



# GROWING AN ADDICTION PROGRAM FROM SEEDS TO SEDER

Presented by Carolyn Yasuna,  
Director of Addiction Outreach & Support

[www.AlpertJFS.org](http://www.AlpertJFS.org)



# Goal of the Program

**to increase the understanding of addiction, reduce stigma, and create opportunities for individuals and families Affected by this disease to feel supported and validated by their jewish community.**



# Four Pillars of Addiction Program

1



**Outreach  
&  
Education**

2



**Task  
Force**

3



**Direct  
Service**

4



**Events  
& Fundraising**



# David's Story



**JFS**   
Ferd & Gladys Alpert  
JEWISH FAMILY SERVICE  
of Palm Beach County

**JRFS**   
Melvin J. & Claire Levine  
JEWISH RESIDENTIAL & FAMILY SERVICE  
of Palm Beach County

**Journey  
over  
5 years**



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“

I wish this program  
existed when I was  
suffering...

”



# Outreach & Education



- ✿ Presentations at Synagogues & other Jewish schools & organizations
- ✿ Mental Health First Aid
- ✿ Mental Health is Everybody's Business

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# FREEDOMSONG

On Sunday, April 7th, Alpert Jewish Family Service took a major step to shine light on the stigma that the Jewish community is immune from drug addiction.



## FREEDOM SONG

PARTNERS IN PREVENTION

JOIN US FOR AN INSPIRING,  
INTERACTIVE MUSICAL  
PRODUCTION ABOUT ADDICTION  
IN OUR JEWISH COMMUNITY.

SUNDAY, APRIL 7, 2019 - 2PM

BENJAMIN HALL  
THE BENJAMIN UPPER SCHOOL  
4875 GRANDIFLORA ROAD,  
PALM BEACH GARDENS, FL 33418

~A FREE COMMUNITY EVENT~

Freedom Song is an original musical production created  
and performed by individuals who are current or past  
residents of Beit T'Shuvah, the interdenominational  
Jewish treatment program in Los Angeles.

REGISTER ONLINE AT  
[ALPERTJFS.ORG/FREEDOMSONG](http://ALPERTJFS.ORG/FREEDOMSONG)

RSVP REQUIRED  
FOR INFORMATION, CONTACT CAROLYN YASUNA,  
ALPERT JFS' ADDICTION OUTREACH  
& SUPPORT PROGRAM DIRECTOR  
561.762.9707 - [CAROLYN.YASUNA@ALPERTJFS.ORG](mailto:CAROLYN.YASUNA@ALPERTJFS.ORG)



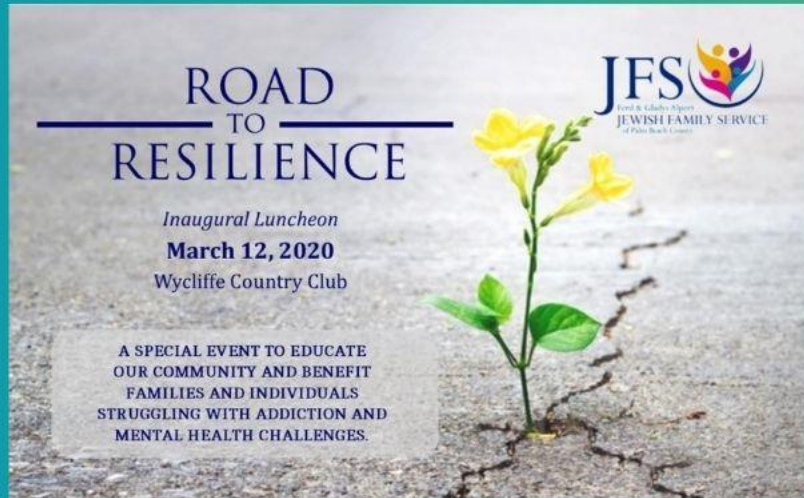
Following the performance, audience members  
are encouraged to dialogue with the cast,  
who courageously and honestly share their  
own stories of addiction and recovery.

RSVP IS REQUIRED FOR THIS FREE, COMMUNITY EVENT.  
A PROGRAM FOR ADULTS & STUDENTS GRADES 8-12

# Community Kickoff



# Road to Resilience

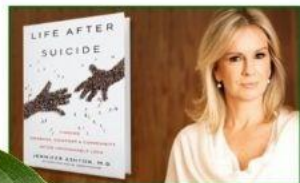


CO-CHAIRS  
DIANE & BOB HERZOG, PATRICIA ROSEN

COUVERT: \$118

TICKETS ARE AVAILABLE ONLINE AT [WWW.ALPERTJFS.ORG/R2R](http://WWW.ALPERTJFS.ORG/R2R)  
OR CALL CAROLYN YASUNA AT 561-762-9707.

