**Bishop’s Council on Alcohol and Other Drugs**

**Our Mission****﻿**

The Bishop's Council on Alcohol and Other Drugs serves God's people as a spiritual and physical resource to inform, educate and support the healing of individuals and families; we provide community referrals and encourage reconciliation with God, while adapting to the changing needs within the Diocese of Lansing.

## How we help

In an effort to promote the healing and recovery of individuals and families, the Bishop's Council on Alcohol and Other Drugs offers referrals to a wide range of services. We provide highly trained parish representatives who offer assistance to those in need of treatment and support.

## Individual referrals

### Outpatient services

Group and individual counseling provided outside a residential setting

### Inpatient services

Group and individual counseling in a hospital or residential setting

### Self-help groups

Referrals to 12 step groups such as Alcoholics Anonymous, Al Anon, etc.

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## Family referrals

Family members often have needs that go unnoticed and unmet because the focus tends to fall on the substance abuser. Referrals to available services include:

### Outpatient counseling

Group and individual counseling for co-dependency, marital problems and family relationships

### Self-help groups

Referrals to 12 step groups such as Al Anon and Adult Children of Alcoholics

### Children's services

Group and individual counseling for a variety of associated problems, such as neglect, abuse, COA (children of alcoholics) issues and substance abuse prevention

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## Confidentiality

All information about anyone receiving assistance through the Bishop's Council is treated confidential. Recipients of substance abuse services have rights to confidentiality that are protected by law and respected by this organization.

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## Parish representatives

The Bishop's Council on Alcohol and Other Drugs strives to make help available in each of our parishes in the Diocese of Lansing.

St. Mary Chelsea Parish Representatives are:

Deacon Richard Shanneyfelt 734-475-8193

Larry Doll 734-260-1540 Lynn Popovich 734-475-7521

### Addiction: The disease concept

Studies by the National Institute on Alcoholism and Alcohol Abuse continue to shed new light on alcoholism and addiction. The following information is helpful in understanding the disease concept to alcohol and other drugs.

**Neurotransmitters:** These substances are often called "God's drugs." They are natural chemicals in the brain that influence our most basic feelings and responses. They affect the part of the brain that is concerning with the "Five F's": fight, flight, flood, fluid, and flirt. Endorphins and enkephlins are manufactured naturally by the brain, meaning they are endogenous, or produced within the human body.

Over the millennia, mankind has experimented with many different substances to replace, enhance, or magnify the effects of these neurotransmitters. Alcohol and other drugs have been used for many years to produce or magnify pleasure. These are considered exogenous, coming from outside the human body.

The specific ways in which alcohol and others drugs affect the brain is a subject of continuing research, with new findings announced every year. One of the leading theories on neurotransmitters involves the GABA receptor as a promising candidate for explaining withdrawal and the heightened sensitivity to alcohol shown by alcoholics.

There is little doubt that there is a genetic link to alcoholism. Studies seek to resolve the argument between "nature" and "nurture," or whether a person becomes and alcoholic because of a natural predisposition, or because of the way they were raised.

If alcoholism were just a learned behavior, the results of studies would show that the children of alcoholics had no greater incidence of alcoholism than the general population. But this is not the case. Studies show that 50% of those tested went on to become alcoholics even if they were raised in nonalcoholic homes. Indeed, among male children who had two alcoholic parents, the rate is 80%.

**What are some other definitions relating to substance abuse/addiction?**

* Physical dependence occurs when a person shows withdrawal symptoms once a drug; medication or chemical is stopped.
* Withdrawal involves tremors, mood changes, depression, nervousness, hypertension, weakness, among others, and can occur in both addicts and non-addicts.
* Mood, anxiety, psychotic induced disorders are psychiatric symptoms that may occur with prolonged substance abuse, and in some cases, these psychiatric symptoms will end once the system is free of substances.

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## Alcoholics Anonymous 12 steps of spirituality

**Faith**
1. We admit we are powerless over alcohol — that our lives have become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.

**Hope**
3. We make a decision to turn our will and our lives over to the care of God as we understand Him.
4. We make a searching and fearless moral inventory of ourselves.

**Altruism**
5. We admit to God, to ourselves and to another human being the exact nature of our wrongs.
6. We are entirely ready to have God remove all these defects of character.

**Prudence**
7. We humbly ask Him to remove our shortcomings.
8. We make a list of all persons we had harmed and become willing to make amends to all of them.

**Fortitude**
9. We make direct amends to such people wherever possible, except when making amends would cause injury.

**Temperance**
10. We continue to take personal inventory and promptly admit when we are wrong.
11. We seek, through prayer and meditation, to improve our conscious contact with God as we understand Him. Praying only for knowledge of His will for us and the power to carry out His will.

**Justice**
12. Having a spiritual awakening as the result of these Steps, we try to carry this message to alcoholics, and to practice these principles in all our affairs.

**Alcoholics Anonymous Meetings in Chelsea**

Sunshine Group Tuesday Discussion 9:00 am Clock Tower Commons Bld

 Friday Discussion 9:00 am 350 N Main Ste 350

Chelsea Group Sunday Speaker Mtg 7:00 pm Chelsea Community Hospital

 Monday Discussion 8:30 pm 775 S. Main St

 Thursday Discussion 8:00 pm Main Dining Room

 Saturday Discussion 7:00 pm

Thy Not My Will Grp Tuesday Discussion 12:00 pm United Methodist Church

 Wednesday Discussion 12:00 pm 128 Park St

\*\* Note – Thy Not My Will Group will return to the First Congregational Church, 121 E Middle St. when construction at the church is complete

**Alanon Family Groups Meetings in Chelsea**

Alanon Chelsea Monday Discussion 7:30 pm Chelsea Community Hospital

 775 S Main St

 Woodlands Room

 Friday Discussion 12:30 pm Chelsea Community Hospital

 775 S Main St

 Private Dining Room A