

# A NEW VIEW

the fellow student who would become his wife. She was the first woman he dated, Crouch noted, who “I could take home, wanted to take home, or wanted to take me home.”

With January 2, 2007, as his “clean date,” Crouch is celebrating 12 years



**A**s an undergraduate psychology major, Zach Crouch (MAMFT '09) earned decent grades. But his drug and alcohol use was increasing. Even his drinking buddies told him he might have a problem.

A couple of years out of college, having lost his job at a psychiatric facility due to substance abuse, the Louisville native came home and considered his next steps.

One of those steps turned out to be therapy with Jim Clines (MAMFT '98), who both cared for and challenged Crouch - and eventually told him about Louisville Seminary's Marriage and Family Therapy program.

Crouch, who, like Clines, was raised Catholic, liked what he heard about the seminary program's spiritual component and ecumenical approach.

“I wanted something that would challenge me to look at things differently,” he said. He applied and received a full tuition grant.

Crouch would go on to do clinical work in individual, group, and hospital settings, and to co-found Louisville's Landmark Recovery treatment center, where he now serves as national business development manager. He also hosts Landmark's Recovery Radio podcast. Landmark is known for offering patients and their families a variety of pathways to recovery.

But first, he had to find his own.

The rigor of returning to school — and being at the very beginning of a recovery process that had already seen many stops and starts — led to relapse. Near the end of fall 2006, his first semester at Louisville Seminary, Professor Carol Cook very kindly pulled Crouch aside. If he didn't bring up his grades pretty soon, he could lose his place in the program.

“That hit hard,” he said. “It also coincided with meeting Emily.”

Now known as the Rev. Emily Schwartz Crouch (MAMFT '07), an Episcopal priest and therapist, she was

of sobriety. Before then, he recalled, “I couldn't pull together more than 30 days of sobriety.”

Seminary life let him take a deep, hard look at not only his own addiction, but also at the addiction patterns throughout his family. The quiet campus, along with the opportunities for solitude, reflection, and self-care, further allowed Crouch to process and integrate what he was learning.

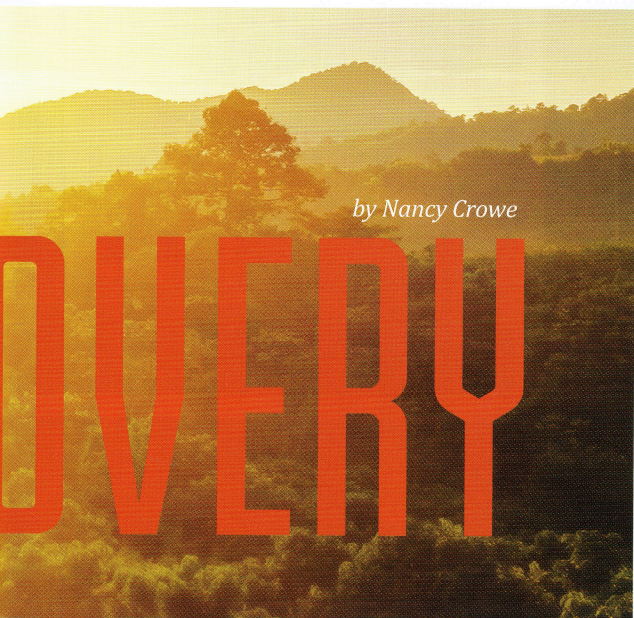
Interning at The Morton Center in Louisville, which helps individuals and families recover from substance abuse, taught Crouch “to take the entire family into consideration, as though they actually have the disease ... which they do,” he said.

Mentors including The Morton Center co-founder John Walsh and Louisville Seminary counseling center supervisor Kent Hicks also helped Crouch craft a life's calling from a life-limiting disease.

“Kent just encouraged the hell out of me to go after addiction treatment and look at things differently,” he said.

Looking at things differently was

what attracted him to Landmark. The three-year-old center treats trauma, an approach not used by many other substance abuse treatment centers in the area, Crouch said. Landmark also offers art therapy, yoga, cognitive behavioral therapy, SMART Recovery, Refuge Recovery, and other tools



by Nancy Crowe

# RECOVERY

along with the traditional Twelve Steps.

Even on the business side of the field, he still uses skills he learned at Louisville Seminary, especially when empathy is needed in situations that arise with employees.

All seminary graduates would do well to have a solid understanding of what drug and alcohol addiction might look like in their practices, parishes and other jobs, Crouch said, and to stay abreast of laws and treatment methods.

And be willing to look at things in a new way, even if that feels scary.

“When you come out of seminary, don’t be afraid to take some risks. You’ve been trained well,” he

said. “I think that’s what God calls us to do — to take some risks and be courageous, brave and vulnerable.” ■



## An ADVOCATE for Healthcare

Angela Overton, a Master of Divinity student at Louisville Presbyterian Theological Seminary, has accepted a position as senior advisor to the Interfaith and Diversity Workgroup for the Coalition to Transform Advanced Care (C-TAC) in Washington, D.C.

C-TAC is a nonprofit, nonpartisan organization that conducts research and provides information and advocacy support on behalf of people living with advanced illness.

“As a cancer survivor, minister, and strong program manager, Angela will serve a critical role to advance the work of the faith community within C-TAC and with our partners,” said C-TAC executive director John Broyles.

In her role at C-TAC, Overton is responsible for the implementation of the C-TAC Interfaith & Diversity Workgroup programs; strategic planning for the workgroup; enhancement of C-TAC Interfaith & Diversity Workgroup image by being active and visible in the community and by working closely with other professional, civic, and private organizations; and planning roles and sessions of the workgroup at the 2019 C-TAC summit. She will oversee/work with approximately 75 individuals who work within clinical, educational, and spiritual organizations throughout the United States.

“[Louisville Seminary Dean of Student Engagement] Rev. Dr. Kilen Gray has been instrumental to me in the process,” said Overton, who has served as a C-TAC volunteer for several years. “The guidance and mentorship that he has extended to me has been invaluable. In addition, Louisville Seminary has made a wonderful contribution to my academic understanding of who God is and how that is to be worked out in the world we live in today.” ■

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