November 7, 2010

The impetus for birthing Beit T'Shuvah Northern California is *Tikkun Olam*, a Hebrew phrase that means “repair the world”. Repairing the world in this context encourages the expansion of a distinctive “Spiritual-Social Safety Net” that since 1987 has captured, saved, rejuvenated and liberated thousands of Jewish souls and made possible brighter futures. This document sets forth the dynamics of organizing, funding, purchasing, acquiring & renovating, managing, operating and promoting Beit T'Shuvah Northern California. Time wise, the project is divided into two phases spanning three to five years. Phase 1 expands the Safety Net for adolescents at risk in the age 15-18 category. Phase 2 expands the Safety Net for adults at risk in the age 18+ category.

**ADDICTION…..DEPENDENCE……COMPULSIVE BEHAVIOR**

It is a “DIS-EASE” of the Mind, Body, Soul and Spirit.

**Recovery at Beit T'Shuvah**

Encompasses a unique integrative approach that blends……..

- **Jewish Spirituality**
- **Mindfulness Based Therapies**
- **A 12-Step Philosophy**
- &
- **The Creative Arts**

**Healing, Recovery & Community……**

**A Powerful Force**

Our vision is that Beit T'Shuvah Northern California will attract hundreds, perhaps thousands of grassroots supporters across Northern California……individuals, families, businesses, vocational providers, charitable organizations and public agencies. The combination of *Tikkun Olam* and the human condition will transform Beit T'Shuvah Northern California from idea to reality. Support will flow in the form of money, volunteerism, job creation and the sharing of each supporter’s experience, strength and hope.

At full strength, Beit T'Shuvah Northern California will operate two residential treatment centers (one adolescent & one adult) and one full-service congregation offering religious services, holiday celebrations and study. Additionally, both residential treatment centers shall offer outreach to the entire community including prevention programs, family and alumni counseling and support, court advocacy and professional training. Additionally, the campus will incorporate a permanent solution to the loss of the vibrant hub and secular base community caused by the closure in June 2010 of the East Bay Mandana Community Recovery Center in Oakland.
Beit T'Shuvah Philosophy

Addiction is a symptom of divided self; an unhealthy dependence on substances or compulsive activities to provide a temporary sense of wholeness and well-being. It is a "dis-ease" of body, mind, soul and spirit. Recovery therefore requires an integrative approach. The Integrative Recovery Model, developed by Beit T'Shuvah West Los Angeles is a unique blend of Jewish spirituality, cognitive behavioral therapy, 12-step philosophy and the creative arts. The ambiance of the residential setting is a both therapeutic and residential community.

Beit T'Shuvah Mission

BTS’s mission is to restore lost souls and return them to themselves, their families and the community through a healing community of Jewish spirituality, 12 Step recovery and psychotherapy.

Beit T'Shuvah Vision

BTS’s vision is to reduce the incidence of addiction and other harmful behaviors through individual and family education. In 1999, the Beit T'Shuvah campus moved to West Los Angeles at 8830 Venice Blvd. The West Los Angeles campus is a homey setting where approximately 120 adult residents interact with clinical staff in a healing atmosphere that emphasizes faith-based recovery and the values of the Jewish community. Addiction is a disease of the body, mind and spirit and Beit T'Shuvah offers a dynamic program to meet the individual needs of each resident in every stage of recovery.

Beit T'Shuvah Leadership

Leaders, professional staff, and volunteers reflect the Integrative Model of Recovery. At the West Los Angeles campus, Harriet Rossetto, L.C.S.W. is both the CEO and supervises the Clinical Department which includes a staff of trained therapists, interns, and chemical dependency counselors. Harriet also supervises the Development Department and the Financial Office. Rabbi Mark Borovitz and Cantor Rebekah Mirsky lead services, officiate at life cycle events, and provide spiritual and pastoral counseling to residents and the greater community. Beit T'Shuvah is committed to hiring graduates in all capacities whenever feasible. Of the approximately 50 employees at the West Los Angeles campus, more than half are Beit T'Shuvah residents or alumni.

Beit T'Shuvah Northern California will closely replicate and emulate the Integrative Model of Recovery that works so effectively at the West Los Angeles campus. Beit T'Shuvah Northern California will recruit its own leaders, professional staff, volunteers and benefactors and will be governed by a prominent Independent Board of Directors derived substantially from the Northern California community. Rick Weinstein (age 54), a resident of the Oakland, CA, shall serve as Interim CEO and oversee all facets of the birthing process including legal formation & organization, recruiting professional & lay leaders, fund development, capital campaign, finance, real estate and formation and oversight of the governing and advisory committees. Eve Chosek (age 40), a visionary with a diverse set of skill sets and a resident of Oakland, CA, shall serve as Interim Project Manager. Eve will manage the day-to-day implementation of all birthing
activities. The birthing of Beit T’Shuvah Northern California will be enhanced by its strategic partnership with Beit T’Shuvah in West Los Angeles, whose leaders, professional staff, and volunteers will participate in an advisory capacity in major fundraising events and strategic policymaking. At full strength, the organizational structure for Beit T’Shuvah Northern California is depicted in Exhibit __.
Beit T'Shuvah is an outgrowth of the Jewish Committee for Personal Service (JCPS), an organization started in 1921 in Los Angeles by a small group of Rabbis and Social Workers to “serve Jews who were serving time.”

