

RESOURCE GUIDE



TABLE OF CONTENTS

In Minnesota

- Find Treatment1
- Learn about Harm Reduction2
- Local Recovery Support3-4

Jewish Community Focused

- Therapists (with a MN connection)5
- Youth Outpatient5
- Outpatient Facilities5
- Residential Treatment Centers6
- Recovery Homes6
- Online Resources7-8
- Online Support Groups9-10

Other Helpful Resources

- National Resources11
- Technology Addiction Resources12
- Eating Disorder Resources12
- Gambling Addiction Resources13

This resource guide is for anyone who has been impacted by addiction within the Jewish and broader communities. There are many barriers to finding support for yourself or for a loved one struggling with addiction. There are also so many resources available that searching for the right support can be overwhelming. All the resources compiled here have been vetted by addiction and recovery professional staff at JFCS. We hope that you can turn to this resource guide and find what you need whether you are on your first step of the recovery journey, have many years on this path, or are looking for a loved one.

We have included resources to support a variety of addiction and recovery needs. There are Twin Cities resources as well as national ones. You will also find information on support groups, therapists, treatment programs, and online reference tools. We have included Jewish focused support services, many of which are out of state or available online. This resource guide will be regularly updated. Please let us know if you come across a resource that needs to be updated or if you have a relevant addition for us to explore.

Let this resource be a reminder that **you are not alone**. JFCS Recovery and Prevention Services is here for you and your family with resources, consultations, educational opportunities, sober Jewish holiday celebrations and family coaching. If you would like to connect personally with our Recovery Services Program Coordinator, Jennifer Fukuda, please do not hesitate to contact her at (952) 542-4837 or jfukuda@jfcsmn.org.

This project is supported by the Matt Shapiro Addiction Resource Fund, established by Marilyn and Ralph Shapiro in memory of their son, Matt.

IN MINNESOTA

FIND TREATMENT

Organization	Website	How it works
Fast Tracker MN	fasttrackermn.org/search/	A way to search for both addiction and mental health services offered in Minnesota. Offers key word searches to narrow your findings along with searches for specific modalities, insurance plans, and availability. Your search will provide the contact information and name of places that identify with what you are looking for in a resource.
FindTreatment.gov	findtreatment.gov/locator	This search engine starts with your location and then offers contact information, services provided, and payments accepted of places closest to you. Clicking on an individual resource will provide additional information like treatment approaches, the type of facility to expect, and special programs they offer.
MN.gov	mn.gov/dhs/people-we-serve/adults/health-care/alcohol-drugs-addictions/resources/web-resources.jsp	Several resources including toolkits and talking guides for parents and resources for recovery and awareness.
Minnesota Recovery Connection	minnesotarecovery.org/	They provide peer support, recovery meetings, education, and advocacy.
REM Minnesota	remminnesota.com/resources/addiction-and-rehabilitation-resources/	Addiction and rehabilitation resources including clinics, programs, and several quick guides on topics of addiction and recovery.
Hennepin County Mental Health & Substance Abuse Services	hennepin.us/en/residents/health-medical/mental-health-substance-use	Includes resources for substance use disorder services, children's mental health services, behavioral health centers, and mental health clinics – clinics who serve families without insurance are also included.
MN Department of Human Services	mn.gov/dhs/people-we-serve/seniors/health-care/alcohol-drugs-addictions/programs-and-services/	Provides information on substance use disorder and the steps to take to get help including assessments, treatment, and recovery. Along with these resources there is a guide to help identify if you qualify for free or reduced treatment.
Cope – Mobile Crisis Response	hennepin.us/residents/emergencies/mental-health-emergencies	Cope responds to anyone in Hennepin County having a mental health crisis. They are available for in person response 24/7 by calling 988 or (612) 596-1223.

IN MINNESOTA

LEARN ABOUT HARM REDUCTION

Name	Email & Website	Phone No.	Address	Services/Focus
Harm Reduction Sisters	info@harmreductionsisters.org harmreductionsisters.org	(218) 996- 6482	206 West 4 th Street Suite 216B Duluth, MN 55806	Offers a feminist approach to harm reduction while offering supplies, education, and resources.
Never Use Alone	Hotline Only neverusealone.com	(800) 484-3731	Hotline Only	An overdose prevention lifeline that provides medical intervention services when necessary.

