

Insights in Prevention

June 2025



From the desk of
Lianne Forman...

We are incredibly proud of our entire team and thankful to all of our partner schools for completing our 6th academic year of prevention programming.

In that time, we have educated over **31,000 students** and partnered with more than **95 schools**! We are excited to commence another successful year in just a few months!

In response to rising trends and requests from our students and schools, CCSA has expanded its prevention programming to address the evolving needs of our community. Process/behavioral addictions have become issues within the Jewish community that pose serious risks to our youth. That's why we've developed targeted, age-appropriate programs to address these challenges and empower students with the tools they need to make healthy, informed choices.

[Read more below!](#)

Pre-Camp Webinar



CCSA Assistant Director, Sharon Darack, was a panelist on Ohel's webinar "Reading Between the Lines: Recognizing Red Flags & Supporting our Teens". Sharon discussed the

challenges, both social and academic, that our teens are facing today, highlighting potential red flag behaviors for both teachers and camp staff members to be aware of for both campers and staff.

In addition, she spoke about common household items that teens might misuse and "stash items" they can use to sneak substances into camp or their rooms. [Click here](#) to watch a recording of the webinar.

New 11th Grade Presentation!



To bring our programs to your school, email

Sharon_Darack@OhelFamily.org

Based on feedback from students and staff from our partner schools, this past school year we debuted a revised 11th grade program which features 6 powerful videos that depict scenarios our teens often face: peer pressure to drink alcohol or try edibles, fear of calling 911 when a friend is in crisis, restrictive eating, gambling, and other challenges.

The videos led to lively group discussions that were both engaging and thought-provoking. One 11th grader commented, *"The video about helping others really touched me. I was in a similar situation and felt I had to reach out to my friend because of how she was acting. Thank you so much for sharing this and letting us know it's ok to not feel ok and how to help the people we care about."*

CCSA Spotlight On... Silver Spring

This past school year, CCSA visited Silver Spring, Maryland. For the third year in a row, we presented to the entire high school at **Berman Hebrew Academy**, an opportunity to build on the conversations we've had with their students in past years.

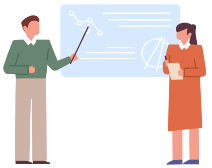
Adira Botwinick, Upper School Guidance Counselor, said, *"We are so glad to be partners with CCSA. The conversations and honesty of the presenters helps our students feel safe asking questions they might not otherwise feel comfortable asking. Students have appreciated the 10th grade program, simulating different substances while trying to accomplish everyday tasks and how poorly they end up doing! Parents are grateful that we have these conversations at school as their partners in raising healthy educated children."*

This year, we welcomed **Yeshiva of Greater Washington** as a new partner school. We presented to the 7th -12th grades in the Boys Division, conducted a faculty training, and a parent program for both divisions. According to Rabbi Abba Florans, Boys Division Guidance Counselor, *"The students at YGW were really taken by the presentations and many students stayed after to talk with them and to ask questions. Talking about substance use and hearing from Jewish people in recovery made this important topic go from taboo to tangible. The parents and students left feeling educated and with permission to discuss topics like this with adults who they interact with at home and in school."*

2024-2025 School Year By the Numbers



63 Partner Schools



256 School Programs

* **138 Middle School**

* **118 High School**



7,790 Students Impacted

Impact On Our Schools

CCSA's impact on our school communities is remarkable. So many programs end with a student, parent, or faculty member coming up to our presenters

to share about how a presentation changed them. *A recent call from a school guidance counselor highlights our impact...*

After attending the parent program at one particular school, a mother recognized her son was exhibiting some of the red flags we discussed. With trepidation she approached him, and to her surprise he was receptive. When she asked him about his willingness to get help, he said that the CCSA speaker had made a positive impression with his story and the presentation, highlighting the importance of asking for help and making healthy choices.

This is the goal of our programming and the reason we take a community focused approach. Both parent and child heard the message they needed and are on a healthier path as a result.

Expanding Our Groups!

Our family support group, for family members who have loved ones struggling with substance use and the related mental health challenges, has been a cornerstone of CCSA's programming since May 2018.

Over the years, the group, built on a peer-to-peer support framework, has been a source of understanding, camaraderie, and strength for so many people in our Jewish community who felt they had no other place to turn.

Over the past few months, in response to requests and communal needs, we have added two more support groups:

- Family members based in Israel who face unique challenges relating to substance use and the war
- Young people with loved ones or friends impacted by this issue, giving them a unique opportunity to speak with other young, Jewish people who are facing similar challenges. As an 18 year old group member recently shared...

"I was born into this (alcoholic family member) and have been living like this my whole life without knowing that there is help or support out there. I was at a point of despair when CCSA came to my school and I finally realized that there is support from others going through what I am."

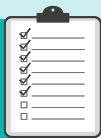


THANK YOU to our incredible team of educational presenters. They authentically share their own struggles with mental health and substance misuse with our students, demonstrating that use and addiction "can happen to anyone".

In addition to educating our students about the dangers of different substances and their negative effects on the body, they also impress on them the importance of asking for help, highlighting that there are trusted adults in their lives they can turn to in times of struggle.

Our presenters often relate how their journeys might have been drastically different if they had understood the risk of addiction and had reached out to a trusted adult for help.

Summer Plans!



- Ambassador Program with focus on mental health and wellness
- Expanded programs to address behavioral/process addictions:
 - Gambling
 - Pornography
 - Internet & Social Media

We pride ourselves in using the foremost experts in these areas as well as relying on rabbinic guidance when dealing with sensitive topics such as these. ***Look for these new programs when school starts in the Fall!***

Click below to support our efforts in educating our youth, parents, educators, and community members

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Follow us on...

