The Role of Spiritual Development in the Recovery Process

Opiate Conference, Columbus, Ohio
June 13, 2017
Presenter: Rev. Karell T. McDaniel, LICDC-CS
Faith-Based Outreach Committee Mission Statement:

(WE EXIST TO) “RECOGNIZE AND ADVOCATE SPIRITUALITY IN THE RECOVERY PROCESS; TO COLLABORATE THE SPIRITUAL PERSPECTIVE WITH OTHER INTERVENTIONS AND BEST PRACTICES; AND TO PROMOTE THE CONCEPT THAT TREATMENT WORKS AND PEOPLE RECOVER.”
What is Spiritual Development?

- Spiritual development is the process of becoming fit for a higher level in the spiritual world. There are three (3) areas of spiritual learning:
  1. skills,
  2. beliefs, and
  3. evolution:
“Addiction Erodes and Blocks Spiritual Development”

Core Competencies for Clergy and Other Spiritual Caregivers in Addressing Addiction and the Impact on Family Members (SAMHSA)

ARRESTED DEVELOPMENT
Vampire Analogies

ILLUSTRATES THE EROSION AND BLOCKING OF SPIRITUAL DEVELOPMENT

By Karell T. McDaniel, LICDC-CS © 2003
The Vampire Analogy:
10 Similarities between Vampires & Addicts

1. People Become Infected Once Bitten by a Vampire
2. Vampires are the Living Dead
3. Vampires Drink Blood (Suck the Life) From their Victims
4. Vampires Cannot See Their Own Reflection
5. Vampires Can Only Enter Your Home Once Invited
6. Vampires Have Their Own Society
7. Vampires Are Afraid of Daylight
8. Vampires Sleep During the Day
9. Vampires Cannot Go On Holy Ground
10. Vampires Can Be Killed by a Cross or Stake Through the Heart
Analogy #1

- **People Become Infected Once Bitten by a Vampire:**
  People are introduced to the using lifestyle by someone else who is already using alcohol or other drugs. Once "bitten", the substance begins to change the user. It isn't very long before the user begins to change from sober/non-using behaviors to compulsive/addictive behaviors.
Analogy #2

- **Vampires are the Living Dead**: Once addicted, over time, these alcoholics/addicts become dead to their previous existence. While physically alive, they become spiritually dead. They become dead to their families, drop out of church, or school, get fired from jobs, become incarcerated from society, end up separated or divorced from spouses, and become estranged from friends and the productive community. They no longer have a heart that beats for the things they have lost. They live among us...hiding in the dark and taking from the living.
Analogy #3

- **Vampires Drink Blood (Suck the Life) From their Victims:** Once transformed, these alcoholics/addicts must continue to use in order to maintain their new lifestyle. Unfortunately, after the substance has sucked the sober life out of the user, the user then proceeds to suck the life out of their closest family members (parents or children, employers and practically anyone who will trust them enough to get close.)
Analogy #4

**Vampires Cannot See Their Own Reflection:** These substance abusers are unable to see that their substance use has caused problems. When these problem behaviors are presented to them, they see no reflection. Instead, they see and blame everything and everyone else except themselves for their negative consequences. Note: If there is a reflection, it's possible an intervention may be effective.
Analogy #5

- **Vampires Can Only Enter Your Home Once Invited:** Drug-free environments are safe places and off-limits to alcohol and other drugs. Once a member of a non-using household invites an alcohol/drug user into the home and allows use, the home becomes accessible to frequent visitation.
Analogy #6

- **Vampires Have Their Own Society:** These alcoholics/addicts have their own society. They hang together, drink together, smoke together, even shoot-up together. Whatever the substance, they can be found in groups of two or more. They have bars, houses, dens and other hang outs where only users are welcome.
**Analogy #7**

- **Vampires Are Afraid of Daylight:** These alcoholics/addicts fear daylight. Daylight represents illumination and awareness. These alcoholics/addicts do not want their use or using lifestyles to be detected by the non-using society, i.e. parents, the police, probation/parole officers, clergy, their children, social workers, etc., so they use in secret and do their work at night or under cover of darkness.
Analogy #8

- **Vampires Sleep During the Day:** These alcoholics/addicts are often found in bed sleeping off the activities of the previous night. Many sleep in late, are tardy for school or work, and avoid early work schedules. They sleep away the most productive parts of their lives.
Vampires Cannot Go On Holy Ground: Active alcoholics/addicts are often unwilling to attend church or religious services. They do not want to subject themselves to Good Orderly Direction (GOD) that they are avoiding. GOD is a power greater than their disease. This power can destroy the grip that addiction has over the individual.
Analogy #10

Vampires Can Be Killed by a Cross or Stake Through the Heart: These alcoholics/addicts are aware that they are not living as they should. They are actually turned off by righteous living. But if GOD was to enter into their hearts and a spiritual conversion occurred, they would instantly be delivered from the captivity of addiction.
Spiritual Intervention
A CROSS OR STAKE THROUGH THE HEART
The Process of Becoming Spiritually Unfit

(Process of Evolutionary Crisis)

1. Leaving
   - Abandoning Healthy Relationships
2. Cleaving
   - Pursuing Unhealthy Relationships
3. External
   - Experiencing Harmful Consequences
4. Internal
   - Compromising Values
5. Surrender
   - Hitting Bottom
Spiritual Development
THE POWER OF A TRANSFORMING HEART
The Process of Conversion & Spiritual Development

Hebrews 6: 1-2

1. Hope
   - Repentance from Dead Works

2. Healing
   - Faith towards God

3. Support
   - Water Baptism

4. Training
   - Spiritual Baptism

5. Service
   - Laying on of Hands
Developing a Heart for Change
Life Recovery Ministries (Program within the Treatment Community)

Repentance
► Spiritual Goal: To produce heartfelt sorrow over a sinful way of life (alcohol and other drug abuse) and make the decision to abandon it.

Spiritual Intervention
► Program Goal: To increase the client’s motivation to change
Developing the Faith to Change
Life Recovery Ministries (Program within the Treatment Community)

Faith
- Spiritual Goal: To establish or reestablish a relationship with God or Higher Power.

Spiritual Recovery
- Program Goal: To introduce new practices
Accepting the Invitation to Change
Mental Health Support Team (Connecting with the Faith Community)

**Water Baptism**
- Spiritual Goal: To successfully convert to a faith community, develop skills to cope with changing life incidents, adopting positive values, principles and more.

**Faith-Based Recovery Support**
- Program Goal: To ground changes made in the client’s culture and helping to make them stick.
Life Recovery Ministries

REV. KARELL T. MCDANIEL, LICDC-CS
P.O. BOX 20104
CLEVELAND, OHIO 44120
216.408.9091
LIFERECOVERYMINISTRIES@HOTMAIL.COM