Harriet Rossetto joined the staff of JCPS in 1984. She was soon frustrated by the cycle of recidivism and the absence of any resources to help the offender re-enter the community. An article by Dr. Abraham Twersky, Judaism and the Twelve Steps, inspired her vision of a home for Jewish ex-cons and addicts that integrated Jewish spirituality and the 12-step principles of recovery.

In 1987, with a grant from FEMA and a loan from the Jewish Community Foundation, Gateways Hospital bought an old house at 216 South Lake Street in Los Angeles and opened the doors of Beit T'Shuvah. The original mission was to provide transitional living and reentry services to Jewish men being released from jails and prisons.

The program has broadened in scope over the years to reach out to Jews who may have had no legal problems but who are struggling with a wide range of addictive behaviors. As the program grew, so did the waiting list and the dream of a new facility that could accommodate more people, including women, and provide adequate space for group meetings and religious services.

A core of prominent Los Angeles volunteers who would later become the founding Board of Directors of Beit T'Shuvah embarked on a capital campaign. Through the personal generosity and dedication of these volunteers, over 5 million dollars were raised to purchase and renovate a new facility.

On November 10, 1999, Beit T'Shuvah moved with 34 residents into a beautiful campus at 8831 Venice Boulevard. Today, Beit T'Shuvah has over 100 residents! In addition, over 2,500 community members participate in Beit T'Shuvah spiritual and educational programs per year. Beit T'Shuvah’s hope of having adequate space for group meetings and religious services had been realized.

On August 27, 2001 Beit T'Shuvah became an independent agency. After 16 years of benefiting from the guidance and support of Gateways Hospital and Mental Health Center, Beit T'Shuvah became its own entity and a constituent agency of the Jewish Federation.

Beit T'Shuvah has earned local and national recognition as a leader in the field of faith-based recovery.
Capital Campaign - Beit T’Shuvah Northern California

Similar to the capital campaign that was spearheaded in 1998-99 by the founding Board of Directors of Beit T’Shuvah in Los Angeles, one of the first actions by the Formation Committee of Beit T’Shuvah Northern California will be to organize a founding Board of Directors that will embark on a capital campaign to raise $10 million to purchase and renovate a campus and to place the Beit T’Shuvah Northern California campus on strong financial footing. The Formation Committee has identified several potentially suitable contiguous parcels with existing structures on Harrison St. between Grand Ave. & 27th in the Lake Merritt area near downtown Oakland, CA. A suitability analysis is being conducted by a LEED certified architectural firm to determine to what extent these properties can be functionally utilized to match the needs of the adolescent and adult treatment centers and a full-service Congregational and Community Center.

Formation Committee - Beit T’Shuvah Northern California

Harriett Rossetto, CEO, Founder and Clinical Director, Beit T’Shuvah West Los Angeles
Rabbi Mark Borovitz, Senior Rabbi and Spiritual Leader, Beit T’Shuvah West Los Angeles
Nina Haller, Director of Major Gifts, Beit T’Shuvah West Los Angeles
Barbara Friedman, Director of Events and Grants, Beit T’Shuvah West Los Angeles
Faina Geller, CFO, Beit T’Shuvah West Los Angeles
Kathy Marks, M.A., MFT, COO, Beit T’Shuvah West Los Angeles
Rick Weinstein, Principal, Life Insurance Services for Charitable Giving, Oakland, CA
Eve Chosek, MFA, Educator, Artist, Teacher, Musician & Human Resources Coordinator, Oakland, CA
Moses Libitzky, Owner, Libitzky Property Companies, Emeryville, CA
David P. Himy, President, Bon Motif Company, Inc., Emeryville, CA

Potential List of Committees & Governing Bodies - Beit T’Shuvah Northern California

Formation Committee
Search Committees (CEO, Senior Rabbi & Spiritual Leader, Clinical Director)
Board of Directors
Capital Campaign & Development Committee
Strategic Planning Committee
Finance, Audit & Investment Committee
Building, Infrastructure & Facilities Committee
Congregation Committee
Public & Community Relations Committee
Special Programs & Events Committee
Political & Government Liaison Committee
Admissions

Guidelines for Acceptance

Adolescent Treatment Center --- Age: Minors 15 - 18
Adult Treatment Center --- Age: Adults 18+

Gender: Male and Female

Treatment: Drug Addictions, Alcohol Addictions, Sex Addiction, Gambling Addiction, and other self-destructive behaviors.

