

Dear PSR Students & Community,

On the Lenten Chat on “Seminary Life & Substance Use,” PSR Campus Pastor Jim Mitulski pointed out in his talk that when we find ourselves in leadership roles post seminary in churches or nonprofit organizations, the issue of substance use will come up again and again in communities that we serve; or we may find ourselves struggling with use of substances or other types of addictions: work, sex, intimacy, food, shopping, internet, etc.

In honor of Alcohol Awareness Month (April), and as a continuation of the Lenten Chat conversation, the resources below are provided solely as information. **Resources listed below include:** GTU Intersession course, books, website links (clergy & recovery, sex compulsion, harm reduction model, addiction & spirituality), Kaiser Chemical Dependency Recovery Program, 12 steps meetings in Berkeley, 12 step organizations in the bay area.

Only you can decide which, if any, of these resources might be helpful to you. Listing comes with no guarantees, promises, recommendations or endorsements. Exclusion from this list does not imply anything either. If you find yourself struggling with substance use or some type of addiction, finding help which suits you best will save time on your recovery journey, give you hope more quickly and be most cost efficient.

If you know of other resources that should be included in this list, please email them to me at dmiller-mutia@psr.edu.

If you need a listening ear or pastoral care on campus, please contact PSR’s circles of care: www.psr.edu/circles-care.

-Donnel

COURSE IN INTERESESSON 2011

Addictions, 12-Steps & Church: A broad study of addictive patterns, how they grow out of family systems, and how they affect the Church. Also, a theological exploration of 12-Step spirituality. Discussion/lecture/attendance at recovery meetings. A response paper and book review of about 10 pages (total) is expected of credit students. Auditors expected to participate in class projects, assignments and discussion. Past students have consistently commended this course for both practical knowledge and personal growth. Pass/Fail only. Class meets daily, 1/10/11-1/14/11, from 9:00am-1:00pm, in CDSP 225.

BOOKS ON PERSONAL GROWTH & FORMATION

Thirst: God & the Alcoholic Experience (by James B. Nelson): Here speaking as a "public alcoholic," a recovering person willing to speak about chemical addiction, prolific and much respected ethicist Jim Nelson offers his personal and theological reflection on alcohol addiction and recovery. Drawing on the foundational ideas of liberation theology and weaving together scripture and Christian tradition with contemporary medical and sociological insights, Nelson demonstrates the healing significance of story telling for the recovering alcoholic and explores all addictions' roots in the spiritual thirst for God.

Addiction & Grace (by Gerald May): Here is Gerald May's brilliant and now classic exploration of the psychology and physiology of addiction. It offers an inspiring and hope-filled vision for those who desire to explore the mystery of who and what they really are. May examines the "processes of attachment" that lead to addiction and describes the relationship between addiction and spiritual awareness. He also details the various addictions from which we can suffer, not only to substances like alcohol and drugs, but to work, sex, performance, responsibility, and intimacy. Drawing on his experience as a psychiatrist working with the chemically dependent, May emphasizes that addiction represents an attempt to assert complete control over our lives. *Addiction and Grace* is a compassionate and wise treatment of a topic of major concern in these most addictive of times, one that can provide a critical yet hopeful guide to a place of freedom based on contemplative spirituality.

The Power of Now (by Eckhart Tolle): In this book, Eckhart Tolle invites all of us to live in the present—to be consciously aware of the here and now moment as much as we can in our day to day lives. He writes in detail the factors that cause us to not live in the present, and the tragic results for not doing so. Quote: "People who are not conscious or awake, identify with the egoic mind obsessed with thought, emotions, reactions, desires and aversions. Like a background static noise, it is a continuous level of unease, discontent, boredom, nervousness or anxiety. Like a hum of an airconditioner, most are not aware of it. People use alcohol, drugs, sex, food, work, TV, or shopping as anesthetics, which are extremely short lived symptom relief."

