





The ROLE of FAITH and
SPIRITUALITY to
RECOVERY RESILIENCE

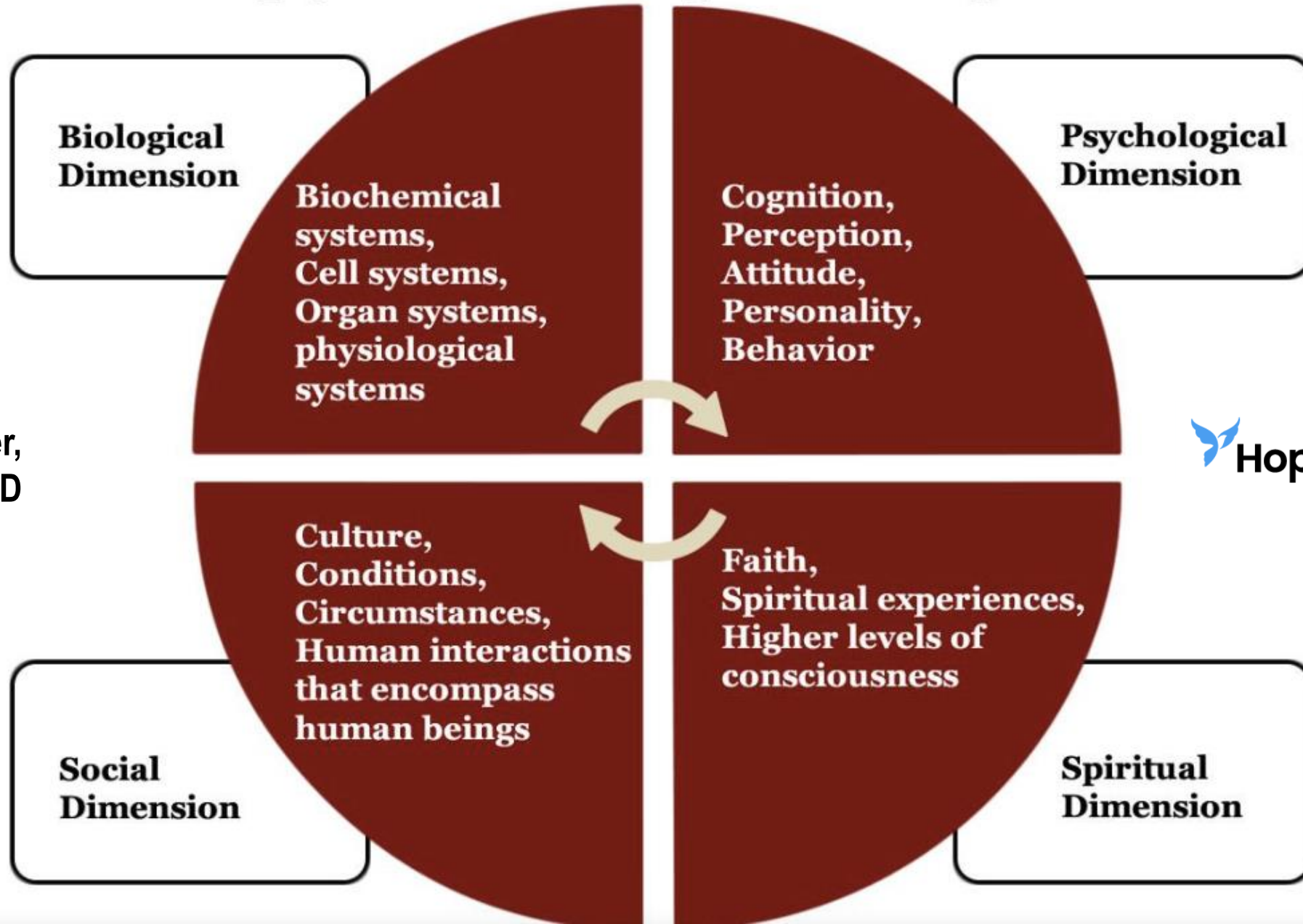
Research demonstrates that
spirituality and religion positively
impact health and **wellness** across the
continuum of care.