Southside Harm Reduction	shrs@southsideharmreduction.org southsideharmreduction.org	(612) 355-1267	3104 16 th Avenue South Minneapolis, MN 55407	Provides supplies, outreach, and resources.
Red Door Clinic	reddoor@hennepin.us reddoorclinic.org	(612) 543-5555	Located in the Health Services Building 525 Portland Avenue, 4 th Floor, Minneapolis, MN 55415	Offers supplies, medications, wound care, testing, and referrals. They also offer interpreter services.
NorthPoint Health & Wellness	northpointhealth.org/helping-our-neighbors/help-with-addiction/opiate-alcohol-dependency	Human Services: (612) 767-9500 Harm Reduction: (612) 223-3682 HIV Testing: (612) 267-0305 Opiate & alcohol Dependency Services: (612) 543-2500	2220 Plymouth Avenue North Minneapolis, MN 55411	Services focused on overdose prevention, education, testing, referral services, and harm reduction supplies. They also offer medication assisted treatment and behavioral therapy. They offer income-based discounts for care.
JK Movement	thejkm.org	(651) 558-7815	1063 Iglehart Avenue St. Paul, MN 55104	A nonprofit focused on BIPOC youth leadership and empowerment. They offer programs, education, and training in harm reduction.
Steve Rummier Hope Network	https://steverummierhopenetwork.org/	(952) 943-3937	2233 University Avenue West Suite 325 St. Paul, MN 55114	The Network focuses on education, advocacy, and overdose prevention.

IN MINNESOTA	LOCAL RECOVERY SUPPORT
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Name	Email & Website	Phone No.	Address	Services/Focus
Acres for Life Therapy & Wellness Center	acresforlife.org/ info@acresforlife.org	(651) 257-4159	18323 July Ave N. Forest Lake, MN 55025	Equine Assisted Psychotherapy (EAP) is a form of psychotherapy incorporating a mental health professional, an equine specialist, and horses.
Drew Horowitz & Associates	drewhorowitzassociates.com	(800) 731-0854	1123 Grand Avenue, #103 St. Paul, MN 55105	Interventions, sober coaching, life coaching, treatment consultants, chemical assessments, clinical transports, sober companion, case management.
Elite Recovery	eliterecoverymn.com info@eliterecoverymn.com	612-719-4137	1137 Grand Avenue, St Paul, MN 55105	Outpatient treatment, LGBTQIA+ services, virtual IOP, chemical health assessments, sober housing

Nystrom & Associates, LTD	nystromcounseling.com/ contactus@nystromcounseling.com	(844) 697-8766	1900 Silver Lake Rd New Brighton, MN 55112	Adolescent and Adult SUD treatment, group and individual counseling, peer support program, care coordination, family programming, drug screening
Minnesota Association of Sober Homes (MASH)	mnsobberhomes.org admin@mnsobberhomes.org	(651) 223-6274	569 Selby Avenue, St. Paul, MN 55102	The primary mission of the Minnesota Association of Sober Homes is to promote the establishment, successful management, and growth of high quality community-based sober-living residences.
P.E.A.S.E. Academy	mtcs.org/pease	(612) 378-1377	601 13th Ave SE, Minneapolis, MN 55414	Peers Enjoying a Sober Education, is the oldest recovery high school in the United States. Reach out to Michael to learn more at mdurchslag@emailmtcs.org
Serenity Kennel	https://serenitykennel.org/	(606) 753-6635	info@serenitykennel.org	The mission of Serenity Kennel is to remove a barrier for individuals seeking treatment for substance use disorders by providing a temporary foster to care for their pets while they focus on their own recovery journey.
Augsburg STEP UP	augsborg.edu/college-recovery-program/ stepup@augsborg.edu	612-330-1176	2211 Riverside Ave., Minneapolis, MN 55454	The StepUP Program at Augsburg University strives to help students champion lives of recovery, achieve academic success, and thrive in a community of accountability and support.
The Retreat	theretreat.org/ info@theretreat.org	866-928-3434	1221 Wayzata Blvd E Wayzata, MN 55391	The Retreat represents a non-clinical, mutual help approach to the problem of alcohol and drug dependency – IOP, family program, 55+ recovery program, virtual, sober living, classes and workshops, Women in Recovery
Twin Cities Wellness Center & Recovery Gym	jordan@tcwcrg.com	Jordan Horniak (612) 445-5263	2912 N 2 nd Street, Minneapolis, MN 55411	Blending recovery with fitness and they also offer outpatient treatment and housing assistance.
Reed Behavioral Health	john@reedhealthcare.org	John Rudquist, LADC (952) 999-7753	7117 Ohna Lane Edina, MN 55439	Reed offers individualized care using an integrated model to recognize and affirm each person's unique situation through evidence-based practices for mental health, addiction, and eating disorders.
Wellness in the Woods	Mnwitw.org	Support Network 1-646-558-8656 Peer Support Warmline 1-844-739-6369	Zoom Only	Together this community shares life experiences in an all-inclusive, non-judgmental, and safe environment with peer Specialists who have similar life experiences. Meetings are available from 10am to 4pm 7 days a week. The Zoom ID is 439 275 1585 The Peer Support Connection Warmline is available from 5pm to 9pm 7 days a week. When you call you can speak with a Peer Specialist who has similar life experiences. Your call is confidential and anonymous.

