

A FAITH COUNTS STUDY:

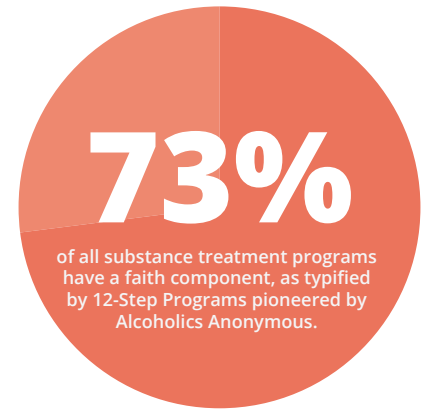
Belief, Behavior, and Belonging:

How Faith is Indispensable in Preventing and Recovering from Substance Abuse

This study reviews the voluminous empirical evidence on faith's contribution to preventing people from falling victim to substance abuse and helping them recover from it.



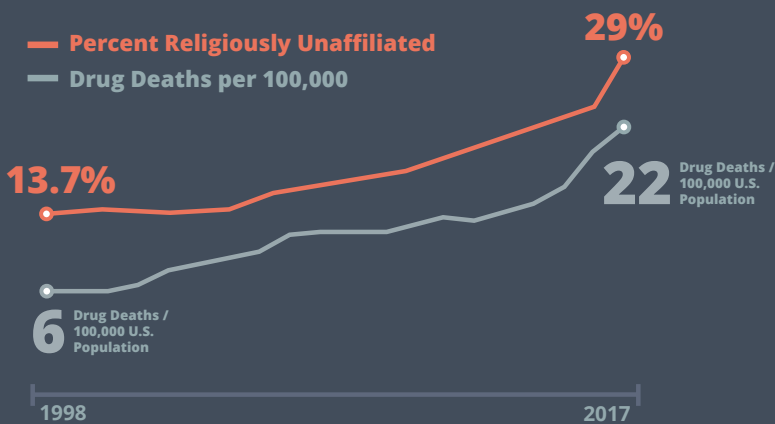
First published in the peer-reviewed
Journal of Religion and Health.



- **84%** of studies find that faith reduces drug abuse risk.
- **86%** of studies find that faith reduces alcohol abuse risk.
- Up to **82%** of clients who experience a spiritual awakening during substance abuse treatment and recovery were completely abstinent at a 1-year follow-up compared with 55% of non-spiritually awakened clients.

National Health Concern?

Americans simultaneously identifying with religion less and suffering from substance abuse more. 20 million Americans suffer from substance use disorder (SUD).



\$316.6 Billion in annual savings to the U.S. Government



MORE IMPORTANTLY

20,000+ lives saved every year

Parent Alert

- Religious youth are **three times** less likely to binge drink.
- Religious youth are **four times** less likely to use illegal drugs.
- For teens with SUD, **62%** cite staying connected with God as the top reason for staying sober after rehab.

The Faith Factor

Extensive evidence-based research on addiction shows that the efficacy of faith includes not only the behaviors people engage in (or don't engage in) because of their faith and the support people find in belonging to faith communities, but also people's religious and spiritual beliefs themselves.



Medical & psychological **intervention** is life-saving and necessary with or without faith.



Faith is significantly beneficial in **prevention**.



The faith community is uniquely effective in mobilizing crisis **response**.



Faith communities offer ongoing emotional and social **support**.



Faith is significantly beneficial in **long-term recovery**.

PERCEPTION VS. REALITY

Only 46% of Americans think that religion can answer today's problems. However, religion answers one of our biggest problems—preventing and recovering from addiction.

"Belief, Behavior, and Belonging: How Faith is Indispensable in Preventing and Recovering from Substance Abuse" a 2019 study by Brian J. Grim (Baylor University) and Melissa E. Grim (Religious Freedom & Business Foundation), published in the peer-reviewed *Journal of Religion and Health*.

To view the full study, please visit FaithCounts.com/Research.

Study sponsored by Faith Counts, a multifaith campaign aimed at promoting the value of faith.

Faith in Action

Nearly 130,000 congregations of all faiths provide recovery assistance. A few examples:



Teen Challenge USA. Adult & Teen Challenge is a worldwide network of Christian faith-based corporations intended to help teenagers, adults, and families with problems such as substance abuse or self-destructive behavior.



Beit T'Shuvah. A 140-bed Jewish treatment center using psychology, Judaism, and a synagogue community.



The Wellbriety Movement. A 12-step program incorporating Native American cultures and spirituality.



Salvation Army. Provides the most free residential recovery programs, such as Harbor Light, a 136-bed center with 85% completion rate.



Millati Islami World Services. A 12-step program founded in Baltimore that incorporates Islamic principles.



For My Baby and Me. Launched by Trenton Catholic Charities in 2017 to meet the critical needs of pregnant, addicted women.



Training. In Tennessee alone, in a partnership with the state government, about 250 congregations have been certified to meet recovery needs.



Addiction Recovery Program. The Church of Jesus Christ of Latter-day Saints runs a program that is unique in that it helps those struggling with any addiction.

OPIOID CRISIS BREAKTHROUGH



CHI St. Gabriel's Health Opioid Program. A Catholic hospital network treatment and recovery program nationally recognized for leading a faith-based charge against opioid abuse.

FaithCounts



24/7 National Help Hotline
1-800-622-4357