



**LOUISIANA**  
OFFICE OF BEHAVIORAL HEALTH  
**FAITH & RECOVERY OUTREACH**

INITIATIVE

# FAITH AND RECOVERY OUTREACH

*Toolkit*

**Understanding Faith Culture &  
Building Partnerships**



**LOUISIANA**  
**DEPARTMENT OF HEALTH**  
*Behavioral Health*

# CONTENTS

---

## FOR LOCAL GOVERNING ENTITIES

- 1 **Understanding Faith Culture and Building Partnerships** 3

## FAITH-BASED COMMUNITY TOOLKIT

- 2 **Get Started Toolkit: For Faith-Based Communities**  
Tools Used to Address and Spread Awareness about Opioid Use Disorder (OUD) 6
- 3 **The Power of the Referral** 9  
Connecting individuals to the resources they need
- 4 **Resource Links** 22
- Contact** 23

# Understanding Faith Culture and Building Partnerships:

*For Local Governing Entities*

**F**aith communities play a key role in identifying wrap around resources and opportunities to discuss the importance of Substance Use Disorder issues. These communities can supply facts about the disease, root causes and explain the role faith and spirituality organizations can play in supporting individuals and their families. Most importantly, organizations can encourage individuals that there is hope and to seek help. Building a partnership can help give individuals who are seeking help the best possible outcomes on their road to recovery.

---

## Understanding Faith Culture and Building Partnerships

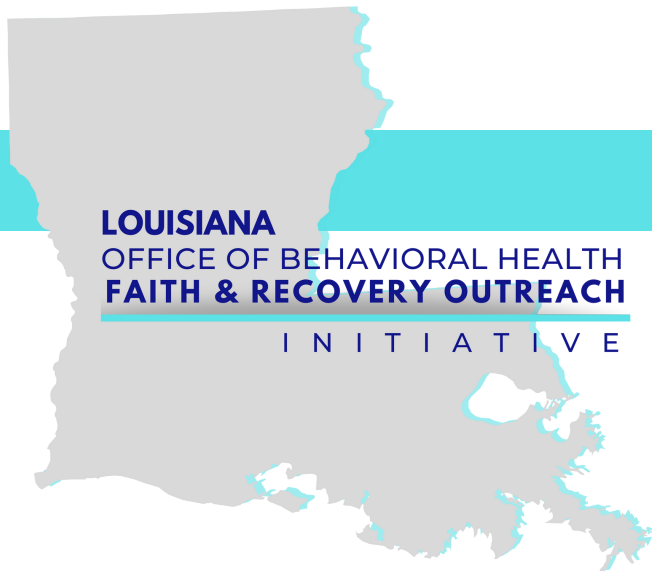
When effective, these partnerships give faith-based organizations a means through which they can attain a sense of fulfillment of their calling while offering the more tangible benefits of accessing resources.

Within this toolkit, we include strategies to grow partnerships with faith-based organizations. We encourage implementation of safe spaces to share passions and find common ground. Focus on what drives the faith-based organizations. Invest by spending time building relationships.

You will find resources and tools within this tool kit that can be easily used to help our communities.

**BUILD ON** *strengths.*





For Local Governing Entities

**LGEs**

**Here are two training videos on how to grow partnerships with faith-based organizations.**

## Video Training Links:

These short videos share important tips to engage and form partnerships with the faith-based community. Click icon to view links:

 [\*\*LASOR Opioids 2020 TRAINING 1\*\*](#)

 [\*\*LASOR Opioids 2020 TRAINING 2\*\*](#)

**BUILD** *Stronger* **COMMUNITIES.**

Faith-Based Communities

## **GET STARTED TOOLKIT:**

# **Tools to Use to Address Opioid Use Disorder (OUD)**

## **What is a Toolkit?**

A toolkit is a collection of authoritative and adaptable resources for front-line staff that enables them to learn about an issue and identify approaches for addressing those areas. Toolkits can help translate theory into practice, and typically target one issue or one audience.

A light gray map of Louisiana is positioned on the left side of the page. It is partially overlaid by a teal horizontal bar at the top. The text 'LOUISIANA' is written in bold, dark blue, uppercase letters over the map.

**LOUISIANA**

OFFICE OF BEHAVIORAL HEALTH  
**FAITH & RECOVERY OUTREACH**

I N I T I A T I V E

# Faith and Recovery Outreach For Faith-Based Communities

## **Gov. Edwards, Department of Health Release Louisiana's Opioid Response Plan**

September 24, 2019

Louisiana saw more than 450 opioid-related deaths in 2018, which points to the need for coordinated and comprehensive action.