Thrive!	https://www.thrivefr.org/	Helpline (612) 504-5424	Multiple Locations in Minnesota & Wisconsin	Thrive! Focuses on healing families who have struggled with substance use disorder through evidence-based practices including Community Reinforcement and Family Training with a focus on the family system, compassion, and connection. They have several support groups.
Hazelden Betty Ford	https://www.hazeldenbettyford.org/locations/plymouth	1-877-626-2533	11505 36 th Avenue North, Plymouth, MN 55441	This Hazelden site was rated the #1 Teen & Young Adult Addiction Treatment Center in America. They serve individuals from ages 12-25 who are struggling with substance use disorders and mental health. They have a focus on family involvement within the care they provide.
Mayo Clinic – Center for Nicotine Dependence	https://www.mayoclinic.org/departments-centers/nicotine-dependence-center/sections/overview/ovc-20457521	507-266-9392 or 507-266-1930	Mayo Clinic 201 Building, 2 nd Floor, Suite 20 200 First St. SW Rochester, MN 55905	They offer unique and evidence-based support for people struggling with nicotine dependence. The programs at Mayo offer many different avenues to work with people including video consultation, individual consultation and customized treatment plans, outpatient counseling, and more.
Queermunity	https://www.queermunitymn.com/events/gay-aa3-byjt3	Meets on Thursdays at 6pm	3036 Hennepin Avenue, Minneapolis, MN 55408	Queer Alcoholics Anonymous Support Group “GayAA” is an in-person group focused on supporting the Queer and Trans community that meets weekly.
Gay & Sober	https://www.gayandsober.org/meeting-finder-minnesota	Meeting Finder	Several Statewide	NA, AA, & CMA meetings for individuals in the LGBTQ recovery community throughout Minnesota looking to connect.
All God's Children	https://www.agcmcc.org/calendar-3/	Meeting Calendar	3100 Park Avenue, Minneapolis, MN 55407	A welcoming community with recovery groups that meet regularly.
Minnesota Recovery Connection	https://minnesotarecovery.org/	(612) 584-4158	800 Transfer Rd., Ste. 31 Saint Paul, MN 55114	A community of local people in recovery committed to representing their community through Recovery Community Organizations (RCO's), education, advocacy, and support. A place where people in recovery can find support through peer-recovery specialists and be met without judgement. Multiple language services available.
Recovery Dharma	https://recoverydharma.org/about/	https://recoverydharma.org/meetings/	Nationwide with a growing MN chapter	A peer-led community recovery movement inspired by Buddhist teachings, focus on empowerment, and committed to inclusion.
Relevant Recovery	john@relevantrecovery.org	(612) 599-0053	1161 Wayzata Blvd #161, Wayzata, MN 55391	Options for support include interventions, recovery coaching and mentoring for families and individuals, and opportunities for community connection.
Odigo Wellness	cade@northrisecounseling.com	(612) 715-9756	3115 Hennepin Avenue South, Minneapolis, 55408	LGBTQIA+ folks maintaining sobriety in their own way who want additional mental health support. All recovery pathways are respected.

