

*Addiction Recovery Resource Guide*

*Recovery Advocates*

*Saint Michael and All Angels Episcopal Church*

*May 2010*

O blessed Lord, you ministered to all who came to you. Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy, remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who care for them, give patient understanding and persevering love. **Amen.**

*BCP, p. 821*

### **Did you know?**

One in every three families is affected by alcohol and drug dependency.

An estimated 20 million Americans chronically misuse alcohol and other drugs — legal and illegal.

Less than 3% of those with alcoholism fit the stereotype of “skid row bum.” Alcoholics are functioning in every profession, every trade and every parish.

One in ten of us will become chemically dependent in our lifetimes.

[\(Recovery Ministries of the Episcopal Church\)](#)

[Recovery Advocates](#), one of the Pastoral Care Ministries of [Saint Michael and All Angels Episcopal Church](#), is a group dedicated to enhancing the spiritual, physical, emotional and social well being of communicants in the matter of substance abuse and other addictions. The group sponsors workshops, speakers, retreats, and an annual Recovery Mass. Because a spiritual solution is often their best hope, persons in recovery have an urgent need to develop and maintain a close relationship with a higher power of their understanding. Twelve step programs, like Alcoholics Anonymous support them to expand their spiritual life.

This guide was developed to serve as an informational resource to the parish.



The **Recovery Advocates** listed below have knowledge and/or experience in the area of addiction recovery and are willing to serve as a resource to parishioners; we are willing to discuss issues and concerns, share our own experiences, or take someone to an AA or Alanon meeting. *All communications will remain confidential.*

Charlie Corneal

[charliecarneal@gmail.com](mailto:charliecarneal@gmail.com)

214-906-2543

Sally Magee

[sallywheelermagee@gmail.com](mailto:sallywheelermagee@gmail.com)

214-725-9236

Karen Casey

[karencasey1@hotmail.com](mailto:karencasey1@hotmail.com)

214-287-2096

Melanie McGill

[melanie.mcgill@gmail.com](mailto:melanie.mcgill@gmail.com)

214-526-4499

The Rev. Neal Hern

[nealhern@aol.com](mailto:nealhern@aol.com)

214-352-8492

Ken McGill

[kjmcgill@mac.com](mailto:kjmcgill@mac.com)

214-526-4456

Dr. James (Jim) Huth

[James.huth@utsouthwestern.edu](mailto:James.huth@utsouthwestern.edu)

214-559-2924

Larry Ramey

[larryramey@yahoo.com](mailto:larryramey@yahoo.com)

214-943-8362

Martha Kimmerling

[mmk9444@sbcglobal.net](mailto:mmk9444@sbcglobal.net)

214-522-1300

Kelley Salewske

[ksalewske@sbcglobal.net](mailto:ksalewske@sbcglobal.net)

214-287-4387

Bill Magee

[Thomasmagee@me.com](mailto:Thomasmagee@me.com)

214-404-1010

Rick Salewske

[rsalewske@clarkwestern.com](mailto:rsalewske@clarkwestern.com)

214-368-1522

Connie Smith

[cconcuba@sbcglobal.net](mailto:cconcuba@sbcglobal.net)

214-502-2927

Dr. John M. Talmadge, M.D.

[john.talmadge@utsouthwestern.edu](mailto:john.talmadge@utsouthwestern.edu)

214-673-9250

Charlie Stobaugh

[charliestobaugh@gmail.com](mailto:charliestobaugh@gmail.com)

214-361-0923

Dr. Susan Tucker

[genome911@yahoo.com](mailto:genome911@yahoo.com)

214-559-2924

Ken Sutton

[kds@kensutton.com](mailto:kds@kensutton.com)

214-616-4101

The Rev. Jim Webb

[jameskwebb@sbcglobal.net](mailto:jameskwebb@sbcglobal.net)

214-532-7900

Frank Wood

[Frankmwood@yahoo.com](mailto:Frankmwood@yahoo.com)

972-834-3080

## What is a Twelve-Step Program?

Twelve Step programs are well known for use in recovery from addictive or dysfunctional behaviors. The first 12-step program began with Alcoholics Anonymous (A.A.) in the 1930s. The 12-step approach has since grown to be the most widely used approach in dealing with not only alcoholism, but also drug abuse and various other addictive or dysfunctional behaviors.