"While we continue taking a number of positive steps forward in the battle against opioid addiction in Louisiana, we still have much work to do," said Gov. Edwards." As a result of more comprehensive data collection, we are better able to understand the challenges of those suffering from this addiction and develop a new, innovative and coordinated state response efforts. Our people are Louisiana's most valuable resource and the opioid response plan outlines the steps we will take to ensure that we increase access to the best standards of care and treatment.

Louisiana has seen a rapid escalation in the opioid prescription rate and the drug overdose rate, prompting the Department to collaborate with partners on the Opioid Response Plan. The Department of Health, through its organizational makeup, is in a unique position to address the opioid epidemic from multiple angles, all under the purview of a single state agency, but with acute awareness of the need to collaborate across agency lines and systems and branches of government.

*Source: Louisiana Department of Health*

[opioidhelppla.org](http://opioidhelppla.org)

# Louisiana State Opioids Response LaSOR

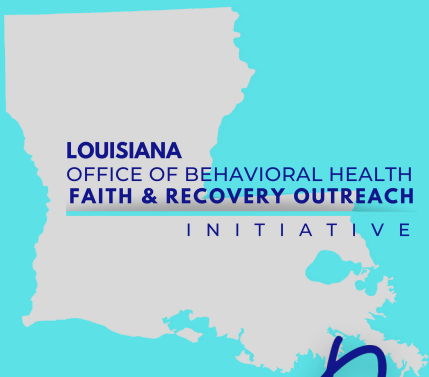
The Louisiana Department of Health, Office of Behavioral Health (OBH) was awarded State Opioid Grants to enhance existing statewide prevention, intervention, treatment, and recovery support services offered for individuals experiencing or at risk for opioid use disorder (OUD).

Through this grant, OBH will:

- Prevent prescription drug misuse and abuse through a media campaign, provider training, and Naloxone education and distribution to target populations.
- Ensure the local Opioid Treatment Programs (OTPs), the Local Governing Entities (LGEs) and other behavioral health provider networks are able to provide access to evidence-based treatments, particularly Medication for Opioid Use Disorder (MOUD), and education and training on non-opioid alternatives.
- Work with the Department of Corrections to provide treatment services for offenders participating in re-entry-programs at six designated facilities.
- Increase recovery support services for OUD clients by making sure LaSor network providers have staff to serve as Behavioral Health Recovery Support Specialists to help OUD clients access local resources and services in their community.

*Source: LDH - Office of Behavioral Health*

**JOIN THE** *Fight* **TO SPREAD AWARENESS**  
[opioidhelpla.org](http://opioidhelpla.org)



## Faith and Recovery Outreach For Faith-Based Communities

# The *Power* of the Referral

Referral - people seek 'referrals' to resources that can help them meet their needs. Community resource data connects people to health, human, and social services from which they can receive assistance.

**For referral resources visit:**  
**[opioidhelppla.org](https://opioidhelppla.org)**

Many states across the country are being profoundly affected by the opioid epidemic and Opioid Use Disorder in Louisiana is no exception. Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment, but can also come with serious risks, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death.

The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance
- Physical dependence
- Increased sensitivity to pain
- Constipation
- Nausea
- Sleepiness and dizziness
- Depression
- Low levels of testosterone
- Itching and sweating

**Use this helpful link  
to connect  
individuals to their  
LGE.**

Is someone you love using opioid medications? It may not be easy to tell, especially in the early stages of addiction, but there are helpful resources and information for addiction and recovery services in every parish across Louisiana.



# Simple Facts about Substance Use and Mental Health

## OBJECTIVE

1. Learn what signs and symptoms to look for in mental illness and substance abuse.
2. Discuss the role of everyone involved.
3. Learn to recognize the stages as change happens in every recovery process.
4. To increase how to be aware of the learning opportunities that create understanding.
5. **HELP TO ELIMINATE ANY STIGMA AND ENCOURAGE.**

## WHAT IS THE DEFINITION OF HEALTH

- The state of being free from illness or injury.
- A person's mental or physical condition.

## SOME FACTS ABOUT MENTAL ILLNESS

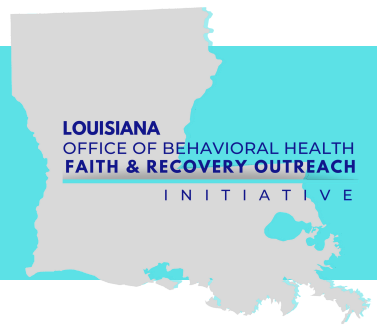
1. Mental illness is more common than you may think.
2. One out of 100 people develop schizophrenia.
3. One out of 100 developed bipolar disorder.
4. It is very common for someone to experience a period of depression in their life.
5. The more the client understands the basics about their diagnosis the better they are at speaking and being their own advocate. This equips them with the ability to take an active role in their treatment and recovery.