Call or email Benjamin Fleischer our Intake Coordinator for more information.

bfleischer@beitshuvah.org
310-204-5200

Exclusionary Criteria

1. Individuals in need of medical detoxification (referrals to detox can be arranged).
2. Severe eating disorders.
3. Severe psychiatric disorders in need of acute hospitalization.
4. Chronic aggressive behavior incompatible with a group living environment.
5. Individuals must have an understanding of the English language to fully benefit from the program.

Rates

Beit T'Shuvah has several rate plans to accommodate each individual's needs, however the basic monthly fee is $5,000 for in-state and $7,500 for out-of-state residents. As stated in our mission statement, nobody is turned away from Beit T'Shuvah for financial reasons.

Accreditation and Licensure

Beit T'Shuvah is fully accredited by and is licensed by the State of California under the Department of Alcohol and Drug programs.

Beit T'Shuvah has had a lot of success in helping clients on their road to recovery.

West Los Angeles Facilities of Beit T'Shuvah

The Beit T'Shuvah campus is located in West Los Angeles, just south of the Pico-Robertson area. The facility is a warm setting where approximately 110 residents interact with clinical staff in a healing atmosphere that emphasizes faith-based recovery and the values of the Jewish community. Resident rooms are double-occupancy and include attached bathrooms, with men and women's rooms located in separate buildings of the campus. An additional private floor houses Independent Living residents, who have graduated the Beit T'Shuvah program. The campus also includes a sanctuary for religious services, separate lounges for men and women, a kitchen and dining room, a full recording studio, a gym with weight systems, on-site career center, several spaces for private therapy sessions, and administrative offices.

To see photos of our facility click [here](https://www.beitshuvah.org)
Residential
The most important component of the Beit T'Shuvah faith-based model of recovery is the spiritual community. It is through this community of study, meditation, prayer and discussion that the residents transition from behavior patterns of perfectionism, failure, isolation and entitlement to life goals of progress, accountability, and gratitude. Residents look to religious archetypes, shared heritage, and communal wisdom for the strength to alter their behavior.

Beit T'Shuvah has many levels of residential treatment, designed to give each resident a unique continuum of care that provides an individualized program within guidelines. Each resident is closely monitored by members of our LEADERSHIP team as he/she progresses throughout the various programs to ensure a healthy transition into a sober life. Residential treatment varies in length according to individual client needs, but typically involves six months’ residence.

Primary Care
While in Primary Care, residents benefit from all prongs of our integrative recovery. Upon entering Beit T'Shuvah, residents are assigned a staff counselor with expertise in addiction counseling, an individual therapist, and a spiritual counselor from our clergy staff. Residents also participate in group therapy sessions, 12-step meetings, Torah Study, and music process groups.

Additionally, residents have the opportunity to participate in a wide variety of activities within our arts in recovery program, including choir, creative writing, and participation in our original musical, freedom song. The Career Center also provides skills assessment and assists residents in location occupational training/placement and educational opportunities as each resident progresses through the Primary Care program. A full time career counselor works with Beit T'Shuvah residents and alumni to prepare them to re-enter the workforce. Services include career assessments, vocational training and job placement. The Career Center includes a complete resource library as well as access to the internet and World Wide Web.

Sober Living
The Sober Living program is open to individuals with over four months of recovery. Residents resume work and pay rent while still participating in therapy, Torah Study, and 12-step meetings.

Independent Living
Apartment-style living, located on a separate floor of the Beit T'Shuvah campus, is available to graduates of the Beit T'Shuvah program. Residents of this community-within-a-community enjoy private rooms and autonomy while still having the healing presence of the greater Beit T'Shuvah community and the option of participating in community activities.
**Out Patient Treatment**

As part of our continued and growing commitment to offering a complete continuum of care, we have now instituted affordable outpatient counseling for not only individuals, couples and families within the Beit T'Shuvah community, but also from the wider Jewish community. We address the needs of families who can benefit from individual treatment and education whether they are connected to our program or not.

**Day Patient**

Day patient treatment is tailored fit to each individual's needs. Care ranges from individual weekly sessions to full participation in daily groups, individual therapy, Shabbat services and Torah study. Individuals are admitted to day-patient treatment at staffs’ discretion.

