



FROM THE DESK OF... LIANNE FORMAN

Kicking off the new year...

We are so excited to start a new academic year and look forward to impacting and educating more of our youth, parents, faculty, and community members.

In addition to the 86 schools we have partnered with over the last several years, we are anticipating adding an additional 12 schools in New York, New Jersey, Florida, Chicago, Boston, Baltimore, and Connecticut.

Exciting changes...

We worked hard over the summer to develop a new 5th grade program focused on resilience, life skills, and making healthy choices.

At the same time, we made significant changes to our 11th grade program, instituting new interactive videos created by us, based on feedback from focus groups we conducted.

In addition, we added new activities to our 10th grade fatal vision goggles program, enhancing our kids' understanding of how impaired one can become with alcohol or marijuana use.

Our Wishes for a Shana Tovah...

As we witness the very difficult struggles of families and community members, and the devastating effects of addiction on the sufferer and those around him/her, it is our deepest hope that this year will bring health, healing, true recovery, and peace to all.

May this be a year of happiness and blessings as well as the return of our hostages, the end of the war in Israel, and real and everlasting peace for all of klal Yisrael.

שנה טובה



Insights in Prevention

September 2024

CCSA in Israel...

CCSA's provides developmentally appropriate prevention educational programming for our children. Since 2019, we have developed grade-specific presentations for 5th - 12th grades, with our 12th grade program focusing on the challenges our teens will face post-high school.

It was a natural progression for CCSA to expand into programming for our young adults studying in Israel for their gap year. On September 10th, in collaboration with YU in Israel, 25 staff members from 11 yeshivot and seminaries participated in CCSA's faculty training presented by Lianne Forman. Lianne discussed recognizing the early warning signs of substance use and addiction, focusing on the risks of alcohol and marijuana use, and related mental health concerns. She highlighted drug trends and availability of substances in Israel as well as effective strategies for intervention and support for students who are so far away from home.

**Educate Yourself...
So You Can Help Them**

The challenges facing our youth today and their exposure to readily available substances is unprecedented. We need to be fully equipped with knowledge and information to address these issues.

Join us for an educational event designed for yeshiva and seminary staff and an open discussion on the following topics:

- Awareness of Current Drug Trends
- Dangers of Marijuana and Alcohol
- Mental Health and Risk of Addiction
- Recognizing Early Warning Signs
- Intervention and Support Strategies

In addition to those who came that day, we are already in discussion with a number of schools to come to their campuses for both student and faculty programming.

Elul Campaign

2024



#EducatePreventSaveLives was the theme of our annual fundraiser in September, highlighting the increased importance of speaking with and educating our youth about the dangers of alcohol and marijuana. New nicotine and THC products are flooding the market, including “look-alike” edibles and sleek devices using false information and deceptive tactics designed to hook today’s youth.

Thanks to our donors, we can continue our mission to educate all of our children about the harmful effects of substances, how to best cope with the challenges they might be facing, and how to make healthy life choices.

Click below to support our efforts

DONATE



CCSA Spotlight On... Cleveland



This upcoming school year will be the third year that CCSA will be presenting to the students of **Fuchs Mizrahi School**. Over the past two years, we met with their students in 8th, 10th, 11th & 12th grades. In addition, we spoke with faculty and parents, understanding the science behind addiction, current drug trends, and how to communicate with children about substances. We also discussed how to recognize if children/students are struggling with substance use or mental health challenges that might lead to use.

"It has been a pleasure partnering with CCSA to educate our children and their parents about substance use and misuse, and provide them with the latest research, information, and resources," shared **Junior High Principal Rabbi Darren Levin**. "We have found the presenters to be articulate, genuine, and engaging; they have offered a variety of perspectives and experiences, and their presence has been instrumental in helping students understand the potential consequences of substance use and inspiring them to make good choices. CCSA has brought more awareness, understanding, and knowledge regarding various challenges that our communities are facing, as well as the requisite tools and resources to both aim to preempt, and if not, treat them."

We look forward to our next visit to Fuchs Mizrahi and to other schools in Cleveland!

What Was CCSA Up To This Summer?

Although schools are not in session, we remained very busy, reviewing feedback from students, faculty, and our presenters about last year's programming. Using input from student questions, surveys, and focus groups, along with research into latest drug trends and statistics, we updated our prevention presentations and created new content for the upcoming school year. In addition, we:

- **Developed a new 5th Grade program**, focused on mental health and life skills, based on requests from our partner schools.
- **Expanded our team** of young Jewish people with lived experience in addiction, ensuring they are well-prepared to educate the next generation effectively.
- **Revised our 11th Grade program** based on feedback from focus groups with teens, we developed a new program to address specific challenges and mental health issues faced by this age group. We also created 6 videos which will be the springboard for interactive group discussions.
- **Conducted a comprehensive analysis** of the feedback collected from students over the past two years to provide data-driven insights into the issues affecting our teens.



Filming videos for our 11th grade program



New Support Group

siblings

Meeting for siblings* of those struggling with substance use or addiction



Monthly Meetings on Zoom

To participate please email us at:
info@jewishccsa.org

*Must be 16 years of age or older

Follow us on...



You Are Not Alone

Support Group for loved ones of those struggling with substance use or addiction



Meetings every other Wednesday
8:15 p.m. (ET) via Zoom

For more information, email us at:
info@jewishccsa.org