

## Medical Advisory Committee

### PURPOSE OF THE MEDICAL ADVISORY COMMITTEE

The Blue Dove Foundation's Medical Advisory Committee was created for medical and/or mental health professionals to engage in the ongoing conversation and share their expertise at the intersection of Jewish and mental health and/or substance abuse. The Medical Advisory Committee will be comprised of medical and/or mental health professionals with different Jewish identities, professional experiences and backgrounds.

### EXPECTATIIONS OF MEDICAL ADVISORY COMMITTEE

- Offer support and consultation with The Blue Dove Foundation staff and/or volunteers about different projects.
  - Sharing professional opinions on a certain topic or answer questions.
- Assist with writing articles and content relating Jewish holidays and texts as it relates to mental health and/or substance abuse.
  - *Shabbat: A Time for Mindfulness and Family Rituals*, <https://thebluedovefoundation.org/shabbat-a-time-for-mindfulness-and-family-rituals/>
  - Mi Sheberach for those in Recovery by Rabbi Levenberg
  - Mental Health Questions Cube Game for Children Ages 3-18
- Encourage your local community to host events/programs/trainings around mental health and/or substance abuse.
  - If an event is taking place in your community, amplify the message and recruit attendees.
- Report back to the Blue Dove Foundation what is being said and talked about in your community as it relates to mental health and/or substance abuse in order to create additional tools and resources.
- Share the Blue Dove Foundation's mission and messages on personal social media accounts and organization social media accounts/blogs/newsletters/etc.

### COMMITMENT OF THE MEDICAL ADVISORY COMMITTEE

- Attend quarterly video conferencing calls.
- Be an active and engaged advisory committee member responding to requests and emails in a timely manner.

### ABOUT THE BLUE DOVE FOUNDATION

The Blue Dove Foundation's mission is to educate, equip, and ignite our Jewish community with tools to understand, support, and overcome the challenges presented by mental illness and substance abuse. As a community with a focus on *tikkun olam*, we work to eradicate the shame and stigma surrounding these issues in our global Jewish community and beyond. Once we achieve this goal, we can begin to improve and save lives.

### THE BLUE DOVE FOUNDATION'S WORK

1. *Education, awareness, and outreach* – We encourage conversations and provide information and tools for individuals and families seeking assistance.
2. *Financial assistance for treatment* – We provide hardship scholarships and/or interest-free loans.
3. *Scalable programs* – We develop, design, and launch easily replicated programs for schools, synagogues, community centers, camps, institutions, and affinity groups. Programs include speaker series, mental health Shabbat dinners, community trainings utilizing the Blue Dove Foundation Mental Wellness Toolkit, and more.