The first book written to cover the 12-step program was titled "Alcoholics Anonymous", affectionately known as the **Big Book** by program members. Following the subsequent extensive growth of twelve step programs, numerous books and other media were created to cover the steps in more detail and for different addictive and dysfunctional behaviors.

The twelve steps of Alcoholics Anonymous are listed below. Other groups who have adopted the 12 steps to address their own particular addictive or dysfunctional behavior have similar ideas with some variations. These steps are meant to be worked sequentially as a process of getting rid of addictive behaviors and growing in freedom and happiness ([12Step.org](http://12Step.org)).

### THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

© A.A. World Services, Inc.

## Recovery Resources in the Dallas area

[Alcoholics Anonymous](#) (phone is answered 24/7) — 214-887-6699

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. © The A.A. Grapevine, Inc.

The above website posts an online directory of AA meetings in the Dallas area. Meetings take place every day of the week, from morning until evening. They typically last one hour.

“**Closed meetings**” of Alcoholics Anonymous are strictly for people who have a desire to stop drinking.

Anyone can attend “**Open meetings**” which tend to be speaker meetings where a member of Alcoholics Anonymous shares their story (experience, strength, and hope), so that the newcomer may get a better idea of what the program can do.

Many AA meetings are “**Discussion meetings**” in which a discussion leader introduces a topic with some brief comments and then throws the meeting open for discussion. Sometimes, the meeting “goes around the room” and everyone has the opportunity to speak if desired, or the discussion leader may call on individual members and invite them to share. Those who do not wish to speak simply say, “Thanks, I’ll pass” or “I’ll just listen tonight.” This is always accepted and pressure is never exerted to speak. Those who share normally introduce themselves by saying, “My name is so-and-so and I am an alcoholic.”

A “**Big Book Meeting**” is one in which the group studies a chapter or section of the “Big Book” called *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women have Recovered from Alcoholism*.

A “**Step Study Meeting**” is one in which the twelve steps of AA are studied. This typically takes place over a period of time, with each step being studied across one or more meetings.

### AA Meetings

There are many AA groups that meet in the Dallas area. You can access a [Meeting Locator](#). Some of our favorite AA meetings include:

**Highland Park Group** — Closed Discussion meeting on Tuesdays at 7 p.m., Closed Women’s meeting on Thursdays at 7 p.m., at Highland Park Presbyterian Church

**Preston Group** — meets at 6024 Luther Lane (Preston Center area); several meetings are held every day, 7 days a week. Call 214-368-8866 for meeting times or access the [Preston Group calendar](#). The Women’s meeting 10:30 a.m. Tuesday morning in the non-smoking room is particularly good.

**Sunday Night Group** — Closed discussion meeting on 1<sup>st</sup> and 3<sup>rd</sup> Sundays at 7:30 p.m. at Saint Michael and All Angels Episcopal Church, Coke Activities Room.

**Twelfth Step Ministry** — Closed Men's Big Book meeting Saturdays at 8:30 a.m., 5324 West Northwest Highway, Room 1

**Upper Room Group** — Closed discussion meeting on Mondays at 7:30 p.m. at Highland Park Methodist Church, Room 252

[Al Anon](#) — 214-363-0461

For over 55 years, Al-Anon has been offering strength and hope for friends and families of problem drinkers. It is estimated that each alcoholic affects the lives of at least four other people... alcoholism is truly a family disease. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else's drinking can find solutions that lead to serenity in the Al-Anon fellowship. This program of recovery is adapted from Alcoholics Anonymous. The only requirement for membership is that there is a problem of alcoholism in a relative or friend. Whether the alcoholic is still drinking or not, Al-Anon offers hope and recovery to all people affected by the alcoholism of a loved one or friend.

