

Addiction and Mental Health Resources

Provided by PALS Members Who Meet at Shepherd of the Hills Lutheran Church

BOOKS

- ***Smoke and Mirrors* by Dorothy Marie England** – Exposes the unreal world in which the dependent person lives, and the tricks used to deceive self and others.
- ***The Four Seasons of Recovery for Parents of Alcoholics and Addicts* by Michael Speakman** - This book provides clear understanding of what you can do to best help your adult child and yourself. Written by the founder of PAL support Group.
- ***Setting Boundaries with your Adult Children* by Allison Bottke** – Offers practical hope and healing through S.A.N.I.T.Y. (S: Stop enabling and blaming and the flow of money, A: Assemble a support group, N: Nip excuses in the bud, I: Implement rules/boundaries, T: Trust your instincts, Y: Yield everything to God) a six step program to help parents regain control in their homes and their lives.
- ***The Only Life I Could Save* by Katherine Ketcham** – For those starting the journey and thinking they can save their loved one.
- ***Everything Changes* by Barbara Conyers** – Action steps for families while their loved one is in treatment.
- ***Not by Chance* by Tim Thayne** – Parental guide when teens arrive home after treatment.
- ***It Takes a Family* by Debra Jay** – Step beyond the initial intervention to reinvent relationships in a way that builds trust, prevents relapse, and supports lifelong sobriety.
- ***Boundaries* by Henry Cloud and John Townsend** – Teaches readers how to set healthy boundaries for themselves and others.
- ***Daring Greatly* by Brene' Brown, Ph.D.** – Having the courage to be vulnerable transforms the way we live, love, parent, and lead.
- ***Let Your Life Speak* by Parker Palmer** – Parker shares his own darkness and depression and a pathway toward vocation for all who seek the true calling of their lives.
- ***The Body Keeps Score* by Bessel van der Kolk M.D.** - Eventually, our body will suffer if we neglect to process and fail to deal with our emotions.
- ***Codependent No More* by Melanie Beattie** – Life stories, reflections, exercises, and self-tests provide a simple map of the world of codependency and the path to healing.
- ***I Am Not Sick, I Don't Need Help* by Xavier Amador** – Resource to help individuals with mental illness. [Book Excerpt](#)
- ***Breathing Under Water* by Richard Rohr** – Hope and transformation for those ready to break negative patterns and experience greater internal freedom.
- **Any 12 Step books**

DAILY READINGS

- ***Tending Dandelions* by Sandra Swenson**
- ***The Language of Letting Go* by Melodie Beattie**

PODCASTS

- [My Child and Addiction](#) – A support group of very thoughtful, insightful, and eloquent parents who share their experiences.
- [The Party Wreckers](#) – Entertaining advice from two interventionists and those they know in the recovery industry.
- [Brene' Brown Podcasts](#) – Shame and vulnerability are the subjects of many of her talks.
- [Johan Hari - TED Talk - Everything You Think You Know About Addiction is Wrong](#)

- [Johan Hari TED Talk - This Could be Why You're Depressed](#)
- [Listen to Al Anon meetings online https://sites.google.com/nar-anon.org/wrcnfg/events/2022](https://sites.google.com/nar-anon.org/wrcnfg/events/2022)
- [Podcasts related to addiction and mental illness https://mosaicsofmercy.com/hope-pieced-together/](https://mosaicsofmercy.com/hope-pieced-together/)
- [The Brain and Recovery: An update on Neuroscience of Addiction with Dr. Kevin Mccauley](#) – series of videos with great information about addiction and recovery (Also see the recommended article “10 Principles of Successful Addiction Treatment” by Dr. Kevin Mccauley in the Quotes section)
- [The Power of Parallel Recovery | Lisa Smith | TEDx Cherry Creek Women \(youtube.com\)](#)

REHABS

- [The Last Resort](#) (near Austin) – Men’s recovery center near Austin that fosters community and addresses trauma in a very healing ranch environment including equine therapy.
- [Infinite Recovery](#) (Cedar Park) – a stand alone holistic detox center. After detox, clients can move to infinite inpatient treatment or intensive outpatient program or they can transfer to a different rehab center.
- [Choice House Boulder Colorado](#) – A 90-day program: includes skiing/biking, intensive therapy, with seamless shift into sober living and step-down programs. Recovery also supports the family by providing a family weekend, weekly group zoom support meetings with a therapist for parents of current residents and alumni.
- [Jaywalker Lodge](#), Carbondale, CO. An active male only program that includes skiing/ hiking, partial hospitalization program (PHP) with residential housing and wrap-around support with emphasis on recovery and finding joy. No insurance. Offers step-down options with transitional living and sober living.
- [Alta Mira Recovery](#), Sausalito, CA is a co-ed rehab with no step-down options. It does offer extensive assistance with next-step placement and good services for complex, co-occurring disorders. Individual therapy is provided 3 times a week with a good focus on getting to the underlying issues that may be influencing substance use. No insurance accepted.
- [Ascend Recovery](#), American Fork and Salt Lake City, Utah has step-down options with a transitional house and single-sex sober living options. Co-ed program. They assist with filing insurance, but you pay initially and they refund if insurance covers anything.