Canine Inspired Change	https://canineinspiredchange.org/	(651) 243-2110	2300 Myrtle Ave Suite 230, St Paul, MN 55114	Canine Inspired Change supports people and communities by offering trauma informed, relationship focused courses with therapy dogs to support participants who struggle with different struggles.
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JEWISH COMMUNITY-FOCUSED

THERAPISTS & MORE

Name	Location	Email/Website	Phone No.	Address	Services/Focus
Evan Lieberman	St. Paul	info@hybridcounseling.com	(651) 401-6677	595 Selby Ave.	LADC/CBT/MI
Andrew Waters	FL – offers virtual	Andrew@wcounseling.org	(954) 932-7947	7100 West Camion Real	LADC/CBT/MI/DBT
Glenn Hirsch	St. Paul	successpsych@gmail.com	(612) 255-9046	2239 Carter Ave #202	Psychologist with a focus on addiction
Kenneth Markowitz	PA – offers virtual	https://www.nsrcoach.com/	(908) 242-6233	N/A	MD/IMAC/Certified Recovery Coach
Relief Resources	Nationwide	reliefhelp.org/request-a-referral	(718) 431-9501	Provides contact information for several therapists.	Connects members of the Jewish Community with mental & emotional health services – including addiction.
Association of Orthodox Jewish Psychologists	Nationwide	https://www.aojp.org/	info@aojp.org	N/A	Psychology, mental health, and substance use disorder services specifically available for Orthodox community members.

JEWISH COMMUNITY-FOCUSED

YOUTH OUTPATIENT

Name	Website & Contact Info	Address	Summary
BaMidbar Wilderness Therapy	bamidbartherapy.org/therapy (720) 835-2937 Info@BaMidbarTherapy.org	300 S. Dahlia St., Suite 205 Denver, CO 80246	Serving Jewish youth (age 13-28) through outpatient service with individual and group therapy virtually. Locations in Colorado and Massachusetts. They have multiple focus areas, including substance use. They also offer wilderness expeditions for youth to apply therapeutic learnings in a safe, experiential environment. They only serve youth in the state of Colorado.

JEWISH COMMUNITY-FOCUSED

OUTPATIENT FACILITIES

Name	Website & Contact Info	Address	Summary
Project Extreme	projectextreme.org (516) 612-3922 info@projectextreme.org	335 Central Avenue Lawrence, NY 11559	Several resources within one – youth focused. Camp Extreme offers an outdoor adventure program for Jewish teens who are at-risk and/or interested in overcoming destructive behaviors and gain confidence.
Israel Free Spirit & Birthright Israel	israelfreespirit.com/trip/recovery sdarack@jewishccsa.org	All trips depart from New York	In partnership with CCSA, Recovery Trips offer a sober tour of Israel aiming to reconnect young people in recovery or impacted by an addiction with their Jewish heritage and reclaim their role as active members in the Jewish community. The includes meditation, daily 12-step meetings, and group processing.

JEWISH COMMUNITY-FOCUSED

RESIDENTIAL TREATMENT PROGRAMS

Name	Website & Contact Info.	Address	Summary
Beit T'Shuvah	beittshuvah.org (310) 204-5200	8831 Venice Boulevard Los Angeles, CA 90034	Integrated care rooted in the principles of Judaism located in California.
Our Place	ourplaceny.org Hotline: (718) 692-4058 General: (212) 248-4141 info@ourplaceny.org thelivingroom1860@gmail.com	PO Box 297187 Brooklyn, NY 11229	Our Place offers “The Living Room” an integrated dual clinical treatment facility for individuals ages 18-35 in the Jewish community who are struggling with substance use disorders and want to achieve long-term recovery. They also have sober living facilities. They are based in New York.
Chabad Treatment Center	chabadrehab.com (313) 965-1365	5675 West Olympic Blvd. Los Angeles, CA 90036	They offer residential treatment, outpatient, sober living, and aftercare. Within these programs they offer spiritual (Torah based) counseling and prayer activities along with individual therapy, group therapy, psychiatric, and medical services. They also offer family therapy to help heal relationships and have a focus on trauma work through cognitive processing techniques.
Caron Foundation	caron.org 1-866-989-0973	Pennsylvania - 243 N. Galen Hall Road, Wernersville, PA 19565 Florida - 4575 Linton Blvd. Delray Beach, FL 33445	This program is not a Jewish treatment center but is known for Jewish sensitive care. They offer care for teens and young adults. They offer LGBTQIA+ affirming and accepting care. Their mission is recovery for life and they are dedicated to evidence based, gender-specific behavioral health and addiction programing.

