



# **SUBSTANCE USE ADDICTION**

# **LEARN MORE**

These Catholic and faith-integrated resources accompany individuals and families impacted by addiction, substance abuse, or compulsive behaviors. They unite psychological treatment, community support, and the transforming mercy of Christ.

## **TABLE OF CONTENTS**

<p><b>PAGE 2:</b>      <b>CRISIS RESOURCES &amp; CHURCH TEACHING + PASTORAL GUIDANCE</b></p>	
<p><b>PAGE 3-6:</b>      <b>LOCAL + NATIONAL RESOURCES</b></p>	
<p><b>PAGE 7:</b>      <b>12 STEP INTEGRATION AND SPIRITUAL PRACTICES</b></p>	
<p><b>PAGE 8-11:</b>      <b>EDUCATIONAL MATERIALS (BOOKS, COURSES, ETC.)</b></p>	

## SUBSTANCE USE AND ADDICTION

# CRISIS RESOURCES



### **SUICIDE PREVENTION RESOURCES – CENTERS FOR DISEASE CONTROL AND PREVENTION**

Educational tools and community programs for preventing suicide and supporting those in crisis.

[CDC.GOV/SUICIDE/RESOURCES/PREVENTION.HTML](https://www.cdc.gov/suicide/resources/prevention.html)



### **CATHOLIC HOTLINE – THE UPPER ROOM CRISIS HOTLINE**

Free, confidential Catholic crisis line (7 a.m.–midnight CT) providing immediate emotional and spiritual support.

[CATHOLIC HOTLINE.ORG](https://www.catholic hotline.org)



**24/7 CALL, TEXT, CHAT**

# CHURCH TEACHING & PASTORAL GUIDANCE



### **CATECHISM OF THE CATHOLIC CHURCH §§ 2280–2283**

Outlines the Church's compassionate understanding of suicide, despair, and divine mercy.

[VATICAN.VA/ARCHIVE/ENG0015/\\_\\_\\_P77.HTM](https://www.vatican.va/archive/eng0015/___p77.htm)



### **CATHOLIC SUICIDE RESOURCES- INTERNATIONAL ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS**

Catholic prayers and resources offering comfort to those who have lost someone to suicide.

[CATHOLICMHM.ORG/SUICIDE](https://www.catholicmhm.org/suicide)

## SUBSTANCE USE ADDICTION

# LOCAL RESOURCES

## Click Here St. Louis Catholic Therapist Network Participants

[AVAILABLE AT ARCHSTL.ORG/MENTALHEALTH](https://www.archstl.org/mentalhealth)

Disclaimer: Services offered by those listed as part of the Catholic Therapist Network pertain to the individual provider. Their inclusion requires current licensing and professional liability insurance in the state of Missouri upon acceptance into the Network as well as a clearance interview by diocesan clergy. The Archdiocese makes no representations or warranties as to the therapists' skills, credentials, abilities, suitability, licensure (professional or otherwise), continuing licensure, compliance or continued compliance with licensure or other laws or regulations. It is an individual's choice as to the therapist selected for care; the Archdiocese is not liable for any damages related to services provided by, or any interactions with, therapists in the Network.

## Click Here for a St. Louis Community Mental Health Resources List

(NOTE: CATHOLIC + NON-CATHOLIC COLLECTIVE LIST)

[AVAILABLE AT ARCHSTL.ORG/MENTALHEALTH](https://www.archstl.org/mentalhealth)

Services offered by those on this compilation of providers pertain to the individual provider. The Archdiocese of St. Louis makes no representations or warranties as to the providers' skills, credentials, abilities, suitability, licensure (professional or otherwise), continuing licensure, compliance or continued compliance with licensure or other laws or regulations. Selection among such providers or others not listed herein is left to the discernment and sound discretion of the individual seeking care; the Archdiocese is not liable for any damages related to services provided by, or any interactions with, providers included on this compilation.



### ST. LOUIS COUNSELING

Provides comprehensive mental health services billed through insurance or at no to low cost.