SAMHSA

***Pastor Greg Delaney
and “Joyce”***

***Woodhaven Ohio, Recovery
Ohio, Partnership Center
HerStory, 4CancerWellness,
Cleft (GOODLIFE)***

Biopsychosocial and Spiritual Perspective



Lane Fischer,
PhD

 **Hope Recovery**
AND HEALING



AT OUR
CORE...

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick. - Brene Brown

Seeking a Solution...

ADDICTION OFTEN

“...originates in a human being’s desperate attempt to solve a problem: the problem of emotional pain, of overwhelming stress, of lost connection, of loss of control, of a deep discomfort with the self. In short, it is a forlorn attempt to solve the problem of human pain. Hence my mantra:

“The question is not why the addiction, but WHY the pain.” – Dr. Gabor Mate





**WHY
BEHIND the
WHATEVER**



Body, Mind, and **SPIRIT**

*“Studies Have Shown That **Spirituality and Religion Can Play a Role in How an Individual Adult or Child Copes** with Being Sick, May Influence Medical Decisions that are Made, and May Have an Impact on the Medical Outcome.”*

— Georgetown Univ. National Center for Cultural Competence

● YES...

Faith (Spirituality) helps others to realize that they are never alone. Peers, mentors, professionals and loved ones are always available to support and guide people through their recovery journey.

Faith also allows people to ask for help, accept help and foster forgiveness for themselves and others.

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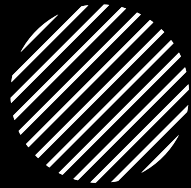
● RECOVERY

Health, Purpose, Community, Home

- THERE ARE MANY PATHWAYS TO RECOVERY
- RECOVERY IS SELF-DIRECTED AND EMPOWERING
- **RECOVERY INVOLVES A PERSONAL RECOGNITION OF THE NEED FOR CHANGE AND TRANSFORMATION**
- **RECOVERY IS HOLISTIC**
- RECOVERY HAS CULTURAL DIMENSIONS
- RECOVERY EXISTS ON A CONTINUUM OF IMPROVED HEALTH AND WELLNESS
- RECOVERY EMERGES FROM HOPE AND GRATITUDE
- RECOVERY INVOLVES A PROCESS OF HEALING AND SELF REDEFINITION
- RECOVERY INVOLVES ADDRESSING DISCRIMINATION AND TRANSCENDING SHAME AND STIGMA
- RECOVERY IS SUPPORTED BY PEERS AND ALLIES
- RECOVERY INVOLVES (RE)JOINING AND (RE)BUILDING A LIFE IN THE COMMUNITY
- RECOVERY IS A REALITY



BOTH AND
not
EITHER OR



the part can
never be well
unless the
whole is well.”
-Socrates

Maryland
RECOVERY

A **holistic** approach...recognizes that individuals are multidimensional beings with physical, psychological, social, and spiritual aspects. **Combining faith-based and secular strategies** addresses this multidimensionality and can lead to **more comprehensive and lasting results.**

- ("Holistic Approaches to Addiction"
- Miller, W. R., & Carroll, K. M.)

JOYCE ...

THIS IS HOW HOPE IN THE
LORD RENEWS OUR
STRENGTH AND FORMS
RESILIENCE IN US DURING
LIFE'S BATTLES.

**ALTHOUGH LIFE MAY BE
VERY DIFFICULT AT TIMES,
GOD PROMISES HE WILL
GIVE YOU THE STRENGTH
TO BOUNCE BACK. JESUS
SAID THAT — "A BRUISED
REED HE WILL NOT BREAK"
(MATTHEW 12:20).**




WHEN YOUR

JACKED UP

SHOWS UP

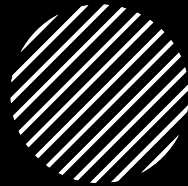


RESILIENCE PRACTICE



*When something goes wrong, resist the urge to feel like a victim and start looking for an **opportunity** to learn, grow and mature.*