### [Dallas Area Calendar of Alanon Meetings](#)

**Meetings that we are familiar with:**

**Park Cities Step Study AFG** — Mondays 6 p.m., Room 388, Highland Park United Methodist Church

**Women in Recovery** — Combination AA/Alanon meeting Wednesdays at 6 p.m. Highland Park United Methodist Church, Room 252

**Preston Group**, 6024 Luther Lane, several meetings every day — call 214-368-8866 for meeting times

[Alateen](#) — 214-363-0461

Alateen is part of Al-Anon, which helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Alateen is our recovery program for young people. Alateen groups are sponsored by Al-Anon members.

[Chemical Awareness Resources & Education \(C.A.R.E.\)](#) — 214-526-8986

Located at the Park Cities YMCA, C.A.R.E. is a community resource for anyone who has a concern, question or needs a confidential place to look for help. C.A.R.E. works with families with substance abuse issues or who simply need support with parenting challenges. Parents and youth are welcome to call or come by anytime. Services include:

- Educational Courses
- Referrals
- Lending Library (Books, Tapes, Videos, DVDs)
- Programs in the Community Schools
- Student and Adult Volunteer Opportunities
- Speakers Bureau for Church or Civic Groups
- Community Service hours for Students
- Parenting With CARE

[Gamblers Anonymous](#) — Dallas hotline 214-890-0005

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling.

[Dallas Area Meeting Directory.](#)

[Greater Dallas Council on Alcoholism/Drug Abuse](#) — 214-522-8600

Trained specialists provide telephone assistance to callers who need information on alcohol and other drugs and/or referrals to available services throughout the community. A comprehensive list of online resources can be found on their website.

[MADD \(Mothers Against Drunk Driving\)](#) — 214-637-0372

Programs include:

Victim's Assistance Program — helps aid drunk-driving victims.

"Forget Me Not" Program — a child/teen advocacy program focuses on helping the children and teenagers whose lives have been affected by drunk driving.

Legal Advocacy — assists with various aspects of court and legal proceedings, such as court monitors, etc.

Youth in Action Program — a program that finds solutions for influencing the whole environment that seems to condone underage drinking

[Narcotics Anonymous](#) — 24-HOUR HELPLINE — 972-699-9306



[Nicotine Anonymous](#) —214-327-1633

[Overeaters Anonymous](#) — 972-238-0333

Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. The only requirement for membership is a desire to stop eating compulsively.

[Recovery Resource Council](#) — Fort Worth — 817-332-6329 (toll free: 1-877-332-6329)

An information center where you can find answers to questions about alcoholism, drug addiction, drug trends & tobacco usage. Additional information that you can obtain by calling:

1. Current 12-Step groups meeting times and locations
2. Local and Statewide substance abuse treatment options
3. Community resources

A caring staff is available to answer substance use disorder questions in person or over the phone. Recovery Resource Council respects the confidentiality of all of its clients and callers.

[The Twelfth Step Ministry, Inc.](#) — 214-265-7192

The Twelfth Step Ministry, Inc. at the Center For Spiritual Development, (CSD), is a safe, inclusive community which provides hope, support, education and training for the recovery and professional communities in North Texas. The Center for Spiritual Development (CSD) is the Twelfth Step Ministry and is located at 5324 West Northwest Highway across from the Lovers Lane church campus. It is the home of a variety of Twelve-Step support groups, including:

AA — Alcoholics Anonymous

CA— Cocaine Anonymous

CDA — Chemically Dependent Anonymous

CEA — Compulsive Eaters Anonymous

COSA — Co-Dependent of the Sex Addict

DA — Debtors Anonymous

HA — Heroin Anonymous

LAA — Love Addicts Anonymous

RCA — Recovering Couples Anonymous

SAA — Sex Addicts Anonymous

SIA — Survivors of Incest Anonymous

SLAA — Sex & Love Addicts Anonymous

Meetings are held every day, 7 days a week. All are closed meetings but Newcomers are welcome. Call for information or access the [meeting calendar](#).

