

ADDICTION AND SUBSTANCE ABUSE IN OUR COMMUNITY

JANUARY 25, 2020

RESOURCE GUIDE

EVENT SPONSORS



Passaic County Department of Mental Health and Addiction Service,
Assemblyman Gary Schaer

ADDICTION AND SUBSTANCE ABUSE IN OUR COMMUNITY

Welcome

Words of Chizuk

Rav Elya Brudny, Rosh Yeshiva Mir - Brooklyn

Overview on the World of Addictions

Lew Abrams, ACSW, LCSW, CASAC, CSAT

Personal Narratives

Yossi R. and Yitz

JFS: The Local Address for Services

Yisroel Reich, MS LAC

Q&A



JEWISH FAMILY SERVICE
and Children's Center of Clifton-Passaic

JEWISH FAMILY SERVICE PASSAIC-CLIFTON

Substance Abuse/Addiction and Mental Health Services

www.jfsclyfton.org | HereForYou@jfsclyfton.org

973-777-7638

JFS is a social services and mental health agency that seeks to enhance the lives of individuals and families. We offer a comprehensive array of programs and services that address the community's needs and challenges, including financial (assistance with applying for government benefits), vocational (career counseling and job placement), emotional (mental health evaluation, individual and family counseling, crisis intervention, sexual abuse and domestic violence services), social, educational (lectures, workshops), and practical (food pantry, advocacy). No one is turned away because of an inability to pay.

JFS offers the following addiction specific services:

- Navigation support to help find inpatient or intensive outpatient treatment.
- Additional support for those currently undergoing intensive outpatient treatment.
 - Sobriety maintenance.
- Harm reduction that focuses on safety, support and motivational interviewing to help people still engaging in behaviors think through their experiences and goals on a path to change.
- Exploration of underlying issues, like trauma, that may be driving behaviors.
- Family support counseling that includes education and tools to be effective when a loved one is struggling with addiction.

In addition to our addiction specific services, JFS offers:

- Adult Counseling Services
- Aufizen Children's Mental Health Services
 - Bette Einhorn Senior Services
 - 24/7 Crisis hotline
 - Eric Eliezer Levenson Center for Hope
 - Project Chizuk Vocational Services
- Project SARAH – domestic violence and sexual abuse services
 - Sandy Rappaport Trauma Center
 - Somaich Achim Family Support
- Stanley Joel Feld Special Needs Services
 - Ruthie Peikes Resource Library



RECOVERY AT THE
CROSSROADS

BEHAVIORAL CROSSROADS

Addictions

www.racnj.com

Temima Elbaz: 856-474-1602

Recovery at The Crossroads is a unique style treatment center that is geared to work for the people of the Jewish community. Located in Blackwood, NJ, Recovery at The Crossroads was established in 2014, as a cooccurring facility whose mission is to support the road of recovery with state of the art treatment for substance use disorders and related problems, ultimately helping adult men and women develop the skills necessary to live, learn, and work in the community.

For Orthodox Jews, going to a non-observant addiction program is not ideal. Having access to religious services and other elements of Orthodox life provides a sense of belonging and support which can enhance one's recovery process.

On the road to sobriety, restoring one's health through mindful eating and exercise is essential. Recovery at The Crossroads has a fully stocked Glatt Kosher kitchen, complete with all the essentials for a healthy diet. Additionally, patients have access to a fitness program created to boost energy and confidence.

Spiritual wellness is a core part of the program at Recovery at The Crossroads. Rabbi Avi Richler is available for patients throughout the recovery process; should one choose so, overseeing and implementing necessary details for observance of Yom Tov, Shabbos and other religious holidays.

With three options for treatment; partial hospitalization, intensive outpatient and general outpatient services, They also have an affiliation with Black Horse Acres, a sober living house for clients who spend time at the center during the day and prefer to live at the sober house at night.



JEWISH FAMILY & CHILDREN'S SERVICES OF NORTHERN NEW JERSEY

Substance Abuse/Addiction and Mental Health Services

www.jfcsnj.org

Teaneck, Wayne, and Fair Lawn Offices: 201-837-9090

Jewish Family & Children's Services of Northern New Jersey (JFCS) is a nonprofit organization providing a full range of integrated social services through licensed therapists for all the members of a family, including adults, children, teens, and seniors. Programs and services include Mental Health Counseling, Senior Care Management, Emergency Services including Food Pantries in Teaneck and Fair Lawn, Information and Referrals, Career, Afterschool, and Support Group programs. JFCS serves the community in Bergen, Passaic, and Hudson counties.

