



Compassion Coalition

Ways to Connect with Overcoming Addictions

“One of the primary things that assist people in overcoming addictions is knowing that they are cared for, knowing that they are loved.”

~Barbara Mitchell, Executive Director of Teen Challenge

Make a Difference through Prayer

- Pray for addicts to find the strength to seek help, and for their friends and family who share their burden. Pray for people who cannot afford the treatment programs they need.
- Pray for the financial health of nonprofits serving people with addictions, and for volunteers and staff to be sustained in wisdom, compassion, and strength.
- Pray that parents in recovery programs can find healing and forgiveness as they struggle to rebuild their lives and families. Pray for their children not to repeat the cycle of addiction.
- Pray for more faith-based programs to develop in our area, and for greater unity among organizations and churches reaching out to people ensnared by addictions.
- Pray for wisdom and justice in governmental responses to substance abuse.

Make a Difference through Your Life

- Recognize that addictions exist among every race and every economic background.
- Be aware that addictions can take many forms. Help is available for people with addictions to gambling, pornography, overeating, or other destructive patterns.
- Create a safe environment for people who struggle with addictions to seek out support. Addicts need tough love and understanding – not to be judged or ostracized.
- Show patience with people who relapse on the journey to recovery. Their lives *can* change, but they need help.
- Do you speak Spanish? There is a great need for interpreters
- If you or someone in your family struggles with an addiction, find professional help. See www.metrodrug.org/treatment/resources.aspx for a directory of local resources. For help with a referral, call 211 or contact the Metropolitan Drug Commission (865-588-5550).

Make a Difference Through Your Church

- Commit to opening your doors as a welcoming church home to people referred by ministries such as Teen Challenge (865-546-8933) or Lost Sheep Ministry (865-688-9636). This may mean making a long-term commitment to walking alongside a person in recovery, and also making adjustments in the way church members act toward people who are "different."
- Hold a community-awareness event about addictions and treatment options.
- Facilitate a Genesis Recovery Group, a Christ-centered process for overcoming



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addiction and preventing relapse. Contact Mosaic Community Church (865-385-7708) for training.

- Start a Celebrate Recovery program, a Christ-centered, biblically-based program for people who struggle with emotional distress and addictive issues. Access resources and guidelines at www.celebraterecovery-se.com.
- Offer a post-recovery relationship class to support people in forming healthy relationships after they have become free from a chemical dependency.
- Reach out to the children in families affected by substance abuse. Two out of five clients in treatment have minor children, and parents often need childcare while going through treatment programs. Help break the cycle of addictions by providing children with healthy adult role models and nurturing their spiritual, emotional and physical well-being.

Make a Difference as a Volunteer

Connect with the following organizations that serve people who are overcoming addictions:

Agape, Inc.: 865-525-1661, <http://www.agapeinc.org>

A 6-month halfway house program for women recovering from chemical dependency.

- Help prepare residents for job searches.
- Keep the clothing donation room up-to-date and organized.
- Groups: Share a music performance, provide a craft project, organize sports or lead an exercise class.

Florence Crittenton Agency: 865-602-2021, <http://www.fcaknox.org>

Operates drug/alcohol recovery programs for youth ages 13-17; offers treatment and parenting education for pregnant teens with substance abuse problems.

- Serve as a tutor or mentor to youth in recovery.
- Help with special events.
- Become a member of the board or development council.
- Groups: Help with landscaping and maintenance work on the 26-acre campus.

Great Starts and New Beginnings (Child & Family Tennessee): 865-246-1100,

<http://www.child-family.org>

Residential drug/alcohol program for women with children that provides a comprehensive array of services tailored for their needs.

- Treat the mothers to makeovers or teach them activities like crochet or dance.
- Throw birthday parties for the residents or baby showers for expectant mothers.
- Families: Mentor the mothers and children by spending time together in structured activities such as game nights or picnics.
- Groups: Assist with yard care, gardening, and home maintenance.

Ways to Connect: An excerpt from Compassion Coalition's 3rd edition of the Salt & Light Guidebook



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Metropolitan Drug Commission: 865- 588-5550, <http://www.metrodrug.org>

Mobilizes the community to reduce the use and abuse of alcohol and other drugs.

- Join the Drug Free Community Coalition and raise awareness among at-risk youth of the dangers of alcohol and other drugs.
- Youth can get involved with PRIDE Teams or the Knoxville/Knox County Mayors' Youth Action Council, which encourage young people to live substance-free and to become catalysts for positive community change.