## A FEW SEVERE MENTAL ILLNESSES

Schizophrenia: is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning, and can be disabling. People with schizophrenia require lifelong treatment.

Bipolar Disorder: Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Bipolar depression is part of a larger condition called bipolar disorder. Specifically, the “lows” that you may be feeling, those moments of hopelessness, these are the possible symptoms of the depressive moments associated with bipolar disorder. Bipolar depression is a lifelong condition that creates unusual mood changes that can vary in length and severity. You can go from feeling revved up and euphoric to feeling down and hopeless.

# Simple Facts about Substance Abuse and Mental Health

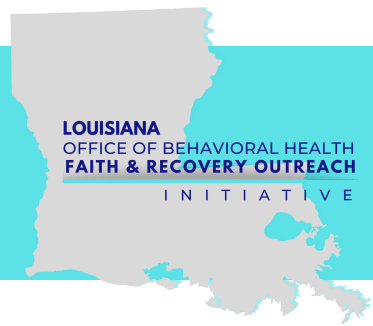


## SIGNS OF DEPRESSION

1. Fatigue almost daily.
2. Depressed mood almost every day. Your mood is sad, and you feel emptiness or hopelessness.
3. Lack of sleep or increased sleeping.
4. Significant weight loss or weight gain without dietary changes.
5. Thoughts are confused or unable to concentrate or make decisions on a daily basis.
6. Constantly having thoughts of death. Having a fear of dying or recurrent suicidal thoughts, and/or plans to commit suicide.

**"EVERYONE CAN PLAY A  
ROLE AND TAKE ACTION TO HELP  
END THE OPIOID OVERDOSE  
EPIDEMIC IN LOUISIANA."**

# Simple Facts about Substance Abuse and Mental Health



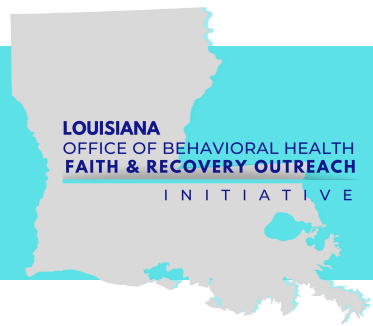
## WHAT IS AN ADDICTION?

- Lack of regard for consequences or deleterious effects (i.e., "despite adverse consequences" or "ingesting substances compulsively")
- Constantly engaging in activities that are is overindulging: Such as gambling, shopping, sex, etc.
- An activity is pleasurable but can become compulsive if continued use or act becomes compulsive.
- A user may not recognize that they are out of control.
- Interference with family, work, health or relationships.

## ALCOHOL USE DISORDER

- Using alcohol in larger amounts or over a longer period than was intended.
- Drinking that puts you in risky situations, or develop withdraw symptoms.
- Continued alcohol consumption despite problems resulting from drinking.
- The severity of alcohol use disorder whether mild, moderate or severe is based on number of diagnostic criteria a person meets according to the Diagnostic Statistical Manual (DSM).

# Simple Facts about Substance Abuse and Mental Health



## OPIOID USE DISORDER CRITERIA

- Wanting to quit but not being able to do it.
- A craving or desire to use opioid(s).
- Ingesting a larger amount of an opioid than prescribed or for longer than you should.
- Not able to carry out regular activities at home, work or school repeatedly.
- Withdrawal happening as either characteristic syndrome or the substance is used to avoid withdrawal.
- Stopping regular activities such as social interactions, sports, work or shopping, etc.

## HOW DO YOU INTERVENE

- Don't overwhelm the individual, keep it small and simple.
- Acknowledge that any decision is theirs.
- Encourage self exploration.
- Validate lack of readiness.
- Educate them on their health.
- Discuss and acknowledge clients feelings/experiences.
- Don't assume they are ready for change.

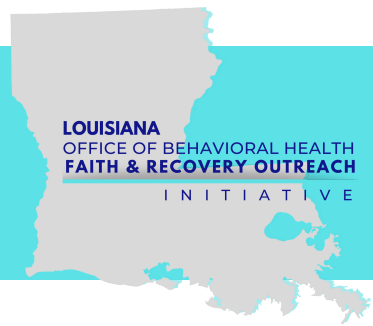
## INTERVENTION

- Help individual identify social support.
- Be supportive.
- Revisit all positive progress.
- Encourage small steps forward.
- Help rebuild confidence.
- Help continued progress toward gains and decrease barriers.
- Confirm the patient has skills for behavioral change.