JEWISH COMMUNITY-FOCUSED

RECOVERY HOMES

Name	Website & Contact Info.	Summary
Jewish Recovery Center - FL	jewishrecovery.com (561) 229-4657 info@jewishrecoverycenter.com	A place for Jewish men who have been through treatment along with 90 days of continuous sobriety to transition back into society. The sober home offers morning meditation, group education, and daily 12-step meetings. Resources like mental health support, peer support, job counseling are also available. Random drug screening promotes accountability during the length of each person's stay.
Recovery at the Crossroads - NJ	racnj.com (856) 644-6929	Their partial care sober living facility offers a kosher recovery for both drugs and alcohol. Treatment offers a holistic approach with pharmacological medication assisted treatments and behavioral therapies including EMDR and group therapy with Jewish therapists. They also a trauma informed approach to healing and are equipped to support people with co-occurring disorders. Their facility is for 18+ and houses 10-12 men at a time.

JEWISH COMMUNITY-FOCUSED

ONLINE RESOURCES

Title	Website	Summary
Jewish Addiction Awareness Network (JAAN) & BaMidbar	jaanetwork.org/resources/jewish-resources.php	JAAN offers several Jewish addiction and recovery resources across the US and Canada. They also highlight programs and events along with a long list of resources.
Communities Confronting Substance Use & Addiction	jewishccsa.org Info@JewishCCSA.org	Offers educational programing, support, and an online support group for loved ones of those suffering from addiction. They offer two virtual support groups over Zoom. The first is for family members and the other is specifically for siblings (16 and older). They also offer prevention programing to Jewish youth and teach evidence-based prevention materials to middle and high school students. They focus on the Orthodox community but Jews from all backgrounds are welcome.
Jewish Collaborative of Orange County	jewishcollaborativeoc.org/recovery	Provides recovery programs and resources, including "12 Steps & the Torah" which is open to those in recovery, their families, friends, and members of Al-Anon as well. They meet weekly over Zoom.
JACs Jewish Alcoholics, Chemically Dependent Persons and Significant Others	jewishboard.org/resources jewishboard.org/how-we-can-help/adult-recovery-supports 646-573-7420 (Answered by volunteers from the Jewish recovery community)	They offer many online resources for families and those struggling with addiction. They also provide a warm line for people who need to talk to someone who is from the Jewish recovery community. This number is available when it is outside of business hours or on the weekends.

Our Jewish Recovery	ourjewishrecovery.com/OurJewishRecoveryProgramming rabiilan@ourjewishrecovery.com	They offer meetings, book studies, Torah studies, support, and coaching for those struggling with addiction. ourjewishrecovery.com/meetings Their Facebook group is active and a great place to find support: facebook.com/groups/237685687117157
T'Shuvah Center	idealist.org/en/nonprofit/35122f08e0244e43bc35dcffda605dd7-tshuvah-center-new-york Miles can answer questions about their live Shabbats: (310) 204-5200 info@tshuvahcenter.org	Integrates Jewish wisdom, text, and rituals with psychotherapy, the 12-Steps, and spirituality into recovery with a focus on connection and community. They offer live-streaming through YouTube every Friday at 6:30 PT for recovery focused shabbats. These are open and available to anyone who wants to attend. Go to YouTube and search "beit t'shuvah live stream" to view live and prior shabbats. youtube.com/results?search_query=beit+t%27shuvah+live+stream
Amudim	amudim.org	A confidential resource that provides assistance and referrals for people impacted by addiction. They also provide resources related to substance abuse, mental health, awareness, sexual abuse, and prevention. Jewish Case Managers are free and available to partner with individuals and families to ensure a proper treatment path. Their focus is on the Orthodox community but all are welcome. They offer case management, educational services, and awareness nationwide.
Madranigos	madraigos.org 24-Hour Support Line: (516) 371-3250 x106 info@madraigos.org	Focused on youth and education, Madranigos also offers clinical support and integrated care for people struggling with life's challenges.
Mothers & Fathers Aligned Saving Kids	Call: (718) 758-0400 for more info on virtual support options. maskparents.org info@maskparents.org	A parent focused resource dedicated to providing services to families with mental health and/or addiction struggles. There are many support groups and educational forums. Specifically, for parents of children struggling with or impacted by addiction, Rabbi Dr. Benzion Twerski, PhD offers a support group on Wednesday evenings and is a resource for addiction treatment and referral.
KALL SHEA	(866) 575-0480	An anonymous 24-hour hotline for those struggling with substance use and addiction. Calls are directed to individuals who have had similar struggles and can share experience, strength, and hope.
The Aleph Institute	aleph-institute.org (305) 864-5553 info@aleph-institute.org	These resources focus on supporting individuals who have or are experiencing incarceration. They are guided by Torah principles, and they offer support through re-entry, family services, and emotional support programs. When addiction and incarceration overlap, this resource may be helpful to both individuals and those close to them.
The Blue Dove Foundation	thebluedovefoundation.org/resource_category/substance-related-and-addictive-disorders	Several online resources with a Jewish lens for people struggling with or impacted by substance use disorder and addiction. Also includes information on mental wellness.