*Pastor Mark Pfeifer –
Open Door (Chillicothe
Ohio)*



TRUST – UP
Higher Power

TAKE – IN
Reflection
Accountability

TEND – OUT
Serve



● CASEL FRAMEWORK – Science & Spirit

The CASEL Wheel is a framework developed by the Collaborative for Academic, Social, and Emotional Learning (CASEL) to promote social and emotional learning (SEL) in individuals. It consists of five interrelated competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. **When coupled with a spiritual program, the CASEL Wheel can contribute to addiction recovery resilience by addressing both the emotional and spiritual aspects of an individual's journey towards recovery.**



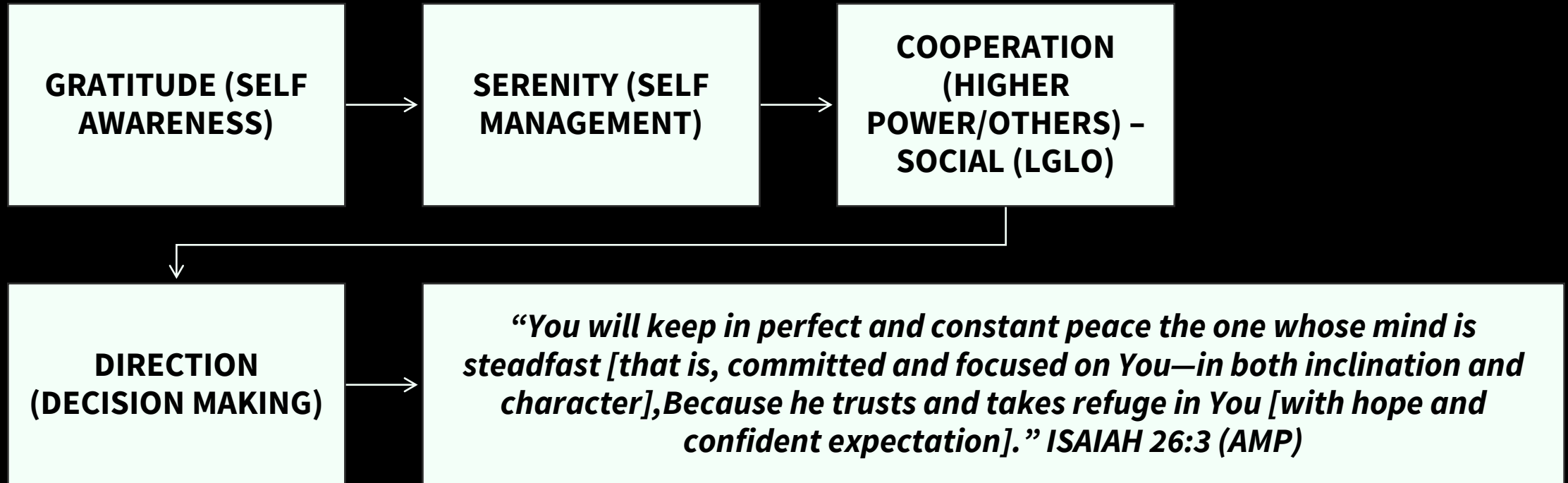
- EXAMPLES – Science / Spiritual

- *SELF AWARENESS*
- *SELF MANAGEMENT*
- *SOCIAL AWARENESS*
- *RELATIONSHIP SKILLS*
- *RESPONSIBLE DECISION MAKING*





RESILIENCE - *ROUTINE...*



A MODERN DEFINITION OF RESILIENCE:

SO RESILIENT!