For more information about JFCS or to make a donation, please visit www.jfcsnj.org.

All insurances accepted.



AMUDIM COMMUNITY RESOURCES

11 Broadway, Suite 1076

New York, NY 10004

P. 646-517-0222

F. 646-517-0221

TF. 877-7-AMUDIM

(877-726-8346)

www.amudim.org

INFO@AMUDIM.ORG

AMUDIM ISRAEL

8 Harav Kook St

TEL | 02-374-0175

TEL FROM USA | 516-636-0175

FAX | 02-679-7710

TF from Israel 800-AMUDIM

(800-268-346)

www.amudim.org.il

office@amudim.org.il

Mission Statement:

Amudim Community Resources exist to combat crisis and abuse through awareness and support, with expertise and care for those in need, their families, and entire communities. We aim to ensure every community member facing crisis and abuse has a place to turn. Directed by Zvi Gluck, guided by HaRav Elya Brudny shlita, and endorsed by Torah Umesorah.

Services Provided:

- Comprehensive Clinical Case Management
- Community Awareness Events
- School Based Training for Students, Staff, Parents, and Administration
- Camp Safety Training
- Darcheinu Curriculum (5th thru 12th grades) focused on Social/Emotional well being as well as prevention and early detection/intervention
 - Gavz Boyz Summer Camp and Year-Round Programming for at risk teenage boys
 - Project Heal Therapy Subsidy Fund
 - No Fee - Peer to Peer Fundraising Platform

Cost of Services:

All services provided by Amudim are completely free to our clients and their families.



THE LIVING ROOM

Addictions

www.tlrny.org

718-692-4058

The Living Room (TLR) is a program serving young adults, aged 18-35, who are part of a recovery community. Based in Brooklyn, NY, and with centers in Monsey and the Five Towns, the mission of TLR is to encourage and support the therapeutic and spiritual growth of young people in recovery.

REHAB CENTERS

BROOKDALE RECOVERY

www.brookdalerecovery.com

888-991-1316

Brookdale is an addiction recovery center that provides medically managed detox and residential treatment programs. We offer client-first experiences and customized solutions to an array of addiction and behavioral conditions.

Our program includes multiple treatments designed to heal trauma and give you or someone you love the tools, structure and supportive experiences to replace destructive thoughts, behaviors and patterns with healthy, positive ones.

Our deeply connected clinical team uses robust individualized-healing programming to create a supportive sober community among our clients and staff. This fosters self-esteem, confidence and accountability. We do this together, in a safe space so you'll feel secure, nurtured and well taken care of during this vulnerable time.

Notes: Brookdale Recovery is a sub-acute, co-ed detoxification and residential rehab program for individuals 18 years and older. After a patient has successfully completed the detoxification process and has been cleared by our medical staff, they may begin the transition into our residential program. During residential care, patients will work closely with our clinical team, delving deeper into the root causes of their addiction and developing healthy coping strategies to begin healing.

CARON

www.caron.org

Pennsylvania: 800-854-6023

Boca Raton: 844-270-7481

Both substance use disorder and process addictions, like digital addiction, eating, gambling, and sex, among others, are used to cope with underlying issues. Caron Renaissance takes a clinically intensive, individualized approach

to dealing with addictions by uncovering and treating those underlying issues at the same time we treat the addictions.

By treating them as a part of a dynamic system that includes mental/emotional health, family systems, and emotional maturity, Caron Renaissance enables patients and their families to build better, healthier lives and relationships with one another, in which each person in the relationship sets and maintains boundaries and has a strong sense of self.

Notes: Inpatient Addiction Rehab, Outpatient Rehab, Family Support and Treatment. Serving Teens, Young Adults, Adults, Older Adults, Families, and Children of Addicts. Caron Recovery Center in New York, located in Midtown Manhattan, is a key resource for New York City area residents who have completed drug or alcohol rehab, their families and addiction professionals. The NYC office provides information and referral services and connects patients who are leaving treatment to numerous recovery support services.