Relief Resources	reliefhelp.org	This resource connects people from the Jewish Community to resources for mental and emotional health. They are a free service with the goal of breaking down barriers and work with clients to find them a therapist or program that is right for them.
Selah	selahbk.org Arrielle was very helpful and her email is: akrule@selahbk.org	Selah believes being connected to community is vital for a sustainable recovery. They are a group focused on supporting people from the Jewish community through the challenges of addiction, recovery, and aftercare. They offer culturally competent therapists who provide one-on-one support through spiritual guidance, listening, and pastoral care. Outpatient treatment and support for families along with peer counselors. They also have support groups that meet online weekly and are listed individually in the Treatment – Weekly Drop-in Group section: https://www.selahbk.org/groups . Their services are based in NY, but available nationwide. They have a nationally accredited therapist available on staff as well.

JEWISH COMMUNITY-FOCUSED

ONLINE SUPPORT GROUPS

Meeting Type	Day/Time	Meeting info
Alcoholics Anonymous	Wednesdays at 6:00 – 7:00pm (CST)	Hybrid Call Mark for meeting link: (847) 738-1919 Zoom Meeting ID: 4190351492
Alcoholics Anonymous	Thursdays at 7:30 – 8:30pm (CST)	Big Book Study Meeting Zoom Meeting ID us02web.zoom.us/j/8257092495 Elizabeth is available for questions about this meeting by emailing: akrontrip@yahoo.com or calling (847) 687-7067
Families Anonymous	Tuesdays at 7:00 – 8:30pm (CST)	Hybrid Meeting (847) 738-1919 call Mark for zoom link Zoom Meeting ID: 4190351492
Our Jewish Recovery Meeting	Tuesdays at 2:00pm (EST)	Open Meeting – All Fellowships Welcome zoom.us/j/546894818 Meeting ID: 546-894-818 To call by phone dial (646) 876-9923 then enter meeting ID
Our Jewish Recovery Torah Study with Rabbi Ilan	Wednesdays at 2:00pm (EST)	Zoom Meeting ID 950-624-642 zoom.us/j/950624642 To call by phone dial: (646) 876-9923 then enter meeting ID

SMART Recovery	smartrecovery.org	SMART Recovery is an evidence -based non-religious recovery method grounded in Rational Emotional Behavioral Therapy and Cognitive Behavioral Therapy that supports people who are struggling with substance use disorders and interested in beginning or maintaining recovery. SMART Recovery offers peer support, autonomy, and balance.
Communities Confronting Substance Use & Addiction	Two support groups: -For loved ones of those struggling with substance use or addiction. Meets every other Wednesday at 8:15 ET via Zoom. -For siblings (16 years and older) of those struggling with substance use or addiction. Meets monthly over Zoom.	jewishccsa.org/support-group Contact: info@jewishccsa.org and direct your request to participate to Lianne Forman.
Our Jewish Recovery	Several	ourjewishrecovery.com/meetings Email: here for more information on individual meetings and Zoom links.
JACS Arizona	1st and 3rd Wednesdays at 7:30 pm (MT)	This is a mixed meeting open to people from any 12-Step program and their family and friends. For more info, click here . For Zoom link, email Gary at: jacsarizona@gmail.com
JACS Indianapolis	Last Wednesday of the month at 4:00 pm (ET)	For Zoom link and more info email Aaron: rebaaron.spiegel@gmail.com
Hashiveinu Renewal & Recovery Meeting	Tuesdays at Noon (CST)	In partnership with Winnepeg Jewish Recovery. Email: here for more information and Zoom link.
Alcoholics Anonymous Men's Meeting	Hybrid Meeting from 8pm on Thursdays (CST)	Zoom Meeting ID: 446 646 271 Password: 111
Selah Recovery Chaburah	Mondays at 6:00 – 7:30pm (ET)	To Join: https://www.selahbk.org/groups A <i>chaburah</i> is a group of friends that comes together to learn from each other and add richness to our experiences through reflection, spiritual elevation, and sharing. Whether you're in the process of overcoming addiction or working through other challenges, this group is for you. This group is facilitated by Jermy Pool
Selah Artists in Recovery	Wednesdays at 1:00 – 2:00pm (ET)	To Join: https://www.selahbk.org/groups "Artists in Recovery" offers a weekly sanctuary for creatives to navigate the intersection of artistry and recovery. This group is a collective journey through the challenges and triumphs of creative expression without substance reliance, promoting growth, resilience, and mutual support in a shared space of inspiration and accountability.