**Alumni Aftercare**

Recovery from addiction is a life-long process that requires constant vigilance. Ironically, the risk of relapse for the addict is greatest when he achieves his goals and appears to be thriving. The external trappings of success feed into the addicts' denial system, allowing him to believe that he is "normal" and therefore exempt from the required daily actions to maintain sobriety. It is necessary to keep alumni connected with one another and Beit T'Shuvah to remind them of the dangers of relapse. Therefore, Beit T'Shuvah provides:

- Two weekly men's alumni groups
- Alumni Torah study for men and women
- One woman's alumni group
- Training program for alumni to volunteer as paraprofessional counselors
- Individual and spiritual counseling as needed
- Social, recreational, and spiritual events that keep Alumni connected to the Beit T'Shuvah community.

**CONTACT**  [Alyson Stack](#)

**FOR MORE INFORMATION**

**Family Care**

Addiction not only affects the drug or alcohol user - it impacts the entire family. To address this need, Beit T'Shuvah makes available crucial support to the hundreds of family members of current and past residents who need our help. Services include:

- Family counseling
- Weekly support groups for family members
- Group counseling for residents and their families
- Relationship and marriage counseling
- Crisis counseling
Addiction affects our lives in so many ways. We believe compulsive gambling affects humans to the extent of any other addiction and should be treated as such. Our mission here at Beit T'Shuvah is to bring as many souls as possible back to discover their passion and purpose through an integration of body, mind, and spirit.

At Beit T'Shuvah we are fully aware of the horrors of the gambling compulsion. This is why Beit T'Shuvah is the only residential/intensive outpatient program in the state of California that offers a comprehensive program for problem gamblers. Chosen by the California Office for Problem Gambling, and in partnership with the UCLA gambling studies program, we offer a wide array of options such as Certified Gambling Therapists, daily groups, and most important of all, spiritual healing.

A major part of the program here at Beit T'Shuvah is community; comfort and support through bonds with the community and your peers. The problem gambler no longer has to feel the isolation and incomprehensible demoralization of their addiction. Our in house Gamblers Anonymous and Criminal Gang Members Anonymous Meetings offer hope for the problem gambler to recover their passion and discover their purpose.

For more information about Beit T'Shuvah's Right Action Gambling Program contact Kathy Marks or Michael Konheim.
Beit T'Shuvah offers internship training for students in pursuit of their MFT, MSW and CAADAC licensing. Interns get hands on experience in the frontlines of the recovery process and Beit T'Shuvah’s cutting edge treatment approach that integrates the mind, body and spirit. Each intern or trainee receives supervision from a well seasoned licensed mentor as well as gets to be part of a team comprised of an addiction counselor and a spiritual counselor. Additionally, Beit T'Shuvah provides superior training in trauma informed practices, new therapies and an array of contemporary topics in the mental health, recovery and spiritual fields. We believe that the best way to learn is to witness the transformation of a soul first hand, and that is why we offer the training program. Interns get to witness real life situations, and the cunning, baffling and powerful force of the disease of humanity. In addition, interns in training not only finish their required course hours, they have an opportunity to sit-in groups lead by trained professionals and get real feedback that is a valuable tool for social work as well as life experience.

Beit T'Shuvah is an approved continuing education provider for APA and BBS. If you are interested in clinical internships or CEUs, please contact Kathy Marks, Clinical Director or Alyson Stack, Program Coordinator, at: astack@beittshuah.org, 310.204.5200, ext 234
The Smalley Music in Recovery Program

The music in recovery program, the brain child of Rabbi Mark Borovitz, Harriet Rossetto, James Fuchs and Cantor Rebekah Mirsky, is one unique to Beit T'Shuvah. Through various activities that combine Judaism and music, this program allows residents and community members outlets for therapeutic and creative expression. Many have described the inclusion of music in recovery as an awakening of their sleeping spirit. They learn the song of their soul.

Many addicts and alcoholics possess unique talents and sensitivities. Providing creative avenues of expression greatly improves their self esteem and quality of life. Learning to express themselves without the use of substances significantly increases their success in sobriety.

Clinically, music therapy is a crucial tool in the treatment of substance abuse. Communal participation in sound and song creates a common identity and recognition of core beliefs and opens pathways to personal growth and change.
BTS Band

The Beit T'Shuvah Band, formed and orchestrated by Rebekah Mirsky and Laura Bagish, performs at Friday night, Saturday morning and holiday services. It provides residents with a positive role to embrace, while teaching them significant relationship skills. Through the creative experience and practice of playing in the band, residents learn active listening, tolerance and social cues. They gain an appreciation of their own importance in the group while respecting the roles of their fellow band members.
BTS Choir

The BTS choir, under the direction of Laura Bagish, meets twice a week and is open to all residents and community members.