## SIGNS OF BEING READY FOR CHANGE

- Looking forward not in the past.
- Decreased resistance.
- Increase questions about change.
- Making statements of self-motivation.
- Actively experimenting with change.

# Simple Facts about Substance Abuse and Mental Health



## WAYS TO PLAY YOUR PART

- Understand this is not a "fix-it all" ; treatment is a process that is ongoing.
- Encourage and help in recovering from debt or financial difficulties.
- Be understanding.
- Help in regaining employment.
- Understand there may be ongoing health issues.

## FAMILY ROLE IN THE RECOVERY PROCESS

- Be sure to also find support for yourself.
- Stay involved and be supportive.
- Understand how to reduce stress.
- Get involved!

## A LOOK AT MENTAL HEALTH FIRST AID

It is similar to CPR. CPR helps a person with no clinical training to assist an individual following a heart attack. With mental health first aid training a person helps another person assist someone experiencing a mental health crisis such as contemplating suicide. In both situations the goal is the same. Help support an individual until the appropriate help arrives. Mental Health First Aid is an 8-hour course that gives a person the skills to help someone with a mental health problem.

# RECOVERY

Is

# POSSIBLE.

[opioidhelppla.org](http://opioidhelppla.org)



# Faith and Recovery Toolkit



LOUISIANA  
OFFICE OF BEHAVIORAL HEALTH  
FAITH & RECOVERY OUTREACH  
INITIATIVE

**USE SOCIAL MEDIA, EMAILS, AND STRATEGIC PARTNERS TO  
RAISE AWARENESS.**

**YOU CAN  
BECOME PART  
OF THE CHANGE.**

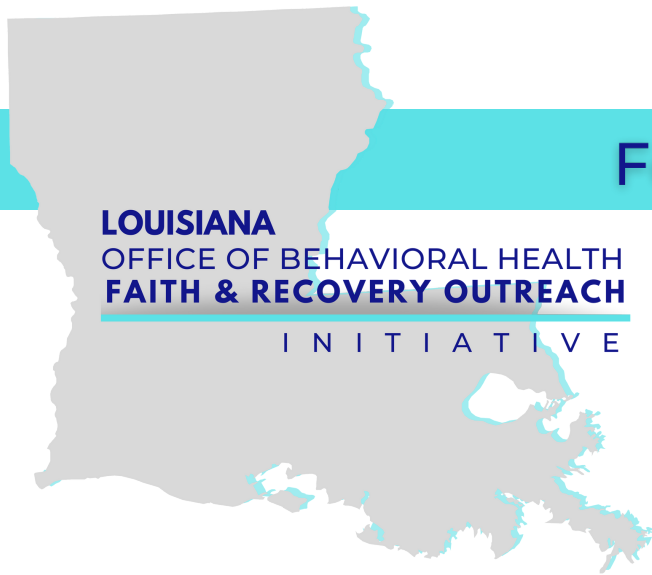
Overdoses from opioids are on the rise and killing Americans of all races and ages. Families and communities across the country are coping with the health, emotional, and economic effects of this epidemic. Together, we can reach a broad audience to raise awareness about the campaign and the risks of opioid overdose.

-(Source: <https://www.cdc.gov/rxawareness>)

## **SOCIAL MEDIA POSTING/BANNERS/IMAGES**

Using social media to engage with your audience, family, friends, and followers is a great way to raise awareness about Opioid Use Disorder. Feel free to use the videos, banners and images within this toolkit on your website and social media pages, sharing this important information with your family, friends, and followers.

**LIKE** *Share* **TALK ABOUT IT.**



For Faith Based Communities

# VIDEO LINKS

**Here are two commercial videos  
you can share within your  
community.**

## **FOR FAITH-BASED COMMUNITIES:**

These short videos can easily be shared via church announcements and shared on Faith Based Community websites, including social media platforms.

 [\*\*LASOR Opioids 2020 COMMERICAL 1\*\*](#)

 [\*\*LASOR Opioids 2020 COMMERICAL 2\*\*](#)

**SHARE** *Videos on* **SOCIAL MEDIA**

# SOCIAL MEDIA GRAPHICS

*Spread the Word*

# CLICK LINK TO DOWNLOAD GRAPHICS



# Creating A Community Resource List



*This document helps service providers to develop an understanding of the benefits of having a community resource list for individuals experiencing Opioids Use Disorder (OUD).*

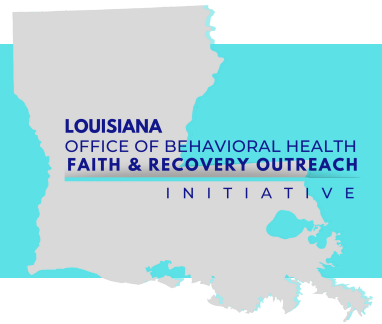
## Why do you need a Community Resource List?

