

Jewish Recovery Resources

Jewish Resources

Jewish Resources for Addiction and Recovery

JAAAN continues to actively research Jewish addiction and recovery resources and events in communities across the country as well as Canada. We will be adding resources and communities continually, so please check back often. Resources and events are grouped by geographic location.

Help us build our resource and events directory. If you know of resources and events in your community that belong on this list, please share them with us here.

Be sure to also visit our general resources and library.

Disclaimer About Advice. The website does not provide medical or psychological advice and the information contained on the website is not intended to be a substitute for, or to be relied upon, as medical or psychological advice, diagnosis, or treatment. We are not directing any individuals to specific treatment modalities or treatment providers. This website is for informational purposes only. Always seek the advice of a qualified health provider with any questions you may have regarding a medical or psychological condition.



tinyurl.com/3x997656

How to Be a Jewish Recovery Ally

Learn

1. Challenge your beliefs about substance use disorder that may include thinking Jews are not as vulnerable to addiction, or that it's a choice, moral failing, or weakness, instead of a treatable disease.
2. Become educated about the science of addiction, stigma, recovery, and resources from reputable sources such as SAMHSA, NIDA, as well as JAAANetwork.org.
3. Learn the appropriate language and terms that won't perpetuate stigma and shame. Guidance can be found from [Words Matter and Addictionary](#).
4. Sign up for a naloxone (overdose reversal drug) training and learn more about [harm reduction](#) strategies and resources.
5. Attend Jewish recovery events to learn how Jewish text, ritual, prayer, and culture can help us better understand addiction and support recovery.
6. If you don't know or understand something, ask someone who does.

Listen

1. Attend some recovery meetings -- [general](#) and [Jewish-focused](#) -- to hear stories of people with lived experience.
2. Make time to listen with an open mind and heart, suspending judgment and the desire to "fix."
3. Don't assume you know what a person or family needs; ask them what they need from you.

Resources

- Jewish Recovery Resource Materials; Jewish Recovery Websites
- Understanding Addiction and Recovery; The 12 Steps of AA
- Recovery Zoom Meeting List
- Jewish Prayers & Practices for your 12-Step Journey
- Bibliography and References

Sample E-News Blast and Flyer

JCFCS CHICAGO



tinyurl.com/yy2uakrc

SERENITY SHABBAT RESOURCE GUIDE

JCFCS Chicago is here to support individuals, families, and congregation serve you as you create a thoughtful exploration of addiction and a joy

Ways to Celebrate Serenity Shabbat in Synagogue:

- Kiddush and Oneg; Tzedakah
- Recovery Speakers and Stories; Prayers, Readings, and Observance
- 12-Step Torah; Dash/D'var Torah

Synagogue Registration for Serenity Shabbat:

Ways to Celebrate Serenity Shabbat At Home: (Registration not required for individuals and families)

- Kiddush; Tzedakah
- Recovery Speakers and Stories; Prayers, Readings and Observance
- 12-Step Torah; Giving a Dash

Resources

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Sample E-News Blast and Flyer



tinyurl.com/8xwsu7jc

ADDICTION SERVICES

Prevention, Help and Hope

There is a pervasive myth that addiction is not a Jewish issue. In reality, reinforces shame and isolation and can inhibit community members fr struggling with addiction or celebrating recovery find information and

In addition, the following document and audio file offer a guided me

Fentanyl Alert

Overdose deaths are skyrocketing as a result of the devastating effects psychoactive drug use can be deadly. What should you do?

Community Fentanyl Alert
Parent Fentanyl Alert
Teen and Young Adult Fentanyl Alert

Community Education

- Jewish volunteers who are in addiction recovery are available to sp played.
- Presentations for Older Adults on safe use of prescription medicati
- Youth Addiction Prevention programs for 6th, 7th and 8th graders a
- Education on all types of addiction for community groups

Older Adult Services

- In partnership with CJE Seniorlife, EZRA, and The ARK: substance u



tinyurl.com/5cdkky8

Tikvah Center for Jewish Recovery and Healing

Clinical Counseling

Individuals, Couples, and Families

We provide individual, couples, family, and group spiritually integrated psychotherapy. Our staff has flexible schedules and is available for morning, afternoon, and evening sessions. Many of our therapists also work on Sundays. Individual sessions are typically 50 minutes long, though there are times with couples and families that we may ask for additional time to meet. During an initial session, our clinicians will orient you to the process of therapy and will explain our unique practice approach. Clients are encouraged to ask questions and to participate in the process of establishing goals and regularly discussing progress toward those goals. We see clients from various cultural, ethnic, and religious backgrounds, and we value the uniqueness of each client we serve. We also work with people of all abilities, genders, and sexual orientations. Many of our therapists have backgrounds working with families, vulnerable youth, and individuals who have been impacted by trauma, violence, and addictions.