IGNITE TREATMENT CENTERS

igniteteentreatment.com

Rabbi Sholom Schusterman: 808-280-6590

Ignite Teen Treatment is proud to work closely with the Jewish community and local Chabad to develop a track for our Jewish clients. This means that in addition to the fully Kosher facilities and gender specific homes, Rabbis and Rebbitzens visit the facility regularly during the week to spend time, learn, and bond with the Jewish clients (at the pace and desire of the client) as well as supply chizuk (support) for the families, and Shabbos (Sabbath) treats, candles (religious articles), and more for the clients.

Our ownership understands the unique needs of the Jewish community and work closely with communities worldwide to ensure that care is provided to the teens and their families in a manner that is sensitive to the needs and expectations of the family and community while focused on the needs of the child. This process enables our clients to feel safe and not pressured to conform to any particular standards, while still providing resources and infrastructure so that when they want or need religious guidance and support they have it readily available with things like Kosher and religious support a “built-in” feature of the program. Ignite also accepts most major insurance

plans, making its services affordable to all.

Notes: Drug and Alcohol Abuse / Chemical Dependency, Anxiety, Depression, Trauma, Psychiatric /Mood Disorder, Behavioral Issues, Gaming and Social Media Addiction, Body Image Issues, Suicidal Ideation, and Self Harming Behaviors.

NEWPORT ACADEMY

www.newportacademy.com

844-588-1707

Notes: At Newport Academy, we bring teens from self-destruction to self-esteem by treating primary mental health issues which addresses the underlying causes of high-risk behavior. We treat individuals, ages 12-22, struggling with teenage depression, teen anxiety, and trauma-related issues, along with co-occurring eating disorders and teenage substance abuse. Newport Academy is a different kind of teen rehab center. Through our clinical expertise and holistic care, we empower teens and restore families.

The right environment is key for successful treatment. With locations across the United States, our gender specific residential teen treatment centers, outpatient treatment centers, and Newport Academy Day Schools offer comfort and natural beauty to cultivate transformation and healing from teen mental health issues, trauma, eating disorders, and substance abuse.

PYRAMID HEALTHCARE AT HAMMONTON, NJ

www.pyramidhealthcarepa.com

888-694-9996

We provide treatment for adults and teens suffering from addiction or substance abuse, as well as individuals with mental health disorders. As part of our unique 360° recovery system, Pyramid Healthcare Rehabilitation Center provides services for adults and teens in all stages of addiction. Our program offerings include detoxification, inpatient treatment, methadone and Suboxone maintenance therapy, outpatient treatment and halfway and transitional housing.

RECOVERY CENTERS OF AMERICA

recoverycentersofamerica.com

844-242-7956

Where there's addiction, there's pain and suffering. But this doesn't have to be the life you live. No matter how consuming your addiction may feel, Recovery Centers of America can help. We'll help you overcome your addiction, and give you the tools and resources needed to maintain recovery for life. Our patients arrive here feeling broken and scared, but leave completely transformed into confident, strong individuals. We teach skills to help you understand, confront, and cope with your addiction, because addiction is the problem, not the person. We'll help you heal and begin living a fulfilling life. You can recover.

SEABROOK

www.seabrook.org

973-309-271

Seabrook believes community, continuity and structure are essential to reaching a recovery fulfillment. Addiction is not curable, so rehab becomes a lifelong journey requiring discipline, vigilance and family support. To enhance the sobriety success of our clients, we emphasize the vital importance of dedicated participation in the proven 12-Step Principles of Recovery beyond the care received during residential rehab.

Notes: Seabrook offers detox, Gender specific residential treatment, extended care, Outpatient services, intensive outpatient, and a three-day program for spouses, family members, and significant others.

SOBA

sobanewjersey.com

800-538-1205

Full Spectrum of Treatment

We offer transitional care including Inpatient & Short Term Residential, Partial Care, Intensive Outpatient, and Outpatient, each supported by well-designed

housing systems at each level, providing the proper environments that lead to a strong recovery.

Enhanced Coordination of Care

Our Clinical staff qualifies our clients at specific care checkpoints and before transitions between levels of care. This ensures our clients receive the exact care necessary and are ready to move forward in their treatment journey.

Building Personal Foundations

At SOBA New Jersey facilitating family involvement, connecting patients with community resources, introducing 12-step groups and other support resources are all pivotal to the care we provide and the recovery process as a whole.