BOOKS ON ADDICTION IN MINISTRY CONTEXT

Addiction: Pastoral Responses (by Bucky Dann): Chances are no church is immune to the drug demographics in America. Pointing out that addiction is a pervasive problem in North American society, Lynn Dann provides pastors and other pastoral caregivers with crucial help in understanding the needs of the addicted, their families, and the congregations of which they are a part. He draws on years of experience as a pastor and a certified alcohol and substance abuse counselor to offer practical guidance on how to recognize the addicted and minister effectively to them. Dann begins by outlining, in clear and accessible terms, the best contemporary thinking on the nature of addiction. From there he moves to a discussion of the particular resources that Christian churches can add to the treatment of addiction and the support of the addicted and their families. Finally, he includes tools for preaching and teaching on the nature of our drug-obsessed culture and biblical themes related to the care of the addicted.

Those who are just beginning in pastoral ministry, as well as those who have engaged in it for many years, will find this an invaluable resource for knowing how to deal with this tragic and increasingly prevalent problem.

Pastoral Care of Alcohol Abusers (by Andrew Weaver & Harold Koenig): Over 120 million American teens and adults use alcohol at one time or another. While in most situations these individuals are able to use it responsibly and with moderation, no one is immune to its destructive use--which makes it a significant public health issue. Many drinkers find that their otherwise responsible use turns problematic and abusive when faced with depression, trauma, grief, undue social pressures, or other tempting and potentially addictive behaviors. Not all of these people become full-fledged alcoholics, but they do develop an alcohol problem that needs careful and sensitive pastoral care to understand the underlying issues for their alcohol abuse. Because of this, clergy and other pastoral counselors need to develop competence in recognizing alcohol abuse problems, including alcoholism, identifying when to make referrals, helping persons to find available community resources, and training congregational members to provide support to affected individuals and families.

Addiction and Spirituality: A Multidisciplinary Approach (edited by Oliver Morgan & Merle Jordan): This edited book brings together pastors, psychologists, physicians and counselors in a "conversation" about addiction and spirituality. It blends current scholarship on addiction with personal stories of spiritual growth and insights into how to develop spiritually.

WEBSITE LINKS

- **Clergy & Recovery Issues:** www.clergyrecovery.com/
Clergy Recovery Network is a nonprofit organization that seeks to mentor ministry professionals through personal crises and early recovery and to guide their ministries toward spiritual and organizational health before, during and after leadership crisis.
- **Alcohol & other drug referrals from the City of Berkeley:**
<http://alcoholaware.berkeley.edu/resources.shtml>
- **PSR list of therapists and counselors:** www.psr.edu/campus-resource-list
Note: Not all counselors or therapists in the list are trained in substance abuse issues, so please look over person's bio to evaluate their background on addiction & recovery.
- **Compulsion Solutions: Sexual Compulsion Specialists:** <http://compulsionsolutions.com/>
Most of our counselors have experienced and recovered from issues related to sexually compulsive behavior and co-dependency. We know what it's like to have "porn attacks" or other compulsive urges. Counseling is also available for wives, partners, couples, and female sex addicts.

- **Harm Reduction Model of Intervention:** www.ihra.net/Whatisharmreduction
‘Harm Reduction’ refers to policies, programmes and practices that aim primarily to reduce the adverse health, social and economic consequences of the use of legal and illegal psychoactive drugs without necessarily reducing drug consumption. Harm reduction benefits people who use drugs, their families and the community.
- **Addiction Recovery & Spirituality:** <http://addictionrecoverybasics.com/addiction-recovery-and-spirituality/>

Kaiser Chemical Dependency Recovery Program (CDRP)