INTERVENTIONISTS AND COACHES

- **Intervention on Call** – Online virtual intervention support for \$150/hour (as of November 2022) with real interventionists
- **Arise Network** - <https://www.arise-network.com/arise-intervention/>
 - A comprehensive approach to intervention that includes an invitational, gentle first meeting, up to 6 months of a gradually escalating process that meets with the family network and person of concern. As one member of the network improves, the entire family system begins to heal, eventually leading the loved one towards treatment and a healthy support system of family and friends for long-term recovery.
 - The upfront fee seems expensive. But it is well worth the cost! They offer on-call, comprehensive support beginning with the initial intervention followed by family meetings and support between the meetings, resources for therapists, support groups and insurance companies, recommendations and assistance with admittance to rehabs, and periodic check-in’s after recovery. Most importantly they encourage the entire family system to support one another along this difficult journey.
 - Arise offers many interventionists. An Austin PALS member highly recommends Alison Broussard <https://www.alisonbroussard.com/> and Tanya Cooke [Tanya Cook | ARISE® Network \(arise-network.com\)](#)
- **Interventionist - Ellen Plaze** – <https://www.healingfamiliesinterventions.com/>

- **Reclaim and Recover Family Recovery Services**, reclaimrecover.org – Lisa Smith Family Recovery Coach

SCHOLARSHIP MONEY

- **Cleancause** is a mission-first venture that provides 50% of net profits to support individuals in pursuing recovery from alcohol and other drug addictions through the CLEAN brand’s recovery home scholarships. It is intended to bridge the critical gap between addiction and early recovery, providing the opportunity to establish a recovery routine and find employment, all in a safe, supportive and structured environment. Scholarships are available anywhere in the U.S. where CLEAN is sold.

SUPPORT GROUPS AND MORE RESOURCES

- **Parents of Addicted Loved Ones (PAL)** <https://palgroup.org/> – Different than Al-Anon, it includes lessons about healthy and unhealthy helping habits that parents try. Also, PAL allows crosstalk so you can learn from others who are further along the journey than you may be.
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** <https://www.samhsa.gov/> - A one stop shop that connects to support groups (Al-Anon, Nar-Anon, SMART Recovery, Life Ring, etc.) payment options, education, resources, etc. In other words, everything you want to know.
- **Mosaics of Mercy** - <https://mosaicsofmercy.com/> - Helping people navigate mental health and substance use recovery resources.
- **Families Anonymous** - <https://familiesanonymous.org/> - 12 Step program that helps us overcome our hurts, hang-ups and habits.
- **National Alliance of Mental Health** - <https://www.nami.org/> - National Resources for education, advocacy, etc.

FOR PARENTS OF MINORS

- **Minds in Motion** – Michael Zumpano uses physical activity to mentor boys who are struggling with their self-image.
- **Shatterproof** – a national nonprofit organization dedicated to transforming addiction treatment, ending
- **Chronic Hope Institute** – seeks to help families heal from addiction through family case management and professional therapy.
- **Wise Roots Parenting** – Specialized in effectively engaging parents of struggling teens and young adults in the therapeutic change process.
- **Family coaching** – A professional Coaching directory.

QUOTES, THOUGHTS AND WISHES FROM THE PARENT EXPERTS IN THE ROOM

- “People coming out of inpatient recovery programs would be best served in a sober home and step-down programs, but they come out with \$0 and no way to do that. A scholarship to help someone get started (paid directly to a sober home) for the 1st month’s rent, half of 2nd month’s rent, a quarter of 3rd month’s rent or possibly 1st month’s rent, plus groceries, transportation, phone bill. This will be a HUGE help!”
- “How can we help others avoid the toll drugs and alcohol has taken on our family? I have questioned or thought about the following:
 - How can we provide early education in elementary school?
 - What are the warning signs that your child may be susceptible to addiction based on social and mental health clues?
 - What is enabling and rescuing and what does it look like at an early age?
 - Red flags of substance abuse and what to do if you see them.
 - How to sustain a strong relationship/communication channel with your child

- Signs your child might need special care for their mental health.
- *While I NOW wish that I had known all this information, THEN I had no idea that I needed it. When I did need it, I couldn't overcome the shame and acknowledge that need. I look back now and say, why didn't I notice that?"*
- "Addiction treatment and recovery involves a great deal of time, resources and money and one is never sure if the path is correct. Now that my child is in recovery, I recommend this article by Dr. Kevin McCauley, [10 Principles of Successful Addiction Treatment](#). It provides great wisdom that I wish I had read sooner rather than later. (especially the value of a 90-day program vs. 30 or 60 days)."
- 1 in 7 people struggle with addiction and 1 in 5 struggles with mental health. The number 1 place people turn to first is the church pastor or church members for resources and help. (If 100 people attend a church, at least 14 to 20 members have a family member struggling or are struggling with an addiction or mental health themselves)
- Hurting people hurt. Healing people heal.