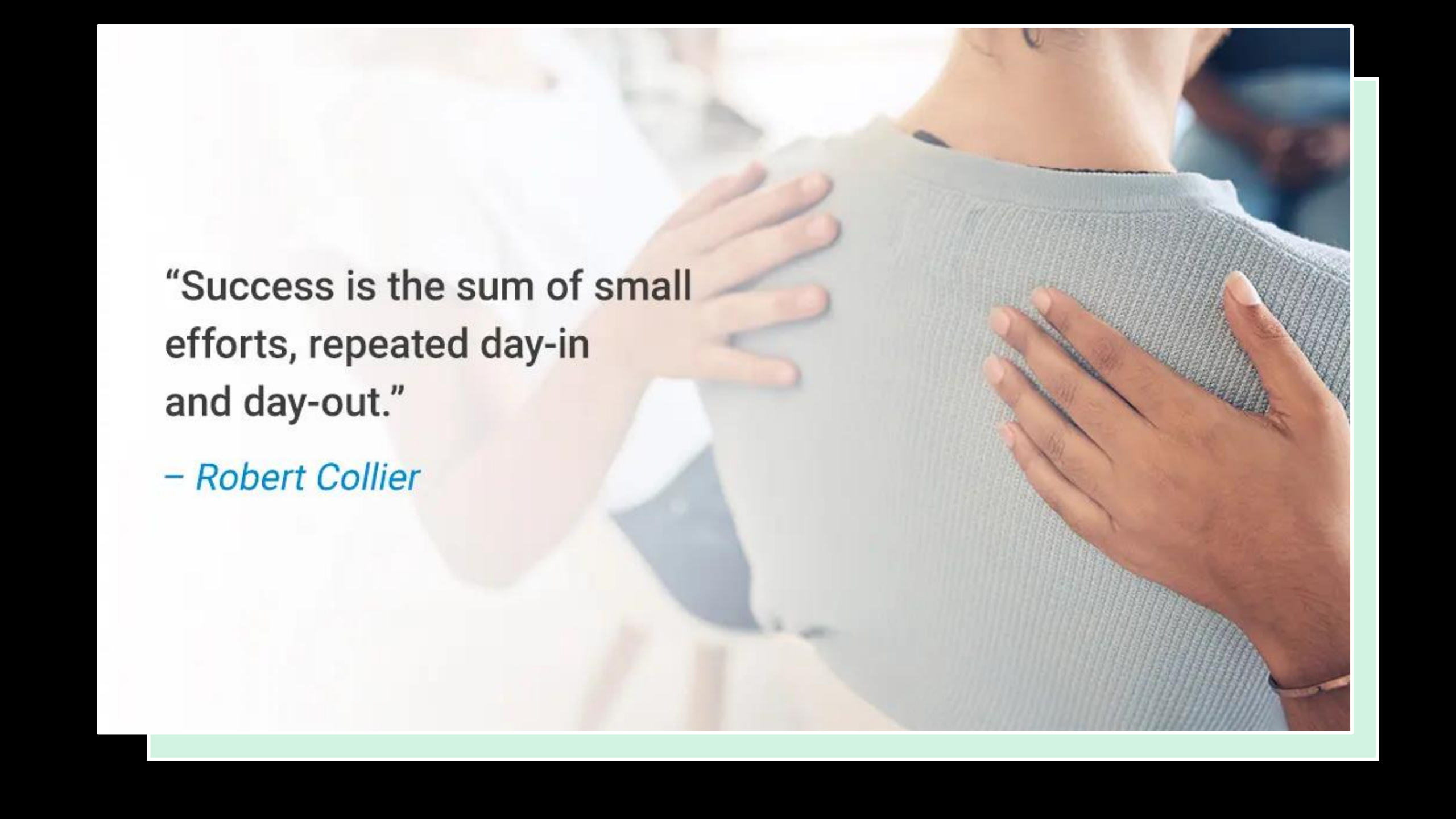


"ADVANCING DESPITE ADVERSITY"

GOAL-ORIENTATION,
WORK TOWARDS
YOUR VISION

BE PROACTIVE -
DON'T WAIT FOR
ADVERSITY

BOTH LARGE AND
SMALL EVERYDAY
CHALLENGES

A close-up photograph of a person's back and shoulders, wearing a grey ribbed sweater. Two hands are placed on their shoulders, one from the left and one from the right, suggesting support or encouragement. The background is blurred, showing other people in a bright, indoor setting.

“Success is the sum of small efforts, repeated day-in and day-out.”

– *Robert Collier*

JOSEPH HABEDANK
THE BASEMENT



