



Resource List: Substance Abuse & Addiction

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
[Broadcasts](#)
[Webpages, Q&As, and Resource Lists](#)
[Referrals](#)

Books

- Breaking Point** by Robert Tucker and Stephanie Tucker (2017) • 9781936451074 •
"A Christian Guide to Addiction Intervention"
- Changes That Heal** by Dr. Henry Cloud (1993) • 9780310214632 •
"The Four Shifts That Make Everything Better ... And That Anyone Can Do"
- The Christian Codependence Recovery Workbook** by Stephanie Tucker (2013) • 9781936451050 •
"From Surviving to Significance"
- Christian Families in Recovery** by Robert and Stephanie Tucker (2014) • 9781936451029 •
"A Guide for Addiction Recovery & Intervention Using God's Tools of Redemption"
- The Healing Journey for Adult Children of Alcoholics** by Daryl E. Quick (1990) • 9780830813285 •
Adult children of alcoholics are often plagued with emotional and behavioral problems. Find hope and encouragement through a recovery plan.
- The Last Addiction: Why Self-Help Is Not Enough** by Sharon Hersh (2008) • 9780877882039 •
Hersh explores *why* people are prone to addiction. When we're ready to let go of our last idol—the belief that we can save ourselves—we can understand our story more clearly and learn to break free from our compulsions.
- Praying for Your Addicted Loved One** by Sharron Cosby (2013) • 9781624800719 •
Cosby offers this devotional rooted in Scripture for families "plowing through the sludge of addiction." She shares the story of her family's journey and how God's grace sustained them each day.
- Seven Snares of the Enemy** by Erwin Lutzer (2001) • 9780802411648 •
"Breaking Free From the Devil's Grip"
- Understanding and Loving a Person With Drug or Alcohol Addiction** by Stephen Arterburn, M.Ed., and David Stoop, Ph.D. (2018)
• 9780781414913 •
"Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion"
- When Someone You Love Abuses Drugs or Alcohol** by Cecil Murphey (2003) • 9780834121331 •
When people we love struggle with drug or alcohol addiction, we often forget to care for our own needs—both physically and spiritually. Murphey offers encouragement to help you focus on God in the midst of trials.

Broadcasts

Breaking Free From Addictions (Sharon Hersh) • 9781624711558 •

Addiction can be defined as any behavior, idea, or relationship that takes God's place in our life—even "good" things like exercise. Sharing how her own addiction to praise eventually led to alcoholism, Hersh encourages individuals and their families to reach out for help and learn to trust in the lasting love of Christ.

Examining Your Part in a Difficult Marriage (Darryl and Tracy Strawberry) • 9781624719554 •

Darryl recounts his successful days as a major league baseball player and his subsequent problems with substance abuse and bad habits. He had two failed marriages, as well as several stints in rehab. He met Tracy at Narcotics Anonymous; they've been married since 2006 and speak about redemption through Christ.

Finding God's Grace in the Midst of Tragedy (Charles and Janet Morris) • 9781624713248 •

The Morrises describe how raising their oldest son kept them constantly on their knees in prayer. But nothing they could do kept him from using drugs as a teen—or dying tragically from an overdose as a 22-year-old. Here they share how they grieved as a family, and they encourage listeners to trust the Lord and stay in prayer for prodigal children.

A Passionate Heart for God (Becky Tirabassi) • 9781683320173 •

Sharing her testimony with students at Azusa Pacific University, Tirabassi speaks of her years of alcohol abuse and her conversion. She encourages the audience to be sold out for Jesus.

Practical Advice for Drug-Proofing Your Kids (Glenn Williams) • 9781624713255 •

Hear practical ideas for talking to your kids about drugs and how to handle peer pressure. Williams shares the importance of lifestyle modeling and teachable moments in preparing children to make good choices.

Running to Win: The Mark Anderson Story (Mark Anderson) • 9781624710735 •

A champion track-and-field athlete, Anderson sought Olympic gold—while fueling himself with drugs and alcohol. He eventually realized that he could not outrun God, and that true victory could only be found in Jesus Christ.

Set Free (Bob and Jacqui Strothoff) • 2350000010102 •

Strothoff believed she could control her drug use instead of letting it control her. But by the time she entered college, she had turned to theft and prostitution to support her habit. In and out of treatment programs, her life hit bottom—forcing her to look to Christ for salvation and healing.