SUMMIT OAKS HOSPITAL

summitoakshospital.com

800 753-5223

Summit Oaks Hospital has been providing quality mental health care for children (5-12), adolescents (13-17) and adults (18 and older) who have been struggling with psychiatric and substance abuse issues. We provide a medically managed detoxification, and supplement this with a range of therapies. This will be the start of learning new ways of coping with alcohol & drug issues, which leads to a new way of living.

Our substance abuse program is designed to help you work towards maintaining a substance-free lifestyle. We will assist you in developing the necessary skills for you to live without the need to use drugs or alcohol.

Inpatient Programs:

Psychiatric Program

Co-Occurring Program

Drug & Alcohol Detoxification Program

Drug & Alcohol Rehabilitation Program (short-term)

Outpatient Programs:

Adult Psychiatric IOP Program

Adult Co-Occurring IOP Program

Adult Drug & Alcohol IOP Programs

Partial Hospitalization Program (PHP)

RESOURCES

JACS (JEWISH ALCOHOLICS, CHEMICALLY DEPENDENT PERSONS AND SIGNIFICANT OTHERS)

Substance Use Disorders

jacs@jacsweb.org

212-632-4600

JACS (Jewish Alcoholics, Chemically Dependent Persons and Significant Others), a program of the Jewish Board in New York, is a network for Jews impacted by alcohol and other substance abuse. JACS provides counseling for individuals and families, sober holiday celebrations, weekend retreats, prevention education, consultation and training for clergy and professionals.

Notes: Jewish, Focused on counseling, training, and prevention.

MASK (MOTHERS AND FATHERS ALIGNED SAVING KIDS)

Support service

maskparents.org

718-758-0400

MASK is a non-profit organization dedicated to providing services to families with all mental health and addictions issues, including at-risk youth who might otherwise hesitate to seek assistance. MASK is committed to the community by helping parents through life's challenges. From prevention to perseverance, MASK, through its helpline, referrals, support groups, in/after school programs, and vast array of services gives the guidance needed to ensure emotional wellness in family members. MASK services, in deference to the communities it serves, are offered in a confidential, holistic, and culturally sensitive manner.

Notes: Jewish, focused on teen addiction and substance abuse.

STRENGTH TO STRENGTH – KAPLAN JCC

Addictions Group

cleslie@jccotp.org

201-408-1403

Support group for parents. Led by Dr. Jeffery Berman.

Notes: Jewish Parenting support group focused on adolescent addicts.

RELIEF RESOURCES

Mental Health referral agency

reliefhelp.org

718-431-9501

Relief Resources is an international nonprofit organization that provides mental health guidance, education, and treatment recommendations for individuals in the Jewish community.

Notes: Jewish, referral service with experience in substance abuse and addiction therapists.

THE FAMILY SUPPORT CENTER

Substance Use Disorders

www.careplusnj.org

201-265-5027 ext. 5394

Center for parents or caregivers who have a loved one suffering from substance use disorders. Services include assistance with navigating the healthcare system, accessing treatment, and learning strategies to cope.

800-GAMBLER

Gambling Addiction

800gambler.org

800-gambler

The Council on Compulsive Gambling of New Jersey is a private non-profit organization that provides information, education and referral services for people affected by a gambling problem.

GUARD YOUR EYES

Technology Addiction and Pornography

guardyoureyes.com

646-600-8100

Guard Your Eyes (GYE) provides free and anonymous help for all levels of the struggle. Here you will find the tools, support and guidance that you need to break the porn habit and experience the sweet taste of freedom again. GYE has helped thousands break free. Sign up to find the tools that work and to receive the push you need.

Notes: Jewish, focusing on porn and technology addiction.

ADDICTION MEDICINE

DR. LEE HINDIN, PSYCHIATRIST

Addiction medicine

22 Old Short Hills Road, Suite 217,

Livingston, NJ 07039

973-535-0627

DR. MATISYAHU SHULMAN, PSYCHIATRIST

Flat Rock Psychiatry

Addiction medicine

815 Elm Avenue

Teaneck, NJ 07666

646-653-2019

DR. JEFFERY BERMAN, PSYCHIATRIST

Addiction medicine

1296 Pennington Road

Teaneck, NJ 07666

201-394-7491

MR. LEW ABRAMS, PSYCHOTHERAPIST

Individual Psychotherapy, Couples and Family therapy

150 River Road Suite C-1B

Montville, NJ 07045

201-725 3627

TWELVE STEP MEETINGS

ALCOHOLICS ANONYMOUS

aa.org

AL-ANON

al-anon.org

Al-Anon members are people who are worried about someone with a drinking problem. Family members have the opportunity to learn from the experiences of others who have faced similar problems. Alateen is part of the Al-Anon fellowship designed for the younger relatives and friends of alcoholics through the teen years.

