

A C.A.R.E. Addiction Ministry Model

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Introduction

The acronym C.A.R.E. is an easily remembered mnemonic that describes the general flow of care when ministering to others. This ministry approach can be used by any disciple-maker: parent, co-worker, teacher, lay leader or staff member within a church, personnel in a para-church organization, and others. These components are discussed at some length in the training video series, *Helping Others Overcome Addiction* (see “Video Resources” at the end of this outline for details).

Coincidentally, the components of the C.A.R.E. model align completely with Paul Tripp’s “love, know, speak, and do” model in his book, *Instruments in the Redeemer’s Hands*.

Connect—Build bridges to provide discipleship opportunities.

1. Build rapport by showing acceptance, empathy, and compassion.
2. Build trust and a sense of safety by actively and respectfully listening, graciously responding, and appropriately keeping confidences.
3. Explain the goals of discipleship and express commitment to help and pray.
4. Offer biblical reasons to have hope and encourage the person to stay involved in the group.
5. Introduce the person to others in the Freedom That Lasts® and the church family.

Assess—Determine whole-person needs as appropriate.

1. Always remain alert to any crisis elements—the presence of immediate safety issues, current addiction, or trauma. These call for immediate attention and must be addressed before working on character or skill development.¹
2. Determine spiritual maturity level, level of motivation to change, educational background, and emotional condition, if possible.
3. Determine any physical and financial needs.
4. Determine the quality of social support network and interpersonal relationship, if possible.
5. Determine which “Categories of the Fallen Human Condition” the person faces.
 - a. Uncertainty and vulnerability
 - b. Adversity and trauma
 - c. Injustice
 - d. Overwhelming situations
 - e. Lusts and temptations from our own sinful nature/flesh

¹ Hambrick, Brad, *Overcoming Addictions* (www.BradHambrick.com/addiction),

6. Explore “losses, lies, and lusts.”
7. Explore the nature of the tempting triggers.
 - a. Presentation problems—the problem for which the counselee seeks help
 - b. Preconditioning problems—past patterns of life which shape present responses
 - c. Precipitating problems—problems that triggered the current presentation problem
 - d. Perpetuating problems—influences that tend to reinforce current responses

Restore (Discipleship)—Help restore and rebuild relationship with God and others.

1. Address next steps for reconciliation with God—genuine repentance and faith leading to salvation and/or restoration of fellowship with God.
2. Help to establish the disciplines of Christian growth, which will promote growth in Christlikeness.
3. As often as possible identify and address problems using specific Scriptures, appropriate homework, and appropriate accountability in order to promote sanctification.
4. Assist in reconciliation with others, if necessary.

Enlist—Solicit help from others when needed and appropriate.

1. What resources can you draw upon within the church and within the broader Body of Christ?
2. What resources can you draw upon from your local community?

BIBLIOGRAPHY

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Street, John. *Passions of the Heart: Biblical Counsel for Stubborn Sexual Sins*. Phillipsburg, NJ: P&R, 2019.

Welch, Edward T. *Addictions: A Banquet in the Grave*. Phillipsburg, NJ: P&R, 2001.

VIDEO SEMINARS FOR ADDICTION COUNSELOR TRAINING

Counseling Resources on Addiction: www.ibcd.org/topics/addictions

Addiction Counselor Training from The Addiction Connection:

<https://www.theaddictionconnection.org/fundamentals-training/>

Freedom That Lasts Counselor Training: www.udemy.com/course/helping-others-overcome-addictions

S.O.S. Chart²

Knowing When to Confer and When to Refer

Severity “How severe is the problem?”	1 <ul style="list-style-type: none"> Needs help with a wisdom issue Mild stress Everyday problems 	5 <ul style="list-style-type: none"> Moderate conflict Distressed but functioning More complex issues 	10 <ul style="list-style-type: none"> Crisis Stronghold sin Significant Suffering
Ownership “Are they teachable?”	1 <ul style="list-style-type: none"> Repentant Open Highly teachable 	5 <ul style="list-style-type: none"> Sees sin Makes excuses Moderately teachable 	10 <ul style="list-style-type: none"> Blame-shifts Defensive Denial—not teachable
Support “How connected are they?”	1 <ul style="list-style-type: none"> Close to family Intimate and accountable Vulnerable in small group 	5 <ul style="list-style-type: none"> Some family support Few friends Somewhat open in group 	10 <ul style="list-style-type: none"> Estranged from family No friends Isolated; not in small group

Scoring

To find the right score, add your severity, ownership, and support scores together. You should come up with a score between 3 and 30. The following ranges will help you decide what to do next. Remember, you need to adjust responses on a case-by-case basis.

- 3-9 Care for the counselee yourself; possibly consult someone
- 10-21 Consult; possibly refer for more in-depth counseling from an experienced biblical counselor/pastor
- 22-30 Refer for more in-depth counseling from an experienced biblical counselor/pastor

² Higbee, Garrett, *Uncommon Community: Biblical Soul Care In Small Groups* (Elgin, IL: Biblical Soul Care, 2012), 51.