		This group is facilitated by Benjamin Litchman
Tikkuna Neshama: Women's Recovery Meeting	Mondays at 7pm (ET)	To Join: https://www.selahbk.org/groups Every day, we face thousands of small choices and interactions that inform, challenge, and motivate us. In this weekly group, we'll create a supportive space for people to share their everyday experiences of missteps and successes, fostering personal development and holding a sense of accountability from week to week. This group is facilitated by Arielle Krule.
Ometz: Recovery Exploration for the Jewish Community	Biweekly on Sunday evenings from 6pm-7pm (CST) on Zoom	Please contact the group facilitator Tim "Amichai" Graves at: timgraves1@gmail.com or 224-800-8571 initial registration is required, then it is a drop-in style. Ometz: a new, confidential peer support group for Jews seeking a self-directed path to manage or change addictive behaviors. Ometz is peer-led with Certified Professional Recovery Coach support. We meet you where you are and support both harm reduction and abstinence. Everyone who is thinking of making changes to their substance use or addictive behavior is welcome. This is a non-12 Step gathering focuses on personal empowerment, self-management, and growth, drawing strength from Jewish values. If you are looking for community and healing, please join us.

OTHER HELPFUL RESOURCES

NATIONAL RESOURCES

Name	Website	Information about the resource
National Institute on Drug Abuse	nida.nih.gov	Provides scientific research, training resources, clinical resources, screening tools, on drug use and addiction.
SAMHSA Substance Abuse & Mental Health Services Administration	samhsa.gov	Provides information and resources for people struggling with addiction and mental health including crisis hotlines, data, programs, news and publications, and a resource center for evidence-based practices related to treatment, prevention, and recovery.
DEA United States Drug Enforcement Administration	dea.gov/recovery-resources	Provides recovery resources, signs of addiction, drug information, education and prevention resources, and promotes overall awareness. justthinktwice.gov Is the teen centered section of their website.
National Institute on Alcohol Abuse and Alcoholism	niaaa.nih.gov	Provides information on alcohol, reports and statistics, strategies for intervention, and research initiatives.
USA.gov	usa.gov/substance-abuse	A resource for emergency substance abuse hotlines, treatment facility searches, and support group references.
Addiction Help	addictionhelp.com/about-us/resources	Several helpful resource links related to addiction and recovery from drug addiction, alcohol abuse, and behavioral addictions. It also provides foundations, blogs, publications, forums, apps, drug specific organizations, and clinical trials.

Shatterproof	shatterproof.org	Offers statistics on addiction in the US and offers resources to work toward ending the stigma, educating and empowering individuals and communities, and advocating for change.
Natural High	naturalhigh.org	A resource for kids and parents focused on prevention. Their website offers toolkits and a unique resource of storytelling where people kids admire talk about why they have chosen to live their life "naturally high."
Smokefree.gov	smokefree.gov	Provides tools and tips for people who have a desire to quit smoking or vaping. They have sections of their site devoted to vets, women, teens, 60+, and Espanol. They also offer a live chat, texting programs, "Quit Plans," an app, nicotine replacement therapy information and other helpful resources.
Youth.gov	youth.gov/youth-topics/substance-abuse	The substance use/misuse section of this site provides teens with resources to understand risk, warning signs, prevention, and offers statistics and tools to help teens make healthy decisions.
NAMI National Alliance on Mental Health	nami.org	For mental health resources, information, support, and education.
Lakewood Recovery Group	lakewoodrecoverygroup.com/meeting-links	This organization has a very helpful website with links to find meetings in the following categories: Alcoholics Anonymous, Narcotics Anonymous, Al-Anon Family Groups, Nar-Anon Family Groups, Overeaters Anonymous, Co-Dependents Group, Heroin Anonymous, Food Addicts Anonymous, Debtors Anonymous, Crystal Meth Anonymous, Marijuana Anonymous, Cocaine Anonymous, Sex and Love Addicts Anonymous, Gamblers Anonymous, and Sexaholics Anonymous.
Drew Horowitz & Associates	www.DrewHorowitzAssociates.com Call: 1-(800)731-0854	This team uses evidence-based practices to facilitate interventions using respect and compassion alongside scientific models to support concepts and introduce treatment and long-term recovery in a loving manner.
MeetingFinder	MeetingFinder.org	An all-inclusive resource to help individuals get connected with 12-step meetings for NA or AA.