KEYNOTE SPEAKER  
JENNIFER ASHTON, M.D.



DR. JENNIFER ASHTON IS THE CHIEF MEDICAL CORRESPONDENT FOR ABC NEWS AND A PHYSICIAN AND NUTRITIONIST, BOARD-CERTIFIED IN OB-GYN AND OBESITY MEDICINE. A WIDELY RECOGNIZED AND BELOVED EXPERT IN MEDICAL HEALTH AND SPECIFICALLY WOMEN'S HEALTH, SHE IS A PUBLISHED AUTHOR, EDUCATOR, PUBLIC SPEAKER, AND POPULAR TELEVISION PRESENCE. SHE LIVES IN NEW YORK CITY.



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# Transformations

Property of Alpert JFS

## FIGHTING THE STIGMA

It's OK to Talk About Mental Illness and Substance Use

Think of "the casserole story." It is the story of two mothers.....each visiting their child in the hospital. One child recovering from a serious suicide attempt; the other child recovering from injuries sustained in a car accident. The difference between those two mothers can be summed up in one word — CASSEROLE.

For the mother whose child was in the car accident, there were casseroles and meals, candy and flowers delivered every day. For the mother whose child was recovering from a serious suicide attempt, there was nothing. No one even knew that that child was in the hospital. No one knew why he had missed school all week. No one knew that that child had a mental illness.

We don't like to talk about mental illness. We would rather talk about a loved one with cancer, diabetes, or heart disease than talk about bipolar disorder, clinical depression, or any other mental illness. Maybe it's the word "mental?" Regardless, we need to pay attention. One in four people has a substance use disorder. 50% of individuals with a substance use disorder will have a co-occurring mental illness. Adults and children.

Not talking about mental illness does not make it go away. By continuing to deny, we continue to perpetuate several myths about mental illness:

Myth #1: Mental illness does not occur in children.  
FALSE! - More than 50% of adult mental illness can be diagnosed before age 14.

Myth #2: Talking to someone about suicide will make them do it.  
FALSE! - Talking to someone about suicide can save a life.

Alpert Jewish Family & Children's Service has been leading the way in busting the stigma surrounding mental illness. We have taught Mental Health First Aid (MHFA) to more than 3500 ordinary citizens; teaching people how to recognize and respond to someone in crisis. MHFA, plus the extensive counseling, psychological testing, mentoring, and services for people of all ages have contributed to AJFCS being a place for families to turn during challenging times in their lives.

Remember the boy whose mother didn't receive a casserole? Perhaps had someone recognize his symptoms of anxiety and depression, he never would have wound up in that hospital bed in the first place. Imagine how much better the lives of the boy, his mother, and our communities might be if we replace our denial of mental illness with affirmation and treatment.

For years, addiction and mental illness have been in the same sentence. Unfortunately, that approach misses the mark. Mental illness and substance use disorders go hand and hand. Too often, what they share is a veil of denial.

For more information about the programs and services of Alpert Jewish Family & Children's Service, or to take a Mental Health First Aid class, call 561-684-1999.

**Bob Herzog: Bringing Jewish Addiction Awareness & Support to the Forefront**

A recent study published in the Journal of Addiction reported that 41 percent of the Jewish individuals surveyed report knowing someone struggling with addiction, and 24 percent report a family history of alcohol or drug abuse.

A team of AJFCS professionals is exploring a mental health program that would focus on addiction and recovery, and the impetus came from an ag supporter who was researching sober-living arrangements for a friend's son and could only find Christian-based programs.

"I couldn't believe it when I started calling around," said Bob Herzog, a longtime agency supporter who is now working with Clinical Director Dr. Elaine Rotter to launch what they are calling the Addiction, Support, and Outreach Initiative.

Herzog's outreach shows that, again, our agency relies on its staff to keep us on top of the community needs. "There's nothing with a Jewish angle," Herzog said.

The idea began to unfold about a month ago, when Herzog got a call from an old friend in New York. The man had gotten "mixed up with the crowd," become an addict, and had finished a drug-rehab program in Boca County.

But when it came time to re-enter the outside world and live with the family, the family could find nothing that recognized Jewish recovery. Herzog's friend wanted his help finding a place for recovering Jews. "I foolishly said, 'No problem,'" Herzog says.

But there was nothing.

Fast forward a year and a half and there's a game plan. The team is meeting to discuss the plan, and funding, but also to lay out the program's focus and support groups, focus on an outreach program that would assist teenagers on how to recognize drug addiction and are also working closely with local rabbis.

"Jewish individuals are thought to be impervious to addiction at rates similar to other communities," states. And the research backs him up.

"Right now there's a void and we're going to fill it," he says. "We're no different than any other group when it comes to addiction."

