

SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

ACCOUNTABILITY TEAM PHONE NUMBERS:

Sponsor: _____

Accountability Partners: _____

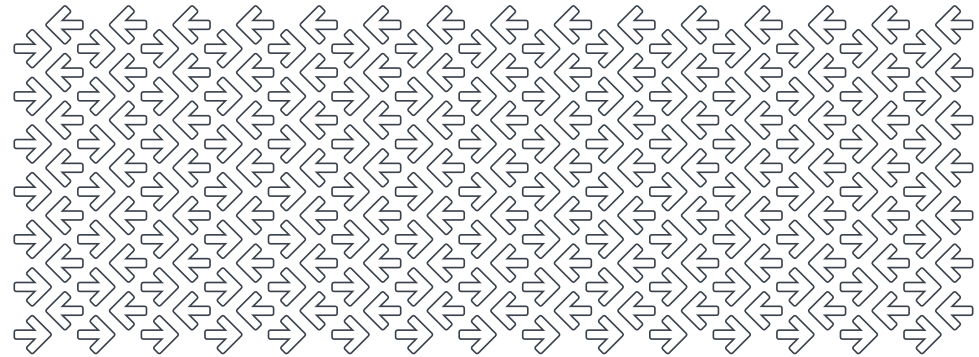


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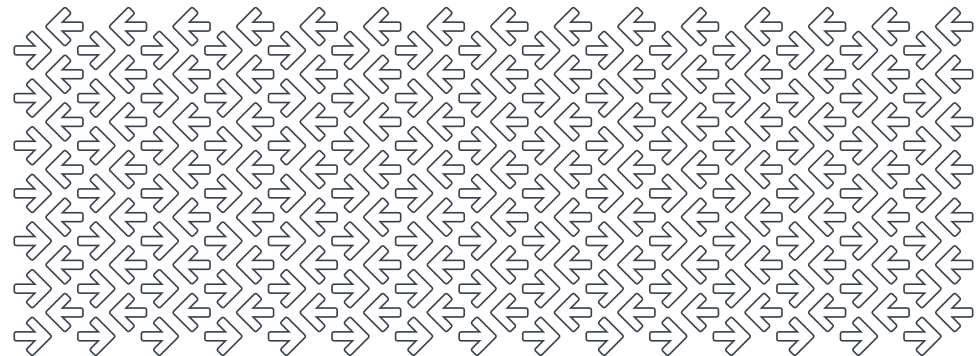
CHEMICAL DEPENDENCY

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

The usage of drugs and/or alcohol in order to feel “normal” or functionally “normally.”

WHAT TO LOOK FOR:

Please take the self-assessments below that best describes your situation.

The Drug Abuse Screening Test (DAST):

1. Have you used drugs other than those required for medicinal reasons? N/Y
2. Have you abused prescription drugs? N/Y
3. Do you abuse more than one drug at a time? N/Y
4. Can you get through the week without using drugs? N/Y
5. Are you always able to stop using drugs when you want to? N/Y
6. Have you had “blackouts” or “flashbacks” as a result of drug use? N/Y
7. Do you ever feel bad or guilty about your drug use? N/Y
8. Does your spouse (or parents) ever complain about your involvement with drugs? N/Y
9. Has drug abuse created problems between you and your spouse or your parents? N/Y
10. Have you lost friends because of your use of drugs? N/Y
11. Have you neglected your family or friends because of your use of drugs?..... N/Y
12. Have you been in trouble at work or school because of drug abuse? N/Y
13. Have you lost a job because of drug abuse? N/Y
14. Have you gotten into fights when under the influence of drugs?..... N/Y
15. Have you engaged in illegal activities in order to obtain drugs?..... N/Y
16. Have you been arrested for possession of illegal drugs?..... N/Y
17. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?..... N/Y
18. Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding, etc.)? N/Y
19. Have you gone to anyone for help for a drug problem? N/Y
20. Have you been involved in a treatment program specifically related to drug use? N/Y

DAST Scoring:

Each item is given 1 point for “Yes” except 4 & 5 which received a point for “No.”

6-15: Indicates drug abuse or dependence

16 or more: Indicates severe drug abuse

The Michigan Alcohol Screening Test (MAST):

1. Do you feel you are a normal drinker (“normal” – drink as much or less than most other people)? N/Y
2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening? N/Y
3. Does any near relative or close friend ever worry or complain about your drinking?..... N/Y
4. Can you stop drinking without difficulty after one or two drinks?..... N/Y
5. Do you ever feel guilty about your drinking? N/Y
6. Have you ever attended a meeting of Alcoholics Anonymous (AA)? N/Y
7. Have you ever gotten into physical fights when drinking? N/Y

8. Has drinking ever created problems between you and a near relative or close friend?. N/Y
9. Has any family member or close friend gone to anyone for help about your drinking? . N/Y
10. Have you ever lost friends because of your drinking? N/Y
11. Have you ever gotten into trouble at work because of drinking? N/Y
12. Have you ever lost a job because of drinking?..... N/Y
13. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? N/Y
14. Do you drink before noon fairly often? N/Y
15. Have you ever been told you have liver trouble such as cirrhosis? N/Y
16. After heavy drinking have you ever had delirium tremens (D.T.'s), severe shaking, visual or auditory (hearing) hallucinations? N/Y
17. Have you ever gone to anyone for help about your drinking?..... N/Y
18. Have you ever been hospitalized because of drinking? N/Y
19. Has your drinking ever resulted in your being hospitalized in a psychiatric ward? N/Y
20. Have you ever gone to any doctor, social worker, clergyman or mental health clinic for help with any emotional problem in which drinking was part of the problem? N/Y
21. Have you been arrested more than once for driving under the influence of alcohol?... N/Y
22. Have you ever been arrested, even for a few hours, because of other behavior while drinking?..... N/Y

MAST Scoring:

Each item is given 1 point for “Yes” except 1 & 4 which received a point for “No.”

0-2: No apparent problem

3-5: Early or middle problem drinker

6 or more: Problem drinker

RECOMMENDATIONS:

If you scored a six or above on either assessment, you may have a serious medical condition, in addition to your chemical dependency. Even someone who has only been using for a short period of time can experience grave consequences when detoxing from drugs or alcohol. Most are not aware of their complete medical conditions and how their drug or alcohol usage has affected those conditions. The safest recommendation for detox is under the care of a medical treatment center. There are several treatment centers in the Metroplex and you can contact the Rush Creek Counseling Center at (817) 704-6991 for a list of recommendations.

HELPFUL READING:

The Heart of Addiction by Mark Shaw

Relapse: Biblical Prevention Strategies by Mark Shaw

“Therefore, no condemnation now exists for those in Christ Jesus, because the Spirit’s law of life in Christ Jesus has set you free from the law of sin and of death. What the law could not do since it was limited by the flesh, God did. He condemned sin in the flesh by sending His own Son in flesh like ours under sin’s domain, and as a sin offering, in order that the law’s requirement would be accomplished in us who do not walk according to the flesh but according to the Spirit.” Romans 8:1-4 (HCSB)