PSR students with Kaiser health coverage have access to a resource called the Kaiser Chemical Dependency Recovery Program (CDRP). There are award-winning CDRP locations in both Oakland and San Francisco. Other outlying Kaiser branches of the Bay Area have more pared down recovery programs, but they are also excellent. Many rehabs last about a month and cost tens of thousands of dollars. Kaiser CDRP generally costs around \$5 per day. The Kaiser benefit allows patients to go to CDRP for as little as 2 weeks or as much as 2 years. The price typically does not go up. For \$5/day, the patient has access to full medical treatment from scores of specialists, counseling, psychiatry, and will have a case manager who will support the patient's attendance at 12-step or other community groups when he/she is not at CDRP (i.e. during evenings, etc.). Kaiser's CDRP program is an outpatient rehab program, but it has residential affiliates for patients who need round-the-clock care. Kaiser will work with the patient to tailor a recovery program to the patient's needs. Most CDRP's are abstinence based but they also have small harm reduction groups. The Kaiser benefit can help jumpstart a person's recovery, plus it's relatively cheap.

Here are some links & other addresses:

SF CDRP- <http://www.permanente.net/homepage/kaiser/pages/d4168-top.html>

Oakland CDRP- <http://www.permanente.net/homepage/kaiser/pages/d6118-top.html>

Vallejo CDRP- Kaiser Permanente: CDRP 800 Sereno Dr, Vallejo, CA 94589 (707) 651-1050

Union City Chemical Dependency Recovery Program- DEPARTMENT OF CHEMICAL DEPENDENCY, KAISER PERMANENTE, HAYWARD 3555 WHIPPLE RD UNION CITY, CA 94587 (510) 675-3080

Support Group 12-Step Meetings Near or In Berkeley

Monday

Food Addicts in Recovery

College Ave Presbyterian Church, 5951 College Ave

8:30 am

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| Alcoholics Anonymous | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch | 12:10pm |
| Overeaters Anonymous | Newman Hall, Holy Spirit Parish, 2700 Dwight Way | 12:10pm |
| Adult Children of Alcoholics (ACA) | Ecumenical Center of Berkeley, 2401 Le Conte | 6:00 pm |
| Narcotics Anonymous | Gilman Street Project, 924 Gilman St | 7:00 pm |
| LifeRing Secular Recovery | Herrick Hospital, 2001 Dwight Way, Basement Level A | 8:00 pm |

Tuesday

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| Food Addicts in Recovery | College Ave Presbyterian Church, 5951 College Ave | 7:15 am |
| Food Addicts in Recovery | Kaiser Hospital, 280 W. MacArthur Blvd | 7:00 pm |
| Narcotics Anonymous | Seventh Day Adventist Church, 2238 Parker St. | 7:45 pm |

Wednesday

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| Alcoholics Anonymous | YWCA, Main Lounge, 2600 Bancroft Way @ Bowditch | 12:00pm |
| Alcoholics Anonymous (Drunk-R-U's) | Northbrae Community Church, 941 The Alameda | 6:00 pm |
| Overeaters Anonymous (Newcomers) | St. Augustine's Church & School, 400 Alcatraz between College & Telegraph | 7:15 pm |
| Alcoholics Anonymous (Wild Bunch) | 1744 University Ave | 8:00 pm |
| Narcotics Anonymous | Gilman Street Project, 924 Gilman St | 9:00 pm |

Thursday

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| Food Addicts in Recovery | Plymouth United Church of Christ, 424 Monte Vista Ave | 8:30 am |
| Alcoholics Anonymous | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch | 12:10pm |
| Alcoholics Anonymous | Berkeley Fellowship, 2108 McGee Ave | 5:15 pm |
| Alcoholics Anonymous (College Bay Grp) | 2330 Durant Ave | 8:15 pm |

Friday

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|-----------------------------------|-----------------------------------------------------|---------|
| Alcoholics Anonymous | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch | 12:10pm |
| Overeaters Anonymous (Literature) | Northbrae Community Center, Room 2, 941 The Alameda | 1:30 pm |
| 12-Step Recovery (Coexist) | Ecumenical Center of Berkeley, 2401 Le Conte | 6:00 pm |