[saintlouis-counseling.org](https://www.saintlouis-counseling.org)

## SUBSTANCE USE ADDICTION

# LOCAL RESOURCES



### **QUEEN OF PEACE CENTER**

Comprehensive recovery and housing programs for women and children experiencing addiction, trauma, or homelessness. Offers counseling, residential treatment, and family reunification services in a Catholic setting.  
[qopcstl.org](http://qopcstl.org)



### **ST. PATRICK CENTER**

Provides services for adults experiencing homelessness, mental illness, and substance-use disorders, including housing programs and case management.  
**314-802-0700** / [stpatrickcenter.org](http://stpatrickcenter.org)

# NATIONAL RESOURCES



### **NATIONAL COUNCIL ON ALCOHOLISM & DRUG ABUSE (NCADA)**

Offers assessments, referrals, prevention programs, and a confidential helpline for individuals or families facing alcohol or drug dependence.  
**314-962-3456** / [ncaddnational.org](http://ncaddnational.org)



### **CATHOLIC IN RECOVERY**

A nationwide ministry integrating 12-Step recovery with Catholic spirituality through parish groups, virtual meetings, and daily reflections.  
[catholicinrecovery.com](http://catholicinrecovery.com)



### **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)**

Federal directory connecting faith-based organizations to treatment and recovery programs nationwide.  
[samhsa.gov](http://samhsa.gov)



### **NATIONAL CATHOLIC PARTNERSHIP ON DISABILITY (NCPD) – ADDICTION & MENTAL HEALTH RESOURCES**

Offers Catholic pastoral tools and inclusive ministry models for parishes supporting individuals with addiction and co-occurring disorders.  
[ncpd.org](http://ncpd.org)

## SUBSTANCE USE ADDICTION

# ADDITIONAL RESOURCES



### **NATIONAL HELPLINES & REFERRALS**

#### **SAMHSA NATIONAL HELPLINE**

24/7 free and confidential treatment referral and information service for individuals and families facing substance use or mental health challenges.

**1-800-662-HELP (4357)**

**[SAMHSA.GOV/FIND-HELP/HELPLINES/NATIONAL-HELPLINE](https://www.samhsa.gov/find-help/helplines/national-helpline)**



### **SAMHSA – FAITH & COMMUNITY INITIATIVE**

Connects faith-based organizations to national recovery resources and local partnerships.

**[SAMHSA.GOV/COMMUNITIES/FAITH-BASED-COMMUNITY-ENGAGEMENT](https://www.samhsa.gov/communities/faith-based-community-engagement)**



### **Faith-Based Rehab Center (Arizona)**

Kolbe Mission – Freedom from Addiction (Catholic Recovery Center)

A Catholic rehabilitation and healing program emphasizing the power of the Sacraments and community in addiction recovery.

**[kolbemission.com](http://kolbemission.com)**



### **CATHOLIC THERAPISTS – ADDICTION SPECIALISTS DIRECTORY**

National list of licensed Catholic clinicians specializing in substance-use disorders and family recovery.

**[catholictherapists.com](http://catholictherapists.com)**



### **CATHOLIC IN RECOVERY – ONLINE WORKSHOPS AND TESTIMONIES**

Recorded talks and group sessions integrating 12-Step spirituality with Catholic teaching.

**[catholicinrecovery.com/?s=resources](http://catholicinrecovery.com/?s=resources)**



### **CATHOLIC CHARITIES USA – WHOLE-HEARTED (PARISH PROGRAM)**

Whole Hearted is a parish-based trauma-awareness resource that integrates spirituality and religious practices with behavioral health.

**[www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)**



### **CALIX SOCIETY**

International Catholic fellowship for those recovering from alcoholism, welcoming all individuals seeking spiritual renewal through the Sacraments.

**[calixsociety.org](http://calixsociety.org)**

## SUBSTANCE USE ADDICTION

# ADDITIONAL RESOURCES



### **LIFE-GIVING WOUNDS**

Catholic apostolate for adults healing from the trauma of parental divorce through retreats and online formation.

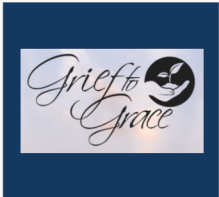
[\*\*lifegivingwounds.org\*\*](http://lifegivingwounds.org)



### **CLERGY CARE COLLECTIVE**

Trauma recovery and burnout prevention programs tailored for priests, deacons, and ministry leaders.

[\*\*clergycarecollective.org\*\*](http://clergycarecollective.org)



### **GRIEF TO GRACE**

Catholic retreat ministry offering psychological and spiritual healing for survivors of abuse and trauma.

[\*\*griefftograce.org\*\*](http://griefftograce.org)



### **SACRED HEART HEALING MINISTRIES**

Provides trauma-informed formation and mentorship rooted in Catholic framework and emotional healing.

[\*\*avemariapress.com/products/seasons-of-hope-leaders-guide\*\*](http://avemariapress.com/products/seasons-of-hope-leaders-guide)



### **CATHOLICPSYCH INSTITUTE – TRAUMA & ATTACHMENT THERAPY**

Faith-based psychological services integrating trauma treatment, attachment repair, and spiritual healing.

