

# ODAPCA 2017 SPRING CONFERENCE

The Value of God, Country and Family:  
The Recovery Process

# The Values of God, Country & Family

- \* What are values?
- \* What is their meaning?
- \* Is there a place for absolutes in treatment/recovery?
- \* Are values anti-science and therefore not strength-based?
- \* The example of holistic medicine
- \* Beliefs, values and virtues: Remission of terminal diseases
- \* Dr. O. Carl Simonton- Book “Getting Well Again.” (1992)  
Bantam Books

# The Value of God/Spirituality

- \* What is the Value of God? How about prayer?
- \* Medical research from leading hospitals and universities across the Country has found that “belief in God makes people healthier, happier and even live longer.”
- \* Duke University’s Harold G. Koenig, M.D., Newsmax Magazine that “Studies have shown that prayer can prevent people from getting sick – and when they do get sick, prayer can help them to get better faster.”

# The Value of God/Spirituality

- \* Dr. Koenig adds: “The benefits of devout involvement in a faith and religious community, are that people cope better. In general, they cope with stress better, they experience greater well-being because they have more hope, they’re more optimistic, they experience less depression, less anxiety, and they commit suicide less often. They have stronger immune systems, lower blood pressure, and probably better cardiovascular functioning.” News Max Health, Tuesday, 03/31/15

# Searching for Meaning During Addiction Recovery

- \* The concept of God, Higher Power and Spirituality is more efficient with those who had a more positive experience in their life time
- \* How about those who were hurt with the idea of God and religion? How can they be helped? Can they be led to adopt the concept of spirituality? And How?
- \* What is spirituality? It is a personal search for truth and meaning in life
- \* It recognizes that there is a power beyond self: this power is love and compassion

# Spirituality/God Value

- \* Spirituality is: learning, growing and giving.
- \* A spiritual person has the desire to connect with others in meaningful ways.
- \* The spiritual person has a concern for the way they affect others
- \* They understand that to love and be loved is the basis of life
- \* A complete human experience involves living and loving
- \* Spirituality values people more than things
- \* A spiritual person may have found a clearer way to peacefulness

# Spirituality/God and Addiction

- \* Addiction stands in complete opposition to what spirituality is:
- \* There is no concern for others, or anything else, except for the substance of choice
- \* Living and loving is replaced by disconnection and using
- \* The addict is powered and controlled by the drug
- \* Addiction causes one to lose track of things and people they once loved
- \* So, considered what spirituality is, and the idea of God being “the Power beyond the human self,” it appears that IF an addicted person would integrate that, it could be their only hope

# The Value of Country

- \* Does every single citizen counts?
- \* What is his/her duties as citizens?
- \* What is their role in the community?
- \* And, how important is a life style free from drug/alcohol?
- \* How can we restore the sense of patriotism in order to empower recovery efforts?

# The Value of Family

- \* What could be more important to individuals than family?
- \* What is the affect/influence of family throughout the community and society as a whole?
- \* Addiction breaks bridges? It destroys people and it destroys families
- \* Should this discussion be incorporated into the recovery process?