



The SCORE Report

“Nothing changes until something changes.”

Pastor George Jones

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FAITH-BASED RECOVERY PROGRAMS

Celebrate Recovery (CR) - CR is a Christ-centered 12 step recovery program that is sponsored by over 35,000 churches in the U.S. Since 1991 more than 5 million people have completed the program. CR's purpose is to “encourage fellowship and celebrate God's healing power in our lives as we work our way along the road to recovery”. The program runs on a one-year schedule in 25 lessons and testimonies. If your church is interested in starting a Celebrate Recovery program, additional information can be found at www.celebraterecovery.com. There are no churches in Surry County that currently offer CR.

RU Recovery Ministries (RU) - The Recovery Unanimous program started in 1996 as a small Bible study class at North Love Baptist Church in Rockford, IL by Steve Curington. RU is a faith-based recovery program designed to help those with stubborn habits and addictions. Information on starting a local RU program can be found at www.rurecovery.com. The only church in Surry County presently offering a RU program is Temple Baptist Church in Dobson.

Online Resources:

www.surrycountycares.com - New information is posted weekly

www.facebook.com/surrycountycares - Connect and share with friends

<http://www.nctraining.info/surry> - Educational information about substance abuse

Education and Prevention

English:

Juan Sanchez is the new Substance Use Disorder prevention specialist at the Surry County Health and Nutrition Center. Juan offers educational opportunities to the community by appointment. Juan can be reached at: sanchezj@co.surry.nc.us

Spanish:

Juan Sanchez es el nuevo Especialista en Prevencion de Trastornos por uso de Sustancias en la Clinica de Salud y Nutricion del Condado Surry. El ofrece oportunidades educacionales a la comunidad por sita. Juan puede comunicarse atraves de correo electronico al: sanchezj@co.surry.nc.us

The SCORE Letter

This is a fragile time for everyone. For those suffering from mental health and addiction issues it might be even more fragile. I'm hoping this information will help to alleviate some of the anxieties and frustrations for some of this population.

For people in recovery support groups and regular meetings are a critical part of their ongoing recovery. Nowadays with the anti-gathering mandates and fears and panic of becoming exposed to this COVID19, meetings are either suspended or not suggested.

It is important that people know there are options. For those of you who are not a part of the population who suffer from substance use and mental health issues, and also don't think you know anyone who does - many of them are anonymous and it is probable that someone you know is a participant and needs this support - I encourage you to provide this information to whomever you can. If you are a pastor and still holding services, please share with your congregations. If you do not meet face to face but send out mass emails or newsletters, please share the following information with whomever you can.

There are online meetings, both audio and video, of many kinds of support groups that can be used as a substitute for in-person meetings. They are a good resource for current times, as well as for those who want and need support but can't physically get to the meetings.

Here are a few websites to access. Many of these sites allow anonymous participation.

intherooms.com has been holding online meetings for a very long time. They offer 12 step meetings, as well as other kinds of support groups. There are support meetings for families and loved ones as well. There are lots of resources as well as meetings to tap into also. I used to host a weekly meeting for families on this site and found it very easy to use.

smartrecovery.org provides resources and online meetings.

If you search online "addiction support groups and meetings" you can browse to choose what might be of value for you.

Please share this information. Stay safe and healthy.

Denise Krochta - Surry County Opioid Response