



MEN OF NEHEMIAH

REBUILDING THE WALLS

5 Ways to Help Someone Battling Addiction

**A Resource From
Men of Nehemiah**

5 Ways to Help Someone Battling Addiction

Everyone knows that addiction is a big issue nationally. But that's only part of the story...

Sadly, most people are unaware of just how many men and women in the Dallas area struggle with addiction, and even fewer know how to help.

That's why we created this simple resource—to educate you on the issue of addiction and offer some easy ways for you to get involved.

For over a decade, **Men of Nehemiah** has been working to rebuild the lives of men who have been torn apart by the effects of drug and alcohol addiction. We hope this eBook serves as a launch pad in your quest to make a difference in the lives of others.



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1

Do your research and get educated

Addiction is a very complex issue, so educating yourself on it is essential when learning how to help a friend or family member.

Here are some basic questions to research:

- What is addiction?
- How does addiction occur?
- Why do some people become addicted?
- How is addiction treated?
- What are the different treatment options?
- What is a holistic therapy, and how does it work?

The more you know, the better you'll understand what's going on and how to help your loved one.



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2 Have Compassion

When dealing with someone fighting addiction, it's easy to become bitter and frustrated. It's tempting to think, "Why can't this person get their act together?"

But most of us forget that addiction is defined as a disease by most medical associations, including the American Medical Association and the American Society of Addiction Medicine.

According to the Partnership to End Addiction, "Addiction, clinically referred to as a substance use disorder, is a complex disease of the brain and body that involves compulsive use of one or more substances despite serious health and social consequences. It disrupts regions of the brain that are responsible for reward, motivation, learning, judgment and memory."

We don't blame people for diseases like cancer. Men and women fighting addiction deserve the same compassion and understanding.



3

Don't expect an overnight change

Even when someone battling addiction chooses to get help, the recovery process is often long, windy, and bumpy. With the reality of relapses, it can sometimes feel like one step forward, two steps back.

One of the best ways to help a loved one is to be realistic in your expectations. Long-term recovery is not a quick fix. It's an ongoing process that takes time, effort, and continued support from professionals and family alike.



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4

Don't enable their addiction

There's a fine line between helping someone with an addiction and enabling them.

Studies show that people with addictions are more likely to proactively seek treatment when they're forced to face the consequences of their actions.

As difficult as it sounds, it's important to allow your loved one to experience the consequences of his/her behavior.



5

Seek counseling or therapy for yourself

It's impossible to help a loved one battling addiction if you're not healthy yourself. You cannot let your loved one's struggles derail your own life. In addition to pursuing healthy activities (like hobbies and social outings), you may consider going to counseling.

Being in close relationship with an addict can be incredibly painful and stressful. Seeking help for yourself through therapy or counseling is very normal and can be very helpful.

Additionally, organizations like Al-Anon and Nar-Anon provide support groups for people who love someone with a substance use issue.



5 Ways to Help Someone Battling Addiction

How Men of Nehemiah's revolutionary recovery program is rebuilding and restoring lives in Greater Dallas

For over a decade, Men of Nehemiah has been working to rebuild the lives of men who have been torn apart by the effects of drug and alcohol addiction. Our goal is to restore each man to his family, community, and Creator.

Over the years, we've pioneered an evidence-based approach to empowering men along their path to restoration.

Our unique program focuses on four key areas:



Clinical Services

Trauma-informed Clinical Services designed to address the root causes of addiction, including individual, group, and family counseling



Biblical Discipleship

Grace-filled Biblical Discipleship that shows men their true value in Christ regardless of their past



Military Structure

A structured military environment that provides routine, discipline, and practical life skills



Powerful Worship

Powerful worship that demonstrates the restoration and power of God in a man's life

Using this holistic model, we're helping men become sober, self-sufficient, empowered, housed, employed, healthy, and reunified with their families.

How you can get involved and help make a difference in the lives of men battling addiction

We get it—you want to help those fighting addiction, but you have no idea where to start. Or you may be thinking, “I’m just one person—how could I possibly make a difference?”

Thankfully, getting involved and making a lasting difference in the lives of others is easier than ever.

1

Join Us on Tuesday Night or Sunday Morning

The best way to get involved with our mission is to see it in action. Join us for a Tuesday night worship session or a Sunday morning worship service! [Click here to learn more and sign up.](#)

2

Volunteer

Help us rebuild the lives of men and experience transformation yourself. We have opportunities to serve meals, become a mentor, and more. [Click here to learn more.](#)

3

Become a Monthly Donor

Our work is fueled by the generous contributions of our partners. Help us bring healing and transformation to men battling addiction. [Click here to learn more about joining our community of monthly givers.](#)

How MON helped Ty find hope, healing, and restoration



When all seemed lost, Tyrone Choice found hope at Men of Nehemiah.

Ty was born in 1977 in Dallas, Texas, and grew up in Pleasant Grove. As a young man, he got involved in gangs and selling drugs. As he got older, he developed a passion for music. But he also began to experiment with drugs.

Consequently, music became less inspiring and drugs became his whole life. After years of being in and out of prison and treatment centers, he finally reached a crossroads in his life. He was sleeping behind a dumpster and living with no hope. Something had to change.

“I wanted to die. I just didn’t know how to do it.”

He cried out to the Lord, and the next day he saw the Men of Nehemiah performing community service around his apartment complex. On October 8, 2010, he entered the Men of Nehemiah program ready for that change.

With hard work and dedication, Ty completed our program and is now gainfully employed at Men of Nehemiah as the Outreach Coordinator. He knows he is living out his purpose, and the sky is the limit for his future.

“I believe God used Men of Nehemiah powerfully in my life. This ministry was brought to Dallas to save men like me.”

-Ty Choice

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Sources:

americanaddictioncenters.org

menofnehemiah.org

verywellmind.com

trihealth.com