



# ADDICTION: RECOVERY AND T'SHUVA

The beginning of the Jewish year is a time of *teshuvah*, or "returning." For some, this is a return to God, but it can also be a return to healthier versions of ourselves in the coming year. This concept is very close, if not identical, to recovery, which makes the High Holy Days the perfect time to educate ourselves and our communities on how they can help those in recovery have the best chance of success. This issue has become increasingly prevalent, with rates of substance abuse across the globe skyrocketing even prior to COVID-19 and the mental health challenges it presented to the world.

## Watch the Full Program

### #QTS RECOVERY AND REPENTANCE FEATURING:



Beit T'shuvah  
Alumnus,  
Adam R.



Director of BT  
Addiction  
Prevention  
Program,  
Douglas Rosen



Beit T'shuvah's  
Rabbi Joseph  
Shamash



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## A Guide to Respectful Conversation

At some point, anyone suffering from addiction will need to have a hard conversation with someone they love about their condition. It isn't going to be easy, and there are many things to consider when approaching the subject. It helps to have some guidance when navigating the complicated conversations that come with mental health challenges in our communities.

### Acknowledge the courage it takes to share.

It's OK to take a break if you feel overwhelmed. Just be sure to stay mindful of what others might be feeling as well.

### Remember, there are no right or wrong answers.

The purpose of this conversation is to talk, listen and remain open to different perspectives.

### Speak from personal experience.

Everyone has a different level of understanding and connection to these issues, and individuals can speak only for themselves.

### Maintain confidentiality.

Allowing yourself and others to be vulnerable requires complete trust that personal information will not be shared outside of this conversation.

### Create a space for everyone to have a voice, but be respectful of those who choose not to share.

All voices should be welcomed and listened to, but no one should feel pressured to speak.





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## Supporting Others and Yourself

In supporting members of your community who are struggling with substance abuse, [Douglas Rosen](#), director of the Beit T'Shuvah Partners in Prevention program, has a few suggestions for you to keep in mind.



**If your loved one is a danger to themselves, it is critical to tell someone.**

When someone confides in you about their mental health, probably the last thing they want is for you to tell someone else about it. But if the person you love is a danger to themselves, the best thing you can do is to inform an authority figure or medical professional, despite how they may react.



**Encourage loved ones to seek help on their own.**

While it may seem counterintuitive, encouraging someone struggling with substance abuse to get help on their own will pay off more in the long run.

When someone gets the help they need on their own, the treatment often is much more likely to succeed.



**Create a support system.**

Engaging with a loved one struggling with substance abuse can be almost as challenging for you as it is for them, so you need to have a support system of your own. A close friend or family member can really help when the burdens of caring for someone struggling with substance abuse become overwhelming. In the end, it will be the support system you build for yourself that ultimately will allow you to further support your loved one and lead them to success.





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We believe Jewish prayers and rituals can help to strengthen our mental well-being, resilience and recovery in the same way [middot](#), or Jewish values, can promote them. Faith is an important part of healing for many, and Jewish thinkers and leaders historically have brought the two together.

When someone is ill or recovering from illness or an accident, we often recite a mi sheberach to wish them a [refuah sheleimah](#), or a “full recovery.” We have expanded this prayer for those who are struggling with mental health in different variations of mi sheberachs.

## Mi Sheberach for Those in Recovery



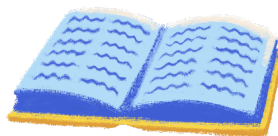
God, there are those among us who struggle with addiction. We offer this special prayer for those in recovery:

[Mi sheberach](#), to the one who blesses: May God bless you with the courage to conquer your cravings and the strength to stay far from temptations and people who can lead you astray.

[Mi sheberach](#), to the one who blesses: May God hear the cry of your soul and bless you with the knowledge that you have the power to remake your life, to repair what has been destroyed, to recover what has been lost, to receive all the blessings that have been ignored.

[Mi sheberach](#), to the one who blesses: When you fall into despair, may God bless you with hope. If you stray from the path of recovery, may God show you how to begin again. May God renew your faith in yourself. May God open your eyes to all the miracles that surround you.

Bless all those who are living in recovery, God. [Lead them on the path back to life, back to love and back to You. Amen.](#)



[Download this Prayer](#)



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## About the Blue Dove Foundation

The Blue Dove Foundation was created to help address the issues of mental illness and addiction in the Jewish community and beyond. Based in Atlanta, we work with people and organizations across the United States and around the world. Learn more by visiting [thebluedovefoundation.org](https://thebluedovefoundation.org).

## About Beit T'Shuvah

Beit T'Shuvah is a unique community that empowers individuals and families to live meaningful lives through spirituality, psychotherapy, the 12-Steps and Jewish teachings. To learn more, visit <https://beittshuvah.org>, or email Jessica Fishel at [jfishel@beittshuvah.org](mailto:jfishel@beittshuvah.org).

## Resources

### Crisis Text Line

Text HOME to 741741

[crisistextline.org](https://crisistextline.org)

Round-the-clock support from trained crisis counselors.

### Suicide & Crisis Lifeline

988

[988lifeline.org](https://988lifeline.org)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### Alcohol and Drug Hotline

1-800-821-4357

Round-the-clock national hotline that provides resources about local alcohol and drug abuse treatment options. Calls are free and confidential.

### National Alliance on Mental Illness (NAMI)

1-800-950-NAMI (6264)

[nami.org](https://nami.org)

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

You can find more resources, articles and activities by visiting <https://thebluedovefoundation.org>