

Addiction Recovery

An estimated 30,000 men and women in the Salt Lake Valley suffer from addictions to drugs and alcohol. But even those are not necessarily the most destructive of addictions. Addictions to pornography, sex, gambling and even eating disorders can be equally devastating in their effects upon individuals and families.

To combat substance abuse:

- Huntsman Mental Health Institute offers Addiction Recovery Services <https://healthcare.utah.edu/hmhi/treatments/addiction-recovery>
- Salt Lake County provides referral and treatment resources including detoxification and recovery center inpatient treatment services 801-468-4707 or <https://www.saltlakecounty.gov/behavioral-health/>
- Volunteers of America, Utah's Men's Adult Detoxification Center provides a social model residential detoxification center for adult men in need of detoxification & withdrawal management services 801-363-9400 or [Volunteers of America, Utah, Detoxification Services](#)
- Odyssey House addiction programs 801-322-3222 Volunteers of America, Utah's Center for Women and Children provides a social model residential detoxification center for women and their children under age 10 801-261-9177 or <https://www.voaut.org/> or <https://www.odysseyhouse.org>
- Call the Information Referral Service 211 or <https://211utah.org> for names, addresses and telephone numbers of additional organizations.
- Alcoholics Anonymous is an excellent source of information for individuals; Al Anon is a good source of information and help for families of addicts. You can find information regarding these organizations and their meetings online.

For other types of addictions, consider participating in the [Church of Jesus Christ Addictions Recovery Program](#) provided by Family Services. Built upon the healing power of the atonement, it is the best program available for those suffering other types of addictions such as pornography, inappropriate sex, gambling and eating disorders. As a Church version of the Alcoholics Anonymous 12 Steps, it is also an excellent program for substance abusers. That includes those addicted to prescription and over-the-counter drugs who truly want to break their habits and are sufficiently self-disciplined to regularly attend the meetings. These are held days and evenings in various chapels, as well as in the prison and in jails. Over 4,500 people are currently attending each month. All the meetings are safe. The atmosphere is non-judgmental and unconditional love is shown to everyone

who attends. Bishops and family members are invited to attend along with the recovering addict. Dress is casual and bishops' referrals are not required. Participants are taught to pray and to read the scriptures as they seek to overcome the overwhelming feelings of guilt, failure and hopelessness which so often accompany addictions. Certain of these meetings are also held in Spanish.

<https://addictionrecovery.churchofjesuschrist.org/addiction-recovery-program-guide>

<https://addictionrecovery.churchofjesuschrist.org/spouses-and-families>