing recovery information.
- Hosting recovery support groups.

<https://www.tn.gov/behavioral-health/substance-abuse-services/faith-based-initiatives/become-certified.html>

Community Health Interfaith Partnership

The C.H.I.P. coalition works so that all people with mental and addictive illnesses may experience the highest possible level of recovery, resiliency, and integration into their families, their communities, and the economy. We work to eliminate the stigma and discrimination associated with mental and addictive illness.

<http://www.chipgeorgia.com/creating-compasionate-congregations-a-tool-box-for-mental-health-ministry.html>



Pathways to Promise

Pathways to Promise founded in 1988, is an interfaith assistance and resource center that provides virtual and in-person support to faith, spiritual and non-spiritual communities. Through training, consultation, liturgical and educational materials, program models, and assessments, we educate and affect change that creates welcoming and supportive caring communities for persons with mental health challenges, disabilities, and addictions and those who care for them.

<https://www.pathways2promise.org/intro/>



<https://attcnetwork.org/centers/national-american-indian-and-alaska-native-attc/home>

<https://attcnetwork.org/sites/default/files/2021-08/TOR%20Success%20Stories%20FINAL.pdf>

<https://breaking-the-stigma.home.blog/resources/>

<https://www.kentuckytoday.com/stories/churches-begin-conversations-about-breaking-the-stigma,17440>

<https://www.christiancentury.org/article/news/church-opens-door-syringe-exchange>

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