[\*\*catholicpsych.com\*\*](http://catholicpsych.com)



### **WHOLE HEARTED – CATHOLIC CHARITIES USA**

Parish-based trauma awareness and resilience training program promoting compassionate, trauma-sensitive ministry.

[\*\*catholiccharitiesusa.org/publications/whole-hearted/\*\*](http://catholiccharitiesusa.org/publications/whole-hearted/)

## SUBSTANCE USE ADDICTION

# 12-STEP INTEGRATION & SPIRITUAL PRACTICES



### **CATHOLIC IN RECOVERY – TWELVE STEPS & PRAYERS**

Downloadable prayer cards and reflections connecting each step of recovery with Catholic spirituality.

[catholicinrecovery.com/twelve-steps-prayers](https://catholicinrecovery.com/twelve-steps-prayers)



### **ST. DYMPHNA PRAYER FOR SOBRIETY AND HEALING**

Traditional Catholic prayer invoking the intercession of the patron saint of mental health and addiction recovery.

Prayer: "O God, we humbly beseech You through Your servant, St. Dymphna, who sealed with her blood the love she bore You, to grant relief to those who suffer from mental afflictions and nervous disorders, especially (name of the afflicted person). St. Dymphna, martyr of purity, pray for us."

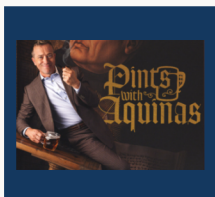
[lifejusticeandpeace.lacatholics.org/documents/2024/4/St.%20Dymphna%20Novena\\_Updated-1.pdf](https://lifejusticeandpeace.lacatholics.org/documents/2024/4/St.%20Dymphna%20Novena_Updated-1.pdf)



### **THE CATHOLICITY OF 12-STEP PROGRAMS – CATHOLIC ANSWERS MAGAZINE (PODCAST EPISODE)**

Article explaining the theological harmony between Catholic spirituality and Twelve-Step principles.

[catholic.com/magazine/print-edition/the-catholicity-of-12-step-programs](https://catholic.com/magazine/print-edition/the-catholicity-of-12-step-programs)



### **ANXIETY, TRAUMA, AND ADDICTION (PINTS WITH AQUINAS PODCAST)**

A podcast episode uniting the Catholic faith with mental health featuring a Catholic therapist.

[open.spotify.com/episode/2K3lOyPMOn3w3e355grnWD?si=15lgNxiTTqzbZ25V26CbA](https://open.spotify.com/episode/2K3lOyPMOn3w3e355grnWD?si=15lgNxiTTqzbZ25V26CbA)

## SUBSTANCE USE ADDICTION

# PAMPHLETS & PRACTICAL TOOLS



### **SAINT LUKE INSTITUTE – “UNDERSTANDING TRAUMA & RECOVERY” PDF SERIES**

Educational guides on trauma symptoms, spiritual healing, and trauma-informed ministry.

***Shepherding in Tragic Times, Caring for Self and Others in Trauma:***  
[sliconnect.org/wp-content/uploads/trauma-handout.pdf](https://sliconnect.org/wp-content/uploads/trauma-handout.pdf)



### **SAINT LUKE INSTITUTE – “UNDERSTANDING TRAUMA & RECOVERY” PDF SERIES**

Educational guides on trauma symptoms, spiritual healing, and trauma-informed ministry.

***Recognizing and Treating Trauma:***  
[sliconnect.org/wp-content/uploads/Lukenotes\\_2012-1-trauma.pdf](https://sliconnect.org/wp-content/uploads/Lukenotes_2012-1-trauma.pdf)



### **CATHOLIC THERAPISTS DIRECTORY – TRAUMA SPECIALISTS**

Printable directory of Catholic clinicians specializing in trauma and PTSD recovery.

[www.catholictherapists.com](http://www.catholictherapists.com)



### **USCCB – PASTORAL CARE FOR TRAUMA SURVIVORS**

Guidelines and prayers for ministering to those coping with trauma and moral injury.

[usccb.org/resources/pastoral-care-victimssurvivors](https://usccb.org/resources/pastoral-care-victimssurvivors)



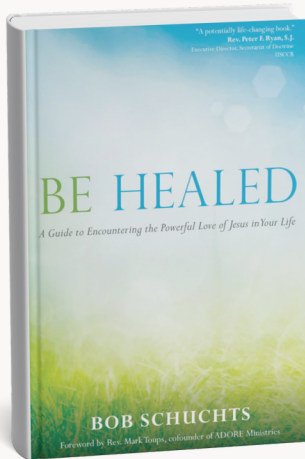
### **WHOLE HEARTED TOOLKIT – PARISH TRAUMA AWARENESS PROGRAM**

Downloadable materials for creating trauma-sensitive parish environments.