The BTS choir performs weekly at Shabbat services and for High Holiday services. They also perform at various Jewish Community events around the city. Being a part of the choir gives resident's self-confidence and an opportunity to be a part of something larger than themselves. Singing in harmony is a visceral experience and brings joy to both the listeners and the participants.

Beit T'Shuvah Choir

Introduction to Partners in Prevention

If Jewish learning can help individuals recover from addictive and self-destructive behaviors, why can’t it be just as useful in preventing it? In a culture where teens must cope with peer, media, and family pressures to “look good” and achieve material success, the soul is often ignored and neglected. We believe the antidote to this “hole-in-the-soul” is Judaism.

Partners in Prevention (PIP) is a program which utilizes the path of Judaism to promote self-acceptance, self-worth, spiritual values and family harmony. PIP differs from other programs in that it does not focus on drug-education but rather the underlying “spiritual maladies” that lead today’s youth toward risky behaviors. It focuses on teaching spiritual tools to cope with daily stress and anxiety.

The program is a fully developed 6-module curriculum, which includes workbooks for students ages 12-18, a parent’s journal and a facilitator’s guide. The Prevention staff is a multi-disciplinary team of Jewish educators, mental health professionals, recovering addicts, and recovering parents. Together, they take the students through the workbooks and interactive exercises, designed to encourage honest discussion about life’s pressures and the relentless pursuit of perfection, which has become a cultural standard.

The schools and synagogues with which we work are our partners. The curriculum allows for a flexible delivery schedule. The Program Director helps each school or synagogue to tailor the program and workshops to fit its needs. Both full and partial programs produce positive impact. The program begins with a recovering young person, selected and trained by Beit T'Shuvah staff, who tells his/her “story of self-destruction and T'Shuvah,” stressing the positive role of Judaism in their recovery. The program also includes parent workshops and teacher training as needed. Kids must have a positive influence in the home, once they leave the safety of school. A healthy family is a family based around open communication and mutual understanding.

According to recent studies conducted by CASA (The National Center of Addiction and Substance Abuse at Columbia University), parents believe the number one concern facing today’s youth is which college they will attend after High School – kids believe the number one concern is drugs and alcohol.

Partners in Prevention evolved over 20 years of witnessing Jewish education, prayer and celebration act as powerful tools on the journey of self transformation. The innovative aspect of the program is the introduction of a curriculum into mainstream Jewish education that applies Jewish values and concepts in a way that is relevant to our daily lives.

If you have any questions, would like to receive more information, or would like to set up a meeting, please feel free to contact Doug, Shayna or Jessica anytime at, 310-204-5200 ext. 235 or via email.
Issues Teens Face

Why do our teens use drugs, alcohol, gamble or engage in any destructive behaviors such as eating disorders or cutting? For any prevention program to be a success, it must address the underlying reasons our children become addicts.

- Media pressure
- Family pressure
- Peer pressure
- Drugs and alcohol
- Perfectionism
- Feeling “less than” do to society’s unrealizable standards of success
- Family dysfunction
- Too high of expectations, which results in a need to escape with anything that numbs the mind like internet gambling and pornography, excitement and danger, violence against self and others
- Push to succeed
- Over scheduling
- Disconnect from family
- Stress
- The “whatever, dude” response to life
- Shame
- Feelings of emptiness and disconnect
- Search for own identity
- Search for acceptance
- Search for self-worth
The curriculum was developed in concert with The Change Companies, a national Reno based company that develops interactive journaling curricula and trains governmental and private organizations in facilitating the change process. Click here to view an online version of our brochure.

The workbooks are:

- **Who Am I Today?** – This module introduces the journey to adulthood and the question, “Why be Jewish?” Through guided journaling and group discussion, participants explore the balance between their inherent uniqueness and their membership in a community. Myths and cultural stereotypes are explored and participants are given the opportunity to identify the role Jewish teachings and Jewish culture play in their lives.

- **My Core Values** – This important segment of the journey gives young people an opportunity to explore ways to make healthy decisions based on core Jewish values. The concepts of wholeness, Kedoshim (holiness) and “both/and” are explored. (“both/and”: The acknowledgment that we are not divided into black/white, good/bad, either/or – we are “both/and”. There is no such thing as perfection)

- **My Relationships: According to the Torah** – This journal provides youth the opportunity to explore the importance of the loving, healthy relationships that will sustain them on their journey to adulthood. The difference between relationships based on contract versus covenant is defined. The obligations between parent and child and the covenantal relationships with God and community are explored.

- **Personal Inventory** – This module helps young people look at the personal qualities that either support or harm their efforts to make positive choices on their journey to adulthood. Upon completing their inventory and identifying those areas where they have “missed the mark,” participants will be introduced to the process of T’Shuvah, the “return home.”

