

FROM THE DESK OF...

LIANNE FORMAN



We often talk about the prevalence of alcohol in our Jewish rituals when we talk to our children about substance use prevention. Too often, our children report how common it is to see the adults (and other teens) amongst them drink.

In this context, we can explain the difference between a fully-developed adult brain and why, alcohol, in moderation, may be engaged in as long as adults are modeling a healthy relationship with the substance.

It becomes much harder to explain behaviors as being healthy when our children see both adults and underage users engage in drinking alcohol to excess, particularly on holidays like Purim (Simchat Torah, at kiddushim, or weddings are notable as well).

First, we need to be role models for our children and those around us and make healthy choices. Avoid drinking (at all or at least not to an excess) and show that a holiday can be celebrated for its essence - namely the saving of the Jewish people through miraculous events - without substances. (Note: there are many reliable sources that state that it is NOT an obligation to get drunk on Purim, citing the famous gemara of Rabba and R. Zeira.)

Second, we need to clearly communicate to our children that underage drinking is illegal and dangerous. Provide structure and opportunities to enjoy the holiday without drinking.

Last, have a happy and safe Purim!

Insights in Prevention

March 2024



On March 12th, Lianne and Etiel Forman were a part of Ohel's Fireside Chat evening, focused on substance use in the Jewish community.

Moderated by CCSA advisory board member Dr. Debbie Akerman, Lianne and Etiel shared their personal story how substance use impacted their family and how it led them to establish CCSA.

They were joined on the panel by CCSA Educational Presenter Mendy Schusterman and his father, Peabody (MA) Chabad Shaliach and family and addictions recovery coach Rabbi Nechemia Schusterman, and Dr. Shalom Augenbaum, Clinical Director of Tikvah at Ohel.

Those in attendance were deeply moved by the personal experiences that were shared; many spoke with Lianne and Etiel about their own family's stories and struggles, and how they wish there would be more open conversations in the Jewish community on the prevalence and impact of substance misuse

Where we've been this school year...



Purim...without alcohol

For some people in recovery Purim can be the most challenging day of the year; the almost unlimited availability of alcohol and other substances throughout the day can be a tremendous pressure point. Soberfest, hosted for the third straight year by Our Village, is an opportunity not only to celebrate in a safe way but to also prove that an amazing time can be had by all without the need for drugs or alcohol.

This year's theme is Embrace Your Inner Child! This free event features DJ Roy Baron and loads of entertainment. The fresh food court has vendors preparing fresh pizza, pasta, sushi and a coffee bar. For more info feel free to email Elirental@ourvillageny.org.



Mocktails for Purim...

PERSIAN PARADISE
(TEQUILA-LESS SUNRISE)

INGREDIENTS

- ALCOHOL-FREE SPARKLING WINE OR ALTERNATIVES (SEE NOTES)
- ORANGE JUICE
- 1/2 TEASPOON GRENADINE

INSTRUCTIONS

- ADD EQUAL AMOUNTS ORANGE JUICE AND NON-ALCOHOLIC SPARKLING WINE (OR ALTERNATIVE)
- GENTLY POUR IN THE GRENADINE.
- GARNISH WITH YOUR CHOICE OF FRUIT AND SERVE.

NOTES

CITRUS-FLAVORED SODA WATER, SUGAR-FREE LEMONADE, OR DIET GINGER ALE CAN BE USED IN PLACE OF THE NON-ALCOHOLIC SPARKLING WINE.

MORDECHAI'S MOJITO
(NON-ALCOHOLIC MOJITO)

INGREDIENTS

- 1 LIME QUARTERED
- 10 MINT LEAVES
- 1 TEASPOON SWEETENER OF CHOICE (SEE NOTES)
- SPARKLING WATER

INSTRUCTIONS

- PLACE LIME AND SWEETENER IN A GLASS.
- MUDDLE FOR ABOUT 1 MINUTE TO RELEASE THE JUICE FROM THE LIME.
- CLAP THE MINT IN YOUR HANDS A FEW TIMES TO RELEASE THE SCENT.
- PLACE IT IN THE GLASS AND PRESS GENTLY WITH THE MUDDLER 2-3 TIMES.
- TOP WITH SPARKLING WATER AND ICE. STIR.
- GARNISH WITH SLICES OF LIME OR SOME EXTRA MINT AND SERVE.

NOTES

- YOU COULD ALSO USE SUGAR, STEVIA, HONEY, OR YOUR SWEETENER OF CHOICE.

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

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

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