



Opinion Article

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The Recovery Church Movement for Addiction and Recovery

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Abstract

The Recovery Church Movement (RCM), established in 2010, was created to reach out and train individuals in the early stages of recovery to help them grow in their faith. The RCM trains others to be disciples to reach others suffering from addiction. Healing has come through faith. The RCM is an additional opportunity to help those who experience addiction and save lives, money, and improve the quality of life for those who experience substance use disorders and addiction.

Keywords: Recovery; Church; Religion; Spirituality

Introduction

Have you or a loved one been diagnosed with a substance-related or Addictive Disorder? What would you do or recommend others do to increase their chance of remaining in recovery? According to the National Center for Drug Abuse Statistics there have been 700,000 drug overdose deaths in the United States since the year 2000 and the average cost of drug rehabilitation per person is \$13,475[1]. Many addiction counselors are in recovery themselves. It is estimated that between 30 and 50% of addiction professionals in the United States are in recovery [2]. It is estimated that it can take as long as eight or nine years after a person first seeks formal help to maintain recovery [3].

One way individuals attempt to maintain recovery is through religion. Matthew 11:28-29 states, "Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." [4]. The weight of addiction is heavy. Addiction

is a disease not unlike other chronic diseases such as; diabetes and heart disease. It is preventable and treatable [5]. It changes the body and progressively gets worse over extended periods of time [5]. Worst of all, it can last a lifetime and result in death [5].

"There is healing in faith." [6]. One program that is growing in popularity in the United States is the Recovery Church Movement (RCM). The RCM is a network of churches, founded in 2010, that reach out and train individuals in the early stages of recovery to help them grow in their faith and help them maintain sobriety [7]. "Recovery Church is not a perfect place for perfect people, but a healing ground for those who want to get well." [7]. Recovery churches provide a place for those who experience substance abuse disorders can attend service and feel like they are accepted and not judged. Matthew 11:28 applies to all individuals who are weary and burdened, this includes those suffering from addiction. Those who are leaders in this movement believes that if God has healed

them from their addiction it is their duty as a Christian to help others who struggle with the same things that God has helped them overcome. There are pastors in the recovery church movement that are recovering addicts themselves.

Discussion

Due to the high mortality rate among addicts it is time for society, especially, those in the field of psychology to begin using additional forms of treatment methods. Religion may not heal all addicts, but it has been a successful form of treatment for many addicts. The use of religion and programs such as the RCM can bring healing from the disease of addiction. It is imperative that addiction is treated as a disease and various methods of treatment are considered.

Conclusion

Overdose is the leading cause of death in the United States for people under the age of 50 [7]. Addiction is a costly disease therefore; we must seek additional ways to help those diagnosed with substance use disorders to find healing. The RCM is a growing program that can aid those in recovery to live substance free, happy, healthy lives.

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Conflict of interest

Author declared no conflict of interest.

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