- **Staying Free from Alcohol and Drugs** – This segment prepares Jewish youth for making informed decisions about drugs and alcohol. Participants will learn to apply to their own lives what the Jewish tradition, faith and laws say about destructive behaviors. Youth will learn to build the skills that will help them resist pressures and temptations to experiment with drugs and alcohol.

- **My Future, My Faith** – This journal gives young people the opportunity to explore their unique liberation from various kinds of bondage by applying the principles of the Pesach holiday to their daily lives. A “faith compass” will guide their choices and help them prepare for the road that lies ahead. Goal setting, values identification and planning are key components of this module.

- **Supporting My Child** – This journal provides parents and caregivers the opportunity to actively participate in the PIP learning experience. Participants will learn how their attitudes and behaviors impact their child’s risk of using drugs and alcohol. Journaling exercises parallel many of the youth exercises and are presented from the adult perspective. The family covenant and parent/caregiver role are explored.
Prevention Testimonials

"Since making the Partners In Prevention curriculum an integral component of the course offerings of the High School of Jewish Studies, I have become more and more convinced that it needs to become an integral component of Jewish education everywhere across the country. Having seen first-hand the reaction to the curriculum and your young spokespeople by students, parents, teachers, funders, and members of the Board of the Agency for Jewish Education in San Diego, I am convinced that there is a great need NOW to raise awareness of communities as to the relevance and timeliness of the program."

Mickie Targum -
Principle of the High School of Jewish Studies, Agency for Jewish Education San Diego

"Everyone needs to do T'Shuvah, and learning from someone who has come such a long way, and who, in turn, has given back so much to others, is truly an inspiration – on many levels…You take a very personal and meaningful approach to Torah. You make it real and practical. Your interpretation gives Torah a new sense of importance, vitality, and something to grasp on to, beyond the historical and ethical merits…You have a message that our youth as well as those searching for additional meaning and contemporary value truly need. Our teachers need this type of guidance in order to better instruct our students – to interest them in studying Torah."

Wendy S. G. Rosenfeld-
Director, Project Yachad

"I liked that we talked about our relationships with ourselves. We connected with G-d and the people around us."

6th Grade Student-
Abraham Joshua Heschel Day School

"I like that we can speak out what we feel without being right or wrong."

7th Grade Student-
Abraham Joshua Heschel Day School

"It taught me how to accept myself. I also could open up."

6th Grade Student-
Abraham Joshua Heschel Day School

"I liked learning how to see myself on the inside and the prevention of drugs."

Student-
Oakwood Middle School

"I liked the honesty between the facilitator and students and how I could admit things and feel safe when saying it."

Student-
Sherman Oaks Center for Enriched Studies

"It taught me how to cope with the problems I may later have in my life."

7th Grade Student-
Adat Ari El

"It was good to be able to talk about these things openly."

Student-
L.A. Hebrew High

"I liked the ability to find situations in my life that are significant problems and learning how to deal with them."

Student-
Newbury Park High School
Local and Long Distance Partners

- Agency for Jewish Education – Hebrew High (San Diego, CA)
- Temple Beth Am (San Diego, CA)
- Adat Ari El (North Hollywood, CA)
- LA Hebrew High (Van Nuys, CA)
- Temple Beth Am (Los Angeles, CA)
- Kehillat Israel (Pacific Palisades, CA)
- University of Judaism (Bel-Air, CA)
- Temple Emanuel (Beverly Hills, CA)
- Heschel Day School (Northridge, CA)
- New Community Jewish High School (West Hills, CA)
- Temple Beth Shalom (Fairfield, Iowa)
- Tikvat Jacob (Manhattan Beach, CA)
- Temple Judea (Tarzana, CA)
- Milken High School (Los Angeles, CA)
- Temple Israel of Hollywood (Hollywood, CA)
- Northern Virginia Hebrew Congregation (Reston, Virginia)
- Adas Israel (Washington, DC)
- Camp Yavneh (Nottingham, New Hampshire)
- Gann Academy (Waltham, Massachusetts)
- Congregation Beth David – Hebrew High (Saratoga, CA)
- Congregation Beth El (Bethesda, Maryland)
- University Synagogue (Los Angeles, CA)
- Congregation Rodef Sholom (San Rafael, CA)
- Center for Jewish Learning (Wisconsin)
- Calabasas High School / "Every 15 Minutes" (Calabasas, CA)
- Temple Beth Am (Los Angeles, CA)
- Temple Shalhevet High School (Los Angeles, CA)
- Sinai Akiba Day School (Los Angeles, CA)
- Heschel Day School New York (New York, NY)
- Israeli Scouts of America (Sherman Oaks, CA)
- CSUN Hillel (Northridge, CA)
- Temple Beth Haverim (Agoura Hills, CA)
- Pressman Academy (Los Angeles, CA)
- Temple Israel (White Plains, New York)
- Camp JCH Shalom/BBYO (Malibu, CA)
At Beit T'Shuvah, we set aside as many as 25% of our beds for people with serious addictive problems who have been or are likely to be convicted and face prison or jail time. Carrie Newman, our full-time alternative sentencing coordinator, conducts in custody interviews and assessments with each potential resident to determine their program eligibility. For those who qualify, Carrie goes to court to advocate on their behalf so that they can serve some or all of their time at Beit T'Shuvah to break their cycle of addiction as an alternative to sitting in a cell for their drug and alcohol-related crimes.