Group Therapy

Kiddush Club

The Kiddush Club is a continuing care process group for people who have completed primary treatment for a substance use disorder and/or have maintained 40+ consecutive days of sobriety and are looking to connect continuing care with Jewish cultural and/or spiritual principles. The Kiddush Club utilizes Midrash Therapy as its therapeutic orientation.

Faith In Recovery

Faith In Recovery is a continuing care process group for clergy and faith leaders who have completed primary treatment for substance use disorder and are looking to address issues unique to faith leaders in continuing care.



tinyurl.com/2p9yd4x9

Resource Category: Substance Related and Addictive Disorders



<p>Communities Confronting Substance Use and Addiction</p> <p>Support group for loved ones of those struggling with substance use disorder addiction.</p> <p>CCA</p> <p>Read more</p>	<p>A Body Positive Ritual</p> <p>A personal guide. The ritual of Basmala Kolim—but we are each created in the image of God and deserving of worthy honor —has become one of my favorites, perhaps because it reminds me to be just.</p> <p>Read more</p>	<p>Blue Dove Foundation Executive Director Shares Her Connection to Our Work</p> <p>Read more</p>
<p>On Suggested Readings</p> <p>ROARING DRUG EPIDEMIC IN OUR COMMUNITY: 3 Weeks, 32 Overdoses And Endless Tears</p> <p>A powerful message shared by the South Community in New York City. Thank you Dr. Gluck, founder of Anonim, for sharing your thoughts and words in this article.</p> <p>Read more</p>	<p>Jewish Prayers & Practices for your 12-Step Journey</p> <p>Read more</p>	<p>On Articles</p> <p>The Depressing Loneliness of Social Media</p> <p>Read more</p>
<p>On Mental Health Support</p> <p>SMART Recovery</p>	<p>On Mental Health Support</p> <p>National Eating Disorders Association</p> <p>Supports individuals and families affected by eating disorders and serves as a catalyst for prevention, care, and access to quality care.</p> <p>NEDA Feeding hope.</p>	<p>On Mental Health Support</p> <p>National Drug Hotline</p> <p>1-877-HELP4U to help those struggling with addiction receive information regarding treatment and recovery. Call for information regarding treatment and recovery.</p> <p>Read more</p>



tinyurl.com/msbwhsk8

Jewish Prayers & Practices for your 12-Step Journey

JCFCS CHICAGO



tinyurl.com/33x8t9db

Jewish Reading/Books on Addiction and Recovery

<p>Finding Recovery and Yourself in Torah</p> <p>REBEY MARK SOROVITZ Foreword by Rabbi Kerry M. Olitzky Illustrated by Marissa Resnikoff Author of Jewish Practitioner</p>	<p>100 Blessings Every Day</p> <p>Daily Twelve-Step Recovery Affirmations, Exercises for Personal Growth & Renewal Reflecting Seasons of the Jewish Year Rabbi Kerry M. Olitzky</p> <p>Daily and Sabbath, this book's thoughtful lessons, prayers, and the Twelve Steps provide a meaningful spiritual renewal in the Jewish calendar.</p>	<p>Recovery - the second act</p> <p>For Twelve Steps as Spiritual Practice</p> <p>From the author of the first book, Recovery: The Art of Spiritual Healing</p>
<p>Twelve Jewish Steps to Recovery</p> <p>2nd Edition</p> <p>A Personal Guide to Turning Events, Alcoholism and Other Addictions—Oneg, Food, Griefing, Sex.</p> <p>Edited by Rabbi Kerry M. Olitzky & Susan A. Cooper, MSW</p>	<p>Counting Days</p> <p>From Liberation to Revolution For Jews in Recovery</p> <p>Rabbi Regina Savelle Phillips Author of Jewish Practitioner</p>	<p>RECOVERY, the 12 STEPS and JEWISH SPIRITUALITY</p> <p>Reclaiming Hope, Courage & Wholeness</p> <p>Rabbi PAUL STERNBERG Foreword by Rabbi Kerry M. Olitzky, MSW Author of Jewish Practitioner</p>



tinyurl.com/54dd64hx