

OTHER RESOURCES

Substance Abuse and Mental Health Services Administration

Website: www.samhsa.gov

National Helpline: 1-800-662-HELP
Text your zip code: 435748 (HELP4U)

About: The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

Christians in Recovery

Website: www.christians-in-recovery.org

About: This is a ministry of City Vision University, offering Online resources for supporting your own or your loved ones' addiction recovery. Includes devotionals, group resources, directories, worksheets and other practical resources.

Setting Captives Free

Website: www.settingcaptivesfree.com

About: This is a 30 lesson online course designed to help people be free from substance abuse through the life-changing power of the gospel.

LOCAL RESOURCES

Local Churches

Many churches offer support groups/programs for people struggling with addiction. Check with your local church for more information. If you need help connecting with a local church, please reach out to us at ALCS.

Alcoholics Anonymous (Madison)

Website: www.aamadisonwi.org

Email: info@aamadisonwi.org
24-hour Hotline: 608-222-8989

About: A.A. is a free, voluntary, worldwide fellowship of people from all walks of life who meet together to attain and maintain sobriety. The only requirement to join is a desire to stop drinking.

The Center for Christian Counseling

Website: www.christiancounselingmadison.com

Contact: 608-274-8294

About: The Center is a Christian drug treatment program that incorporates the power of walking in faith with our Lord and Savior and prayer as the primary means for recovery.

Celebrate Recovery*

Website: www.celebraterecovery.com

About: Celebrate Recovery is a Christ-Centered, 12 step recovery program for anyone struggling with hurt, hang-ups and habits of any kind. Check out the website to learn more about local groups to get connected with.

*Geared towards anyone 18 or over

RISKS OF MARIJUANA

(Adapted from samhsa.gov)

This information is to help you have purposeful conversations about these topics:

Marijuana use is going up. At the same time, the perception of how harmful marijuana use can be is declining. Today's marijuana is stronger than ever before. In fact, marijuana is not always what it seems. It can be laced with substances such as fentanyl or crack cocaine without your knowledge.

Risks:

Brain health: Marijuana can cause permanent IQ loss.

Mental health: Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.

Athletic performance: Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.

Daily life: Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

RISKS OF OTHER DRUGS

(Adapted from samhsa.gov)

The pressures on teens and adults are real and COVID-19 has magnified the stress. Some turn to drugs to cope. Just because some drugs are legal, doesn't mean they are less dangerous.

Over time, the regular or habitual use of drugs becomes a crutch and only adds to the stress. Drugs can also cause other harms, including:

- Cocaine: Highly addictive, cocaine is involved in nearly one in five overdose deaths.
- Prescription and illicit opioids: Highly addictive, the substances are the top cause of overdose deaths; Common opioids include heroin, morphine, fentanyl, oxycodone and hydrocodone.
- Also, many drugs are not as "advertised." Sometimes they can be laced with substances such as fentanyl, which can prove to be deadly.

The nation remains in a prescription and illicit opioids crisis, as 81,230 drug overdose deaths occurred in the U.S.—the highest single year ever reported—in the 12 months ending in May 2020; most of the overdose deaths involved a prescription or illicit opioid. **Before the risks become real and before drugs turn your life—and your family—upside down, know there is help. You can quit.**

A note about naloxone:

Naloxone is the opioid reversal drug and it is available as nasal spray (under the brand name NARCAN®) or as an injection. The nasal spray can be purchased over the counter at many pharmacies. It is also available at no cost to those who attend a free training session. For more information, please visit:

www.dhs.wisconsin.gov/opioids/safer-use.htm



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For questions or more information,
please reach out to 21v@ales.us

RESOURCES

SUPPORTING THOSE
DEALING WITH SUBSTANCE
ABUSE AND RECOVERY



Abundant Life
CHRISTIAN SCHOOL