Carrie also provides visitation for Jewish inmates within the Los Angeles County Jail system, offering spiritual guidance, addiction counseling, and a connection or re-connection to Judaism’s ancient traditions. For those serving lengthier sentences, Carrie acts as a bridge connecting these Jewish inmates to the Jewish traditions and the Jewish recovering community through personal visits and correspondence. In this role, she also serves as a liaison between inmates and their families, assisting them in the often frightening and confusing experience of incarceration.

Contact Carrie Newman or Phil Hamburger for any questions regarding the Alternative Sentencing Program.
Imagine a cool crisp ocean breeze, the sound of waves crashing, and the warm feeling of the rising sun caressing your body. You open your eyes from a deep meditation to the sight of some enticing waves. Your completely relaxed and ready to for a fun surf with your community peers. Beit T'Shuvah surf therapy teaches residents the discipline of meditation, and while surfing they also learn to live in the moment. The only thing on their minds is the incoming wave. Founded by Family Program Director and avid surfer Andrew Wasser, The group meets every Wednesday at noon, as well as every Friday morning at 6:00 am. We invite any community member who feels the desire to hit the waves and have some sober fun in the sun.

Contact Andrew Wasser or John Sullivan for more information regarding the Surf Therapy Program.
Freedom Song is an extension of Beit T'Shuvah's Prevention Program and Music in Recovery. It is a powerful and original musical workshop, which highlights the historic universality of the struggle to free oneself from external oppression and internal bondage.

Using contemporary music, Freedom juxtaposes personal stories of internal conflict and family dysfunction with the story of Passover. The play not only draws parallels between being a slave in Egypt and being a slave to your addiction, but forces an audience of all ages to take a look at themselves instead of pointing the finger at everyone else. In the end, we are all enslaved to something. 

Freedom Song is performed by residents and alumni of Beit T'Shuvah. This original production was written by Stu Robinson, Cantor Rebekah Mirsky, and James Fuchs and produced by Craig Taubman, Rabbi Mark Borovitz, and Harriet Rossetto.

For more information regarding Freedom Song performances and bring Freedom Song to your location please contact Rachel Lurie.
Like No Other Agency in the country
Creative Director John Sullivan with the help of marketing expert Russell Kern of The Kern Organization and Rabbi Mark Borovitz founded BTS Communications in 2008. We are the only advertising and social media agency housed within a drug treatment center, dedicated to helping their residents recover by providing professional career training in the advertising and marketing fields. When you choose to work with BTS Communications you are not only getting top quality creative work, you are participating in the development of highly talented creative people, who are unleashing their passion for advertising, graphic design, copywriting and marketing. We hand pick our team and under close supervision work together to craft effective work on your behalf. We offer marketing and creative services, without the large agency price tag to help small and medium non and for profit organizations achieve their marketing objectives.

Our design and marketing services include:
- Online marketing – email, display banners, eNewsletters
- Social Media marketing – Facebook, Twitter, Flicker, YouTube, LinkedIn
- Customer communications – up sell, repeat visit and awareness building
- Advertising campaigns – awareness building, event announcements
- Direct mail campaigns - fund raising, traffic generation, lead generation
- Brand identity systems – logo development through application
- Web site design and development
- Video production services

BTS Communications' Gives Clients The Competitive Edge:
BTS Communications has a proven design and development process that has been built and refined. We take the time to get to know our client and their customers. We approach our clients marketing objectives from an unbiased outsider’s perspective, seeking to understand the critical issues to achieve success. Then we combine our marketing knowledge, our client’s insights and quite often, their customers’ perspectives to create effective, relevant and engaging marketing communications. This absorption process helps us create a unique “communication blueprint” that gives all members of the BTS Communication creative team unique insights. It is these sights which serve as the foundation from which BTS communications designs, develops and implements an array of communication programs to help our clients acquire more customers, grow revenue and deepen existing customer relationships.