- To identify community resources, also known as resource mapping, is a strategy for improving services to communities. It can be achieved by compiling a list of resources and/or by mapping out the resources, their physical location, contact information and linkages with other resources.
- To help guide the work of identifying community resources and assets, the following questions should be addressed: What is the purpose of the asset assessment and how will the results be used? What is the size/scope of the community being assessed? What people are available to do the work? How much time do you have for the task or how much time can you allow? How much money and other resources are available for incidental expenses?
- There are two basic complementary approaches to identifying resources, with one approach focusing on the resources of groups that offer services in the community for individuals experiencing this type of trauma.
- Additionally, once you have collected resource information, it can be helpful to put it on a map. Maps are good visual aids—when data creates a picture, understanding and insight often increase. There are several possible approaches to creating a map: Mark the resources on a large community street map, use a computer program to create a more flexible and sophisticated map, or even diagram resources on a chart, rather than an actual map, to show linkages among the different categories of resources.

## Resource Mapping Training Document



# Recovery Support Group Manual



## Faith-Based Recovery Support Group

The objective of the “Faith Based Recovery Group” is to provide group and one-on-one mentoring in conjunction with the Word of God to help guide you into a life of freedom.

“Faith Based Recovery Support Group” provides both group as well as one-on-one mentoring. The Recovery Support Group work in conjunction with organizations and medical professionals who are available to assist any person who is struggling with addiction(s) and/or destructive behavior(s). The Recovery Support Group partner with counselors who are licensed to practice in the state of Louisiana, as well as other agencies that provide assistance to those struggling with breaking away from life-damaging habits. We also offer mentoring and encouragement to family members who are confronting the addiction along with their loved ones.

*Written by Tonja Myles, Recovery Support Group Manual*

**[Recovery Support Group Manual Here](#)**

**CONFRONT**  **CONQUER**

# RESOURCE LINKS

*For Faith-Based Communities*

# RESOURCES



LOUISIANA  
OFFICE OF BEHAVIORAL HEALTH  
**FAITH & RECOVERY OUTREACH**  
INITIATIVE

## Resource Links:

[LA Dept. of Health LGE Directory](#)

[Opioidhelppla.org](#)

[Louisiana State Opioids Response \(LASOR\) Program Guide](#)

[Directory: Medication Assisted Treatment Clinics & Providers](#)

[Coronavirus COVID-19 Behavioral Health Information](#)

[Faith-based and Community Initiatives \(FBCI\)](#)

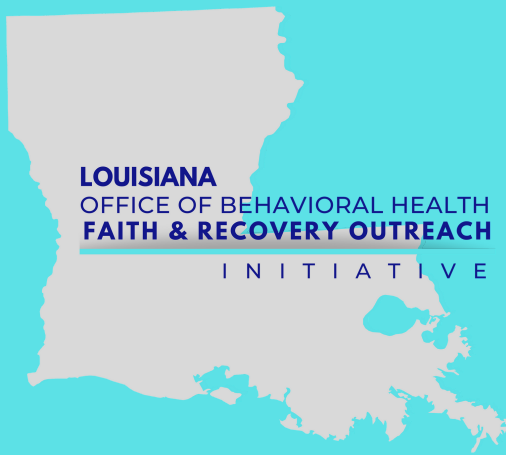
[Helping Faith and Community Leaders Bring Hope and Healing to Our Communities](#)

[Medication-Assisted Treatment \(MAT\)](#)

[Louisiana Opioid Epidemic Presentation](#)

[Narcan Information](#)

**YOU** *are never* **ALONE.**



**Is someone you love using opioid medications? It may not be easy to tell, especially in the early stages of addiction, but there are helpful resources and information for addiction and recovery services in every parish across Louisiana. For assistance, refer to the website link below:**

**[opioidhelppla.org](https://opioidhelppla.org)**

**FOR TECHNICAL ASSISTANCE**

**CONTACT**

---

**TONJA MYLES, CPSS**  
**[TONJAMYLES@ATT.NET](mailto:TONJAMYLES@ATT.NET)**  
**225.288.1044**