

Addictions: Exploring the Recovery Process – Michelle Friedman MD
Friday 10-10:30 AM

I. Overall comments

- A. Addictions to consider: Substance (alcohol, street drugs, prescription drugs)
Behavior (gambling, pornography/sex, electronics/ internet)
Eating – overeating, bulimia and anorexia

B. Components of recovery:

- 1) Recognitions of prevalence of addiction – people can hide out for years
- 2) Addressing underlying spiritual/emotional need – 12 step
 - a. Jewish recovery programs or general
 - b. Abstinence/harm reduction
- 3) Differentiate sobriety from recovery – addressing core vulnerability, changing life style
Example – 30 day withdrawal inpatient experience and returning to the world using Wegovi/bariatric surgery and rest of life
- 4) Cultivate supportive community that connects recovery and prevention - validates worth of person – reaffirming basic dignity – tzelem Elohim,

Use the invaluable resource of people who have struggled with addiction themselves and are in recovery

II. Role of Jewish leadership in recovery – shul, youth

A. SHUL –

1. rabbi speaks from pulpit – uses drasha opportunity to bring issues into the open – Noach – wine –
2. increase mindfulness - help people listen to others' hesitations instead of pushing alcohol, food
3. Does NOT collude with addictive behavior – sets clear, firm, discrete boundaries,
4. Kiddish – macro and micro – no wink wink nod nod
 1. Grape juice available
 2. Formulate a kiddush club policy – expensive scotch - PURIM
 3. Parameters for persons convicted of sexual or other abuse – Sacred Spaces
5. Create community opportunities – y'mei iyun, cell phone free times/zones at events (not just Shabbat and Yom Tov)

B. School/youth organizations

1.. appropriate education in high school/youth group etc. – being real with kids, using language for body parts, activities, that is specific and not prurient e.g. , personal touch

2. addressing personal choices and bystander awareness- pornography, weed
3. have policies in place for boundary violations – involve parents and other stakeholders in policy formulation