Bob Herzog

14 Transformations

Palm Healthcare FOUNDATION, INC. LFS LESSER LESSER LANDAU & SMITH LLP

winter 2018 | Transformations



# Task Force Formation



- ✿ Selection
- ✿ Representation
- ✿ Mission
- ✿ Impact

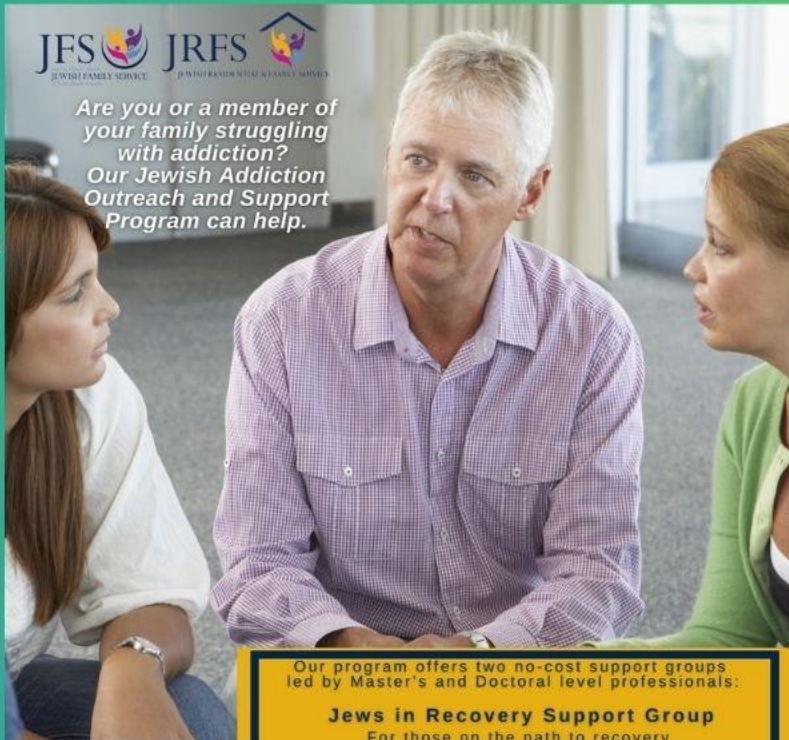
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# Support Groups

**JFS JRFS**  
JEWISH FAMILY SERVICE JEWISH RESIDENTIAL & FAMILY SERVICE

Are you or a member of your family struggling with addiction?  
Our Jewish Addiction Outreach and Support Program can help.



Our program offers two no-cost support groups led by Master's and Doctoral level professionals:

**Jews in Recovery Support Group**  
For those on the path to recovery

**The Jay Lieberman z"l Jewish Family Addiction Support Group**  
A place for families struggling with a loved one affected by addiction

**ALPERT JFS**  
JEWISH ADDICTION OUTREACH & SUPPORT

**FOR MORE INFORMATION**  
Contact Carolyn Yasuna, Director of the Jewish Addiction Outreach & Support Program at AJFS call 561-762-9707 or email Carolyn.Yasuna@AlpertJFS.org

To learn more about the many human service programs at Ferd and Gladys Alpert Jewish Family Service and Melvin J. & Claire Levine Jewish Residential & Family Service call 561-684-1991 or visit [www.AlpertJFS.org](http://www.AlpertJFS.org)

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COA  
COUNCIL ON ACCREDITATION

**YOU ARE NOT ALONE**

Being part of a support group can help you see that you're not alone in your feelings of isolation and loneliness; other families are going through similar situations. Our support group offers a safe space to share your feelings and experiences.

**Jay Lieberman z"l Family Addiction Support Group**  
*For Jewish Families Impacted by Addiction*

**ONLINE VIA ZOOM**  
FACILITATED BY DANIELLE GREENFIELD,  
LICENSED PSYCHOTHERAPIST L.C.S.W.

**FRIDAYS**  
12:00 P.M. - 1:30 P.M.  
FREE OF CHARGE

Registration is required for access to Zoom Meetings.  
**Contact Carolyn Yasuna, Program Director**  
561-762-9707 or [Carolyn.Yasuna@AlpertJFS.org](mailto:Carolyn.Yasuna@AlpertJFS.org)

**JFS JRFS**  
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[www.AlpertJFS.org/addiction-outreach-support/](http://www.AlpertJFS.org/addiction-outreach-support/)  
561-684-1991