## Treatment Resources

Recovery Advocates do not recommend or endorse any particular treatment or facility. Listed below are rehabilitation/treatment programs with which we are familiar.

[Betty Ford Center](#) — 800-434-7365 (*Inpatient*)

An addiction treatment program with services to the entire family system impacted by alcoholism and other drug addiction. Located in Rancho Mirage, California.

[Burning Tree Recovery Ranch](#) — 877-962-7374 (*Inpatient*)

A long-term residential treatment center for men and women with alcoholism and/or drug addiction, located in Kaufman, Texas, 45 minutes east of Dallas and in Elgin, Texas, 30 minutes east of Austin.

[Cirque Lodge](#) — 877-997-3422 (*Inpatient*)

A residential treatment center providing services for alcohol and substance abuse. Located in Utah.

[Gaston House](#) — 214-902-9881 (*Men only, Inpatient*)

A sober, structured, therapeutic community for young men recovering from addiction and other issues, following the 12-step model of treatment for addiction and addictive behavior as outlined by Alcoholics Anonymous. Located in Dallas.

[Green Oaks Behavioral Health Care](#) — 972-991-9504 (*Inpatient*)

Mental health and addiction services for adolescents, seniors and adults to the people and employers of North Texas. Located in Dallas.

[Hazelden](#) — 800-257-7810 (*Inpatient*)

Inpatient alcohol and drug addiction treatment center. Based in Minnesota with various other locations.

[La Hacienda Treatment Center](#) — (*Inpatient*) 972-751-1200

Inpatient facility located in Central Texas serves alcohol and chemically dependent individuals and their families.

[Magdalen House](#) — 214-324-9261 (*Women only, Detox*)

A free, non-medical detox center that offers women a safe environment where they can withdraw from alcohol abuse. Located in Dallas.

[Nexus](#) — 972-321-0156 (*Women only, Inpatient with children*)

A female-only substance abuse treatment center, it is one of the few programs in the nation that can accommodate children of clients who are in residential treatment. Nexus offers programs for adult women, women with accompanying children, pregnant women or women with infants, and adolescent girls ages 13 to 17. Located in Dallas.

[Sante Center for Healing](#) — 800-258-4250

Offers treatment and rehabilitation for those suffering from drug abuse and addiction, eating disorders and behavioral health issues on a residential or outpatient basis. Located in Argyle, Texas.

[Sierra Tucson Treatment Center](#) — 800-842-4487

Dedicated to treatment of addictions and behavioral disorders. Located in Tucson, Arizona.

[Solutions Outpatient Services](#) — 214-369-1155 (*Outpatient*)

An alcohol and drug abuse intensive, evening, outpatient treatment program in Dallas, for adults 18 years old and older, utilizing the Twelve Step model and Family Systems approach.

[The Meadows](#) — 800-632-3697

An inpatient program specializing in the treatment of a broad range of addictions including drug and alcohol addiction, compulsive behaviors, anxiety disorders and mood disorders. Located in Wickenburg, Arizona, with a new location in Montgomery, Texas — [The Meadows Texas](#).

[Turtle Creek Manor](#) — 214-871-2484 (*Dual diagnosis*)

A residential program in North Texas that is wholly dedicated to serving both men and women who have co-occurring disorders of severe mental illness and alcohol or drug addiction.

[Valley Hope Association](#) — 817-424-1305

Alcohol and drug addiction treatment services offer a variety of treatment services, including medically monitored detox, residential, day/partial, outpatient and continuing care.