

## The Common Struggle

Approximately half of people with substance use disorder also experience co-occurring mental health disorders. These struggles are rarely addressed in recovery meetings.

## Tools To Defend Your Recovery

Exploring Your Recovery is a new topic-based group discussion curriculum that goes beyond the 12-steps to help those affected by addiction explore their experiences with a variety of mental health struggles that commonly co-occur with addiction.

## Let God Define Who You Are

Many people in recovery (and in active addiction) define themselves in terms of the things they struggle with. They may see anger, shame, depression, etc. as simply *who they are* rather than a condition to be addressed.

Exploring Your Recovery helps people see that their identity is defined by God rather than their own thoughts or behavior. Curriculum videos introduce each topic through personal stories presented by real people who share their own struggles to help participants see the ways that mental health struggles are fed by addiction as well as the way these conditions can threaten recovery.

## EXPLORING YOUR RECOVERY TOPICS

*ADHD – Anger - Anxiety & Depression*

*Empathy & Forgiveness - Guilt & Shame - Gratitude*

## Designed To Fit Your Ministry

Each Exploring Your Recovery topic is presented over 2 sessions. Groups can be launched topic-by-topic, in a series, or as stand-alone discussion groups.

Group materials are simple to access and use and are designed to be facilitated by those with basic group leader training.

## Everything You Need To Create Engaging Groups

We want your church to have a great experience using LifeSupport curriculum so we provide the tools you need to build effective group experiences for your attendees.

Our team has many years of experience leading and growing recovery ministry.

We're available to help you build your ministry to serve people in need of life change.

For each topic, we include:

- Original Session Digital Video (downloadable or view on LifeSupport site)
- Group Session Introduction and Group Guidelines
- Topic-specific Session Discussion Guides - with video summaries, discussion questions, and prompts for personal action and prayer.
- Facilitators Guide with helpful tips for special considerations when leading a group related to mental health and recovery.

Disclaimer: This material is intended for ministry purposes only. While care from others in our lives provides important support, mental health struggles often require the support of mental health professionals and this content should not be seen as a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.