Sharing God's Gift of Laughter Through Life's Tragedies (Chonda Pierce) • 2350000011031 •

Pierce shares how her husband started drinking after the kids left for college—and couldn't stop. She also talks about the death of two sisters and the childhood abuse she suffered at the hands of her father.

Softening a Crusty Heart (Lieutenant Colonel Don Coble) • 9781624712982 •

Coble describes his non-Christian upbringing, the misery of his life as an alcoholic and a workaholic, his resistance to his wife's attempts to witness to him—and his eventual conversion to Christianity.

Focus on the Family Webpages, Q&As, and Resource Lists

Life Challenges—Abuse and Addiction

- focusonthefamily.com/lifechallenges/abuse-and-addiction

Article Series: Marijuana

- focusonthefamily.com/socialissues/family/marijuana-the-big-picture/marijuana-facts-from-the-frontline

Article Series: The Opioid Epidemic

- focusonthefamily.com/parenting/teens/the-opioid-epidemic/opioid-epidemic-think-your-family-is-immune

Q&As

- focusonthefamily.com/family-q-and-a
Browse our Q&As for advice and encouragement, including the following:

[Adult Child Is Caught up in Opioid Epidemic](#)
[Helping Kids Avoid Opioid Addiction](#)
[Spouse Is Caught up in Opioid Epidemic](#)

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals
Find recommended resources and referrals listed by topic, including the following:

[Information on Abuse](#) • RL044 •
[Information on Sexual Abuse](#) • RL044A •
[Mental Health](#) • RL046 •
[Overcoming Sexual Brokenness](#) • RL050 •
[Parents of Troubled Teens](#) • RL058A •
[Teens](#) • RL019 •
[Youth Workers and Parents of Teens](#) • RL066 •

Referrals

Focus on the Family Counseling Consultation Line

If you're struggling and need someone to talk to, [Focus on the Family](#) offers a free phone counseling consultation with a licensed counselor. Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

Al-Anon

1600 Corporate Landing Parkway
Virginia Beach, VA 23454
757/563-1600
al-anon.org

- This organization uses a 12-step program through local support groups to come alongside children, teens, and adults struggling with alcoholism and its effects.

Celebrate Recovery

celebraterecovery.com

- "Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind."

Mercy Multiplied

P.O. Box 111060
Nashville, TN 37222
615/831-6987
mercymultiplied.com

- This organization offers hope and healing for young women seeking freedom from life-controlling problems such as depression, drug and alcohol addictions, eating disorders, and physical and sexual abuse.

Mothers Against Drunk Driving (MADD)

511 East John Carpenter Freeway, Suite 700
Irving, TX 75062
877/275-6233

madd.org

- This group offers resources on alcoholism, drunk-driving, and victim assistance.

National Runaway Safeline

3141B North Lincoln
Chicago, IL 60657
800/786-2929

1800runaway.org

- This 24-hour service allows runaway children to leave messages for parents, and for parents to leave messages for their children.

Overcomers Outreach, Inc.

12828 Acheson Drive
Whittier, CA 90601
800/310-3001

overcomersoutreach.org

- Designed to address problems of alcoholism and drug dependency within churches, this organization offers a Christ-centered 12-step program and a list of local support groups around the world.

Salvation Army Rehabilitation Program

800/728-7825

satruck.org/national-rehabilitation

- Centers across the country offer housing; work; and spiritual, social, and emotional assistance for men and women struggling to cope with life's challenges.

Substance Abuse and Mental Health Services Administration

5600 Fishers Lane
Rockville, MD 20857
877/726-4727 – Phone
800/487-4889 – TDD

samhsa.gov

- A service of the U.S. Department of Health and Human Services, this organization works to reduce the impact of substance abuse and mental illness, and they offer a number of referrals for specific assistance.

Teen Challenge USA

5250 North Towne Center Drive
Ozark, MO 65721
417/581-2181

teenchallengeusa.com

Global Teen Challenge

P.O. Box 511
Columbus, GA 31902
706/576-6555

globaltc.org

- This organization provides a broad scope of help and information in every area of drug and alcohol abuse.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.