Narcotics Anonymous First Unitarian Church, 1606 Bonita 7:00 pm

LifeRing Herrick Hospital, 2001 Dwight Way, Basement Level A 7:30pm

Saturday

Overeaters Anonymous S t. John's Presbyterian Church, 2727 College, 1st Floor 8:00 am

Alcoholics Anonymous Berkeley Fellowship, 2108 McGee Ave 12:00 pm

Al-Anon/ACA Family Group UC Berkeley Newman Hall, 2700 Dwight Way, enter front door & go left
to the Gallery room 3:30 pm

Alcoholics Anonymous (Women's) Berkeley Fellowship, 2108 McGee Ave 4:00 pm

Narcotics Anonymous (Gay/Lesbian) Good Shephard Church, 1823 9th St 7:00 pm

Sunday

Food Addicts in Recovery Summit Hospital, 350 Hawthorn Ave 8:30 am

Alcoholics Anonymous Berkeley Fellowship, 2108 McGee Ave 9:30 am

Alcoholics Anonymous (LGBT) Rose Garden Inn, 2740 Telegraph Ave 7:30 pm

Narcotics Anonymous Good Shepherd Church, 1823 9th St. & Hearst 6:30 pm

Contact List of Twelve-Step Organizations

Al-Anon and Alateen - <http://www.ncwsa.org/d15/> (510) 528-4379 (Easy Bay)
Help and support for friends and families of alcoholics.

Adult Children of Alcoholics - <http://www.adultchildren.org/> (510) 528-4379 (Easy Bay)
Twelve-step recovery program for men and women who
grew up in alcoholic/dysfunctional homes.

Alcoholics Anonymous - <http://www.eastbayaa.org/> (510) 839-8900 (Easy Bay)
Twelve-step recovery program for men and women
recovering from alcoholism. (24-hr. hotline)

Cocaine Anonymous - <http://www.ca.org/> (510) 435-7507 (East Bay)
Twelve-step recovery program for men and women
recovering from cocaine addiction. (415) 821-6155 (San Francisco)

CODA (Co-dependents Anonymous) - <http://www.codependents.org/> (510) 848-7188 (Easy Bay)
Twelve-step program of recovery from codependence.

Gamblers Anonymous - <http://www.gamblersanonymous.org/> (800) 287-8670
Twelve-step recovery program for men and women recovering from a gambling problem.

LifeRing - <http://www.unhooked.com/index.htm> 510-763-0779 (Easy Bay)
An alcohol and drug peer support program, from a secular perspective. Non-twelve-step based program.

Marijuana Anonymous - <http://www.marijuana-anonymous.org/> (800) 766-6779
Twelve-step recovery program for men and women recovering from marijuana addiction.

Narcotics Anonymous - <http://www.naalamedacounty.org/> (510) 444-4673 (Easy Bay)
Twelve-step recovery program for men and women recovering from drug addiction. (415) 621-8600 (San Francisco)

Nicotine Anonymous - <http://nica-norcal.org/> (510) 540-9128 (Easy Bay)
Twelve-step program to help people live their lives free of nicotine. (415) 995-1938 (San Francisco)

Overeaters Anonymous - <http://www.oaeastbay.org/> (510) 923-9491 (East Bay)
Twelve-step program to help people lose weight, maintain their weight loss, and recover from a life of compulsive eating, anorexia and bulimia. (415) 436-0651 (San Francisco)

Sex Addicts Anonymous - <http://saa-recovery.org/> (415) 364-1402 (San Francisco)
Twelve-step program to help people overcome their sexual addiction.

Sex & Love Addicts Anonymous - <http://www.slaa-sfeb.org/> (415) 979-4715 (San Francisco)
Twelve-step program to help people with one or more addictive behaviors related to sex addiction, love addiction and dependency on romantic and emotional attachments.