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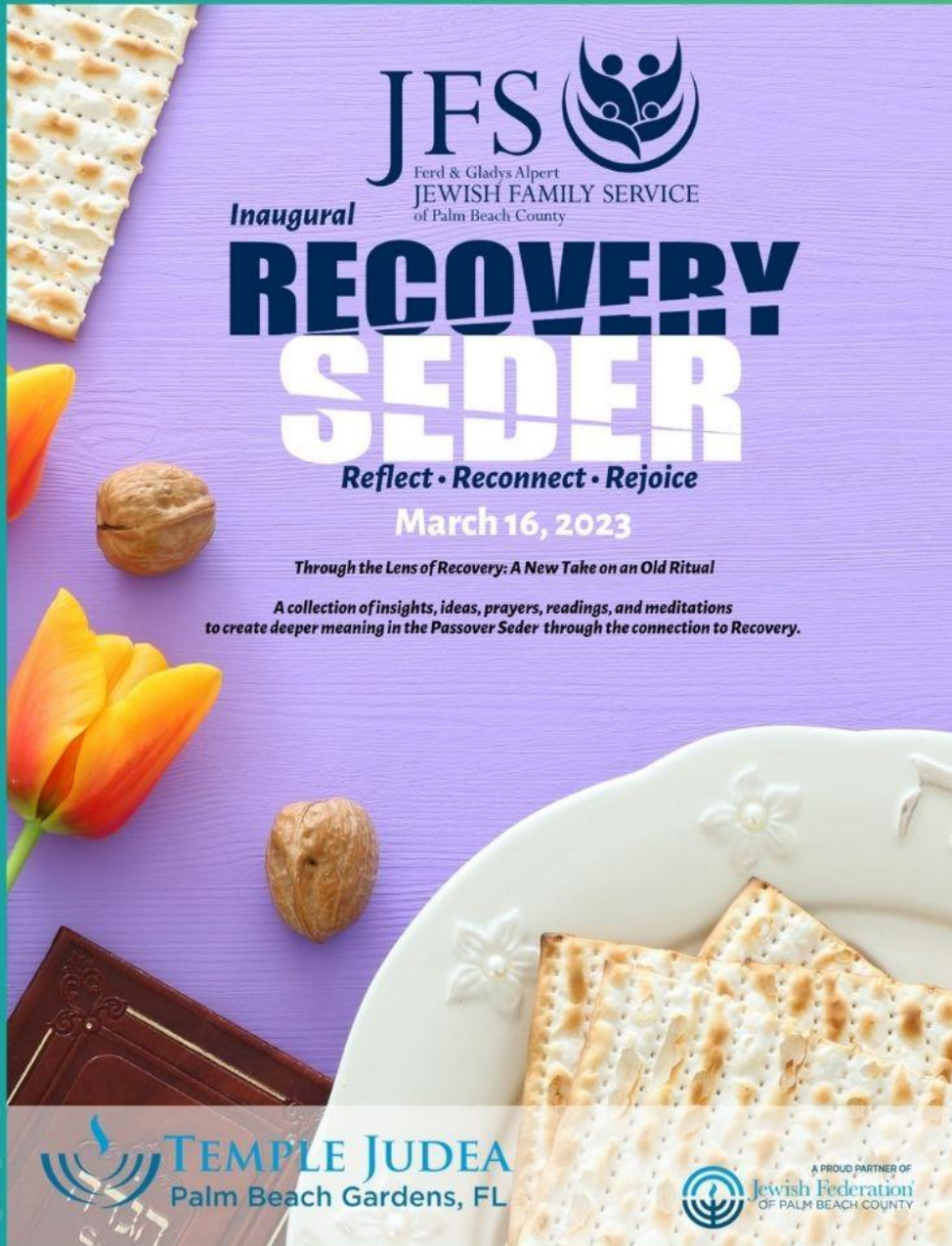
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# **A Story of a Jewish Mother**









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**Inaugural**  
**RECOVERY**  
**SEDER**  
**Reflect • Reconnect • Rejoice**  
**March 16, 2023**

*Through the Lens of Recovery: A New Take on an Old Ritual*

*A collection of insights, ideas, prayers, readings, and meditations  
to create deeper meaning in the Passover Seder through the connection to Recovery.*

 **TEMPLE JUDEA**  
Palm Beach Gardens, FL

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# View Recovery Seder Haggadah







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A white puzzle with a blue piece in the center containing the text 'What's next?'. The puzzle is composed of many white interlocking pieces. One piece in the center is replaced by a solid blue piece. On the blue piece, the text 'What's next?' is written in a bold, black, sans-serif font. There are two small green leaves on the puzzle: one in the top right corner and one in the bottom left corner. The background of the puzzle pieces is a light gray with a subtle pattern of small white dots.

**What's next?**

**Thank you!**

**Carolyn Yasuna**  
**Director of Addiction Outreach & Support**  
**[carolyn.yasuna@alpertjfs.org](mailto:carolyn.yasuna@alpertjfs.org)**  
**(561) 762-9707**