OTHER HELPFUL RESOURCES

TECHNOLOGY ADDICTION RESOURCES

Name	Website	Information about the resource
Addiction Center	Social Media Addiction: addictioncenter.com/behavioral-addictions/social-media-addiction Technology Addiction: addictioncenter.com/behavioral-addictions/treatment-technology-addiction	A helpful website that explains different behavioral addictions, the warning signs, and how each impacts the brain and overall health.
Internet & Technology Addicts Anonymous	internetaddictsanonymous.org/internet-and-technology-addiction/social-media-addiction	This website offers information on tech addictions while also providing a resource for finding a meeting to work toward recovery.

OTHER HELPFUL RESOURCES

EATING DISORDER RESOURCES

Name	Website	Information about the resource
Eating Recovery Center	eatingrecoverycenter.com/ppc-ed-residential?gclid=EAlaIQobChMI5KzH6pDShwMVXjIIBRO-QBOMEAAYASAAEgLmEfD_BwE 1-866-610-1137	There are 35 centers around the country. Their treatment is evidence-based. The programs include individual and group therapy, acceptance and commitment therapy (ACT), cognitive remediation therapy (CRT), and dialectic behavioral therapy (DBT), while also providing skills for recovery and relapse prevention.
The Emily Program	General: emilyprogram.com Locations: emilyprogram.com/locations/minnesota 1-866-353-4761	They offer many treatment options: inpatient, residential, outpatient, and virtual. They provide care to children, teens, young adults, and adults. They care for people with anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive overeating, OSFED, ARFID, and offer mental health care for co-occurring disorders.
Melrose Center	healthpartners.com/care/specialty-centers/melrose-center (952) 993-6200	They offer treatment for eating disorders and support for people who have been impacted by a loved ones eating disorder.

OTHER HELPFUL RESOURCES

GAMBLING ADDICTION RESOURCES

Organization	Website	Description
Minnesota Department of Human Services	mn.gov/dhs/people-we-serve/seniors/services/gambling-problems/programs-services/treatment-providers-gambling.jsp	This site provides a list of State-approved gambling treatment providers.
Get Gambling Help	getgamblinghelp.com 800-333-HOPE Text EncourageMeMN (English) or AnimameMN (Spanish) to 53342	A Minnesota based resource that supports people by providing resources, referrals, and people to talk to through calling or texting. They are there to help gamblers and impacted individuals.
Minnesota GA	https://www.minnesotaga.com/ 1-855-222-5542	This site contains information about Gamblers Anonymous meetings in Minnesota, North Dakota, and neighboring communities in western Wisconsin.
Project Turnabout	https://www.projectturnabout.org/ Phone: (320) 564-4911 Located at: 660 18th St., Granite Falls, MN 56241	Project Turnabout offers residential treatment, intensive outpatient treatment, and outpatient treatment to individuals struggling with substance use disorder, gambling addiction, and co-occurring disorders.

Minnesota Alliance on Problem Gambling	https://mnapg.org/ Email at: info@mnapg.org Text "HOPE" to 53342	Another Minnesota based resource to support people and family members who need information, services, or are curious about healthy play.
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Disclaimer: JFCS has thoughtfully considered the resources provided in this list. Each has been researched to offer a thorough summary of the support it may provide. JFCS is committed to providing the most recent and reliable information and will update this resource as necessary. JFCS is unable to guarantee the helpfulness and availability of each individual resource referenced and welcomes feedback from anyone who has ideas to improve this supportive document.

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