[catholiccharitiesusa.org/publications/whole-hearted/](https://catholiccharitiesusa.org/publications/whole-hearted/)

# SUBSTANCE USE ADDICTION

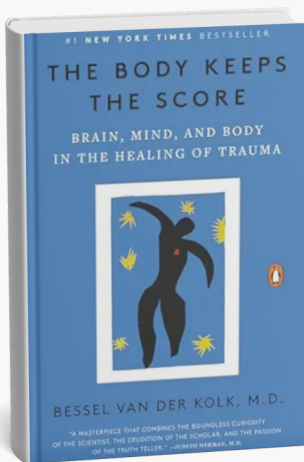
## BOOKS



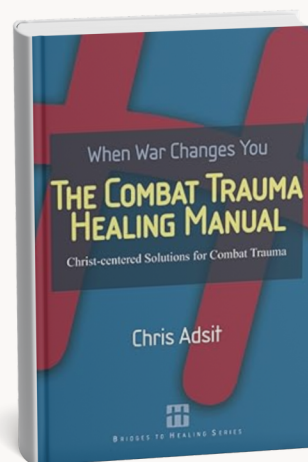
**BE HEALED – BOB SCHUCHTS (AVE MARIA PRESS)**  
Blends theology and psychology to guide readers through healing from emotional and relational wounds.  
[avemariapress.com/products/be-healed](http://avemariapress.com/products/be-healed)



**BE RESTORED – BOB SCHUCHTS (AVE MARIA PRESS)**  
Explores trauma, identity, and restoration through the sacraments and the mercy of Christ.  
[avemariapress.com/products/be-restored](http://avemariapress.com/products/be-restored)



**THE BODY KEEPS THE SCORE – BESSEL VAN DER KOLK, M.D.**  
Clinical classic explaining the neurological and somatic effects of trauma; recommended for pastoral leaders.  
[a.co/d/0gC1VIKr](http://a.co/d/0gC1VIKr)



**Combat Trauma Healing Manual – Chris Adsit**  
Faith-centered workbook guiding veterans through spiritual and emotional healing after war.  
[a.co/d/00IHQN1G](http://a.co/d/00IHQN1G)

## SUBSTANCE USE ADDICTION

# EDUCATION & RESEARCH



### ***BELIEF, BEHAVIOR, AND BELONGING: HOW FAITH IS INDISPENSABLE IN RECOVERY***

A peer-reviewed study demonstrating the role of faith and religious community in long-term addiction recovery outcomes.

[pmc.ncbi.nlm.nih.gov/articles/PMC6759672/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC6759672/)



### ***FAITH-BASED RECOVERY IN THE CATHOLIC HEALTH TRADITION***

Catholic Health Association on integrating faith and behavioral health in addiction treatment.

[chausa.org](https://www.chausa.org)



### ***RELIGIOUS AND SPIRITUAL BELIEFS AND ATTITUDES TOWARDS ADDICTION AND ADDICTION TREATMENT***

A peer-reviewed study demonstrating the role of faith and religious community in long-term addiction recovery outcomes.

[hpmc.ncbi.nlm.nih.gov/articles/PMC8664870/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC8664870/)

## SUBSTANCE USE ADDICTION

# GLOBAL INITIATIVE CAMPAIGN (USCCB)



### **USCCB – NATIONAL CATHOLIC MENTAL HEALTH CAMPAIGN**

Encourages parish awareness, reduces stigma, and provides prayer and outreach toolkits.

[usccb.org/mentalhealth](https://usccb.org/mentalhealth)

# ORGANIZATIONS / MINISTRIES / CENTERS



### **SANCTUARY MENTAL HEALTH FOR CATHOLICS**

Eight-session course helping parishes talk about mental health through a Catholic lens.

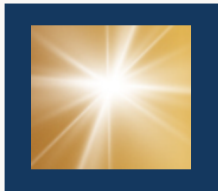
[sanctuarymentalhealth.org/catholics/](https://sanctuarymentalhealth.org/catholics/)



### **ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS (ACMHM)**

Provides parish models, topic-specific resources, and national collaboration for Catholic mental-health ministry.

[catholicmhm.org/resources-by-topic](https://catholicmhm.org/resources-by-topic)



### **CATHOLIC MENTAL HEALTH RESOURCES**

An online library curating Catholic mental-health resources, reflections, and educational materials.

[catholicmentalhealthresources.com](https://catholicmentalhealthresources.com)



### **GRACE ALLIANCE**

Christian nonprofit offering free mental-health workbooks and support groups combining Scripture with psychological care.

[mentalhealthgracealliance.org](https://mentalhealthgracealliance.org)