SEX ADDICTS ANONYMOUS

saa-recovery.org

800-477-8191

A fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

CODEPENDENTS OF SEX ADDICTS (COSA)

www.cosa-recovery.org

COSA is a 12-step recovery program for men and women whose lives have been affected by another person's compulsive sexual behavior.

SEX AND LOVE ADDICTS ANONYMOUS (SLAA)

slaafws.org

Sex and Love Addicts Anonymous is a twelve-step program for people recovering from sex addiction and love addiction.

ADULT CHILDREN OF ALCOHOLICS (ACA OR ACOA)

adultchildren.org

Adult Children of Alcoholics Families is a twelve-step, twelve tradition program of men and women who desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.

OVEREATERS ANONYMOUS (OA)

oa.org

OA is a twelve-step program focusing on compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, and over exercising.

GAMBLERS ANONYMOUS

www.gamblersanonymous.org/ga/

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

MARIJUANA ANONYMOUS

marijuana-anonymous.org

NARCOTICS ANONYMOUS (NA)

na.org

EDUCATION AND PREVENTION

DRUG ENFORCEMENT ADMINISTRATION

www.getsmartaboutdrugs.gov

DEA resources for parents and educators which includes information on prevention and also information about drugs and emerging drug trends in teens.

NIDA & NIDA TEENS

www.drugabuse.gov and *teens.drugabuse.gov*

National Institute on Drug Abuse and National Institute on Drug Abuse for Teens

PARTNERSHIP FOR DRUG-FREE KIDS

drugfree.org

The Partnership is committed to helping families struggling with their child's substance use. Families are provided with information, support and guidance to get their loved ones help and advocates for education and more effective programs to treat the disease of addiction.

NEW JERSEY DIVISION OF CONSUMER AFFAIRS - PROJECT MEDICINE DROP

www.njconsumeraffairs.gov

Information on keeping your medications safe and disposing of them including a list of locations of secured drop boxes in the headquarters of local police departments.

COMMUNITIES CONFRONTING SUBSTANCE ABUSE (CCSA)

www.time2talkaddiction.org

CCSA is a nonprofit corporation founded with the goals of bringing awareness, education, prevention and programming regarding substance abuse and addiction to local communities.

CCSA has established a local support group for family members of loved ones suffering from addiction, is working with local Yeshiva day and high schools on several initiatives, and organizes educational events and programs.

UNITED FOR PREVENTION IN PASSAIC COUNTY

wpunj.edu/uppc

United for Prevention in Passaic County is a county-wide coalition that seeks to engage all members of the community who are concerned about these issues. Together we will work toward reducing the access and availability of drugs and alcohol to promote real and effective change in our county.

United for Prevention in Passaic County works to encourage and support awareness of the Social Host Liability Laws. This will be done by promoting the use of the Parents Who Host, Lose the Most Campaign in all sixteen municipalities. This campaign will function to create a county-wide message to parents that underage drinking will not be tolerated. Parents will also learn that serving alcohol to minors in your home is subject to criminal prosecution.

UPinPC is also working to reduce the availability of prescription pills in Passaic County by collaborating with the New Jersey Division of Consumer Affairs' 'Project Medicine Drop' program. This program allows community members to dispose of unused, unwanted, and expired medications anonymously, 7 days a week, 365 days a year at permanent drop boxes that are located within their local police departments. Passaic County currently has fifteen permanent off boxes situated all over the county.

STRAIGHT AND NARROW

www.ccpaterson.org/sn

Founded in 1954 as a treatment program for male alcoholics, Straight & Narrow has evolved into a premier, pace-setting, comprehensive social service, health care, and community development agency. 60 years of service to the community makes us the oldest community-based residential treatment facility for those who are addicted to drugs and alcohol in the United States of America. In addition to extensive drug and alcohol rehabilitation services we operate child care centers, permanent supportive housing, a medical day care center and the Family Success Center throughout Passaic County.

Email HereForYou@jfsclifton.org for questions or more information.

This resource guide is by no means all-inclusive.
Resources included in this guide are not necessarily endorsed by JFS.