Follow us on Twitter @BTSComm  Become a fan on Facebook  Read our Blog
For more information please contact John Sullivan at:
310-204-5200 or by email jsullivan@beittshuvah.org
Temple Beit T'Shuvah

Developed from an informal gathering of residents for Friday night Shabbats over 20 years ago, Beit T'Shuvah has formalized into a fully-functioning synagogue with a congregation made up in large of the community of residents, alumni, family, and friends of Beit T'Shuvah.

Services at Temple Beit T'Shuvah are a unique experience, unlike that of any other synagogue or Jewish place of worship anywhere. Senior Rabbi Mark Borovitz' messages of living one's purpose, wrestling with G-d and that everyone is a holy soul touch every person who walks through our doors.

The soul of the Friday Night Shabbat service is the sharing of T'Shuvah. Community members express gratitude, make amends to one another and declare their new-found responses to life situations. The honesty and courage of the residents in this life-and-death struggle to remain sober and connect with G-d uplifts and opens the hearts of all who attend. Another integral part of the Beit T'Shuvah experience, and part of what truly sets it apart, is the non-traditional approach Temple Beit T'Shuvah has to music and prayer throughout the service. This style plays an important role in residents' therapy as well as providing beautiful and uplifting music for the congregation. It all adds together to create a spiritual experience that not only keeps people coming back, but also shows that Judaism is relevant and can help people find meaning and purpose in their lives.

In addition to weekly Shabbat services on Friday night and Saturday morning, Temple Beit T'Shuvah celebrates all major Jewish Holidays (highlights including recovery Seders for Pesach, spirited services of T'Shuvah for High Holidays, and an all-night study session for Shavuot), as well as officiates all major life-cycle events.
Joining your Family with Ours

Temple Beit T'Shuvah

Miracles Happen Here

If you've never believed in miracles you owe it to yourself to visit Beit T'Shuvah. It is a unique residential house for people wanting to rid themselves of any variety of addictive behavior. It is the only rehab that has a fully functioning synagogue where you can study the meaning of the Torah, learn about the ethics, laws and ways people should relate to one another. These miracles are neither burning bushes nor the parting of the Red Sea, but are about getting rid of the demanding habits that rule lives.

Services are held every Friday evening and Saturday morning. If you are an interested person you will be moved by those, young or old, who live and learn here. You will be touched throughout the service by what you hear and witness, the singing by the choir, the elation of participation in the prayers by all of the congregants and you cannot help but feel a spirituality you've not felt before.

If you call 310-204-5200 and say you wish to partake in a service someone will take your name and meet you at the front door and sit with you.

If you go through the photos and tapes on You-Tube you may already be someone who wishes to make a financial contribution or become a member of our congregation. The price of a year’s membership is $200.00 for a single or $375.00 for one year, for a family of four. This sum covers High Holiday tickets.

Joan Praver
President of Temple Beit T'Shuvah

Join Today!
Donations

There are so many ways to contribute to the Beit T'Shuvah community. The list below is a selection of the wide array of programs we offer. Please donate to the program or programs of interest to you and help save a life today.

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<td>The Sondra &amp; Marvin Smalley &amp; Family Music In Recovery Program</td>
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<td>Jewish Spiritual Learning</td>
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<td>Adult Bar/Bat Mitzvah</td>
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How You Can Help

Beit T'Shuvah is a nonprofit organization that depends on the help of its community to ensure its survival. This is why it is so important that we have a strong network of support. Whether you are already a supporter, never have supported or are interested in a way you can help it is never too late to be involved. There are many different ways to help us. Here are some examples of what you can do to contribute:

- Make a Tribute
- Purchase a leaf on our Tree of Life
- Sponsor Shabbat Dinner
- Purchase a Yahrzeit Plaque
- Become a temple member
- Make a donation
- Volunteer your time or skills
- Donate a vehicle
- Provide jobs/internships for residents
- Sponsor a resident in our Run to Save a Soul L.A. Marathon event

These are just a few of the many ways to be a part of our community and help residents recover their passion and discover their purpose. If you want to help feel free to contact us and together we can fight addiction and help save lives!

For more information on other programs such as the Circle of Majesty Society, please contact Barbara. For more information on other programs such as the Save a Soul campaign, please contact Nina.

Barbara Friedman
Director of Events and Grants
310-204-5200, x204
bfriedman@beittshuvah.org

Nina Haller
Director of Major Gifts
310-204-5200, x230
nhaller@beittshuvah.org
Marathon

RUN TO SAVE A SOUL

Make a big difference in your life and the lives of others!
Join Beit T’Shuvah in their 2nd year as an official participating charity of the LA Marathon. Get INVOLVED with the 2011 Run to Save a Soul campaign and help us SAVE SOULS!

For additional information please contact Ali Ditlove at (310) 204-5200 x230 or aditlove@beittshuvah.org