Teen Challenge: 865-546-8933, <http://www.tcofetn.org>

Offers weekly counseling for teens and adults and helps to place them in long-term residential treatment for drugs and alcohol.

- Serve as a counselor (if you have a strong knowledge of the Bible, and are willing to take a training course).
- Assist the staff by answering phones or helping to write newsletters and appeals.
- Families or groups: Help with painting or lawn care.

Additional organizations that combat addictions in the Knoxville area:

Commit to come alongside one of the programs listed below with financial, volunteer, or prayer support. Support families in these treatment programs by providing food, gas cards or transportation, childcare, mentoring, and celebrations of recovery milestones.

Alcoholics Anonymous: 865-522-9667, <http://www.discoveret.org/etaa>

A fellowship of recovering alcoholics who share their experiences, strength and hope through a 12-step program.

Bradford Health Care: 865-693-9326, <http://www.bradfordhealth.com>

Offers effective and affordable chemical dependency treatment programs.

Celebrate Recovery: <http://www.celebraterecovery.com>

A Christ-centered, biblically-based program for individuals and their families who struggle with emotional distress and addictive issues.

Knoxville Locations:

Cokesbury United Methodist Church: 865-693-0353, <http://www.cclive.org>

Faith Promise Church: 865-483-3383, <http://www.faithpromise.org>

Grace Baptist Church: 865-691-8886, <http://www.gracebc.org>

Marbledale Baptist Church: 865-546-4220, <http://www.marbledalebaptist.org>

New Hope Baptist Church: 865-688-5330,

<http://www.newhopebaptistchurchandschool.com>

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Cornerstone of Recovery: 865-970-7747, <http://www.cornerstoneofrecovery.com>
A 12-step treatment program for chemical and other addictions.

EM Jellinek Center: 865-525-4627
Specializes in rehabilitation for men with chemical addictions.

Faithful & True of Knoxville (Ebenezer Counseling Center): 865-670-0988,
<http://www.ebenzercounseling.com/faithful>
A weekly accountability support group for men dealing with sexual temptation, who are recovering from addictions to pornography, extra-marital affairs and other sexual struggles.

Forgiven and Free (Sevier Heights Baptist Church): 865-251-1623,
<http://www.sevierheights.org>
Provides classes on issues such as co-dependency, substance abuse, and eating disorders.

The Genesis Process: <http://www.genesisprocess.org>
Trains professional and lay counselors in relapse prevention techniques, integrating Biblical precepts for personal change and neurochemistry research on human behavior.

Knoxville Locations:

Arlington Church of Christ: 865-523-1764, <http://www.arlingtonchurchofchrist.org>

Knox Area Rescue Ministries: 865-673-6540, <http://www.karm.org>

Mosaic Community Church: 865-385-7708, <http://www.mosaicknoxville.com>

Helen Ross McNabb Center: 865-637-9711, <http://www.mcnabbcenter.org>
Provides integrated treatment for substance abuse and compulsive gambling.

Men Seeking Sexual Integrity (Celebrate Recovery at Cokesbury): 865-693-0353,
<http://www.cclive.org>
A support group for men struggling with sexual addictions. There is also a 12 step group focused on this addiction on Monday evenings at the Cokesbury Center.

Mercy Health Partners - Behavioral Health Services: 865-545-7863,
<http://www.mercy.com>
Provides adult diagnostic evaluation, crisis stabilization, and treatment services.

Midway Rehabilitation Center: 865-522-0301, <http://www.midwayrehab.org>
Offers a comprehensive extended care program with a structured living environment, as well as outpatient rehabilitative services.

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Narcotics Anonymous: 866-617-1710, <http://www.knoxvillena.org>

A supportive fellowship of people who have found freedom from drug addiction through twelve spiritually-based steps.

Peninsula Behavioral Health: 865-970-9800, <http://www.peninsulabehavioralhealth.org>

Provides a range of alcohol/drug abuse treatment programs.

Self-Sufficiency Program (Volunteer Ministry Center): 865-524-3926,

<http://www.vmcknox.org>

An interfaith nonprofit working to restore dignity and productivity to the working poor and those who are homeless or mentally ill.

How to Learn More

- Invite representatives from Great Starts (865-246-1100) to your church or organization to talk about their program for mothers with substance abuse problems.
- Attend a community-wide training by the Metropolitan Drug Commission (see <http://www.metrodrug.org> for upcoming dates and locations).
- Teen Challenge (865-546-8933) offers ongoing educational programs for the general public, from biblical studies to anger-management classes.