

# Kosher Recovery

Are you or a loved one  
struggling with addiction?

**You're not alone.**

Recovery at the Crossroads can help with the  
healing and support needed for effective treatment.



## Uniquely serving the Jewish community:

- Holistic approach
- Trauma informed care
- Emphasis on family involvement
- Gourmet kosher meals prepared by in-house chef
- EMDR
- Shabbos and Yom Tov observance
- Sensitivity to Jewish values
- In-house rabbinical support provided by Rabbi Avi Richler

888-696-0550 • [www.kosherrecovery.org](http://www.kosherrecovery.org)

## Endorsed by:

Rabbi Eliyahu Brudny



Rabbi Avrohom Spitzer



*"After weeks of crying and davening, Hashem sent Crossroads to direct my son and my family onto a path of recovery. Everything was done in a professional manner, with compassion and warmth. I will never forget how Crossroads turned all of our lives around, from turmoil to stability."*

– Anonymous, Lakewood, NJ

7/2016

Individualized treatment

Designed for you.

Call today **888-696-0550**



**RECOVERY** AT THE  
**CROSSROADS**

888-696-0550 • [www.kosherrecovery.org](http://www.kosherrecovery.org)

# Health and Wellness

**Recovery at The Crossroads, along with our other facilities focus on wellness in the forms of mind, body and soul. Every facility has introduced the wellness aspect into their treatment plan, as a way to expand an individual's recovery process.**

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## **Recovery at the Crossroads**

Features a warm and professional atmosphere enhanced by the commitment of our Wellness Program to treat all aspects of the client's life. The program provides a variety of wrap-around services to encompass the health of their mind, body, and soul. Their week allows for a diverse array of experiences. The comfort room is a welcome oasis, a relaxing atmosphere enhanced by aromatherapy. Here the clients discover relief from the anxiety often experienced in early recovery. Adventure therapy, martial arts, yoga, and Palates add a release to stress as well as building confidence and trust in their physical ability. A weekly Spirituality group speaks in a general way to their soul, and the attitude necessary to facilitate healthy change. Weekly music and art encourage creativity to open their minds to new abilities. Neck and body massages are offered along with Wellness Consultations, including but not limited to topics of sleep disturbance, depression, and anxiety relief. The Wellness program at the Recovery at the Crossroads supplies new skills to complement the state-of-the-art clinical treatment.

## **Greenbranch Wellness and Recovery**

Features Wellness Wednesdays, launched in 2019, it is an additional day of service focusing on emotional and physical well-being which includes lifestyle behavior choices to ensure healthy living in a balanced state of body, mind and spirit. We offer 30-minute chair massages provided by massage therapist. Concurrent to this service, the program consists of a spirituality group, a guided visualization meditation group, Yoga facilitated and individual counseling.

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## Behavioral Crossroads Recovery

Features Recovery in Motion, a partnership with a local physical fitness center. Certified Trainers conduct co-lead fitness groups on site and at the fitness center offering discounts to our clients and staff alike at their local facility. BCR's group, Recovery in Motion, focuses on using exercise as a coping skill for substance use as well as an outlet for battling anger, anxiety and depression. Clients will have the opportunity to work with a personal trainer to design a workout plan based around their health and wellness goals. Classes will be offered weekly as part of the treatment day with transportation provided to and from the workout center.

For additional information contact or visit us at:

### Recovery at The Crossroads

888.696.0550 • [www.racnj.com](http://www.racnj.com)

### Greenbranch Recovery & Wellness

888.688.6757 • [www.greenbranchnj.com](http://www.greenbranchnj.com)

### Behavioral Crossroads, LLC

888.654.2482 • [www.behavioralcrossroads.com](http://www.behavioralcrossroads.com)



RECOVERY  
AT THE  
CROSSROADS



[www.prorecsol.com](http://www.prorecsol.com)

# Black Horse Acres

## Necessities and House Rules

### Items To Bring

- Enough clothing to last at least 10 days (residents can use the washers and dryers on campus and detergent is provided) (Residents are in a “school-like atmosphere” during the day and may go to off-campus meetings and activities during the evenings and on weekends that includes attendance at self-help meetings, visits to a local health club and day trips to the shore on evenings and weekends);
- Suggested clothing includes shoes, socks, gym shoes, sandals and/or slippers, comfortable shirts, pants, shorts and undergarments, gym clothing and bathing suit, pajamas/bathrobe appropriate “lounge” wear and a jacket or coat depending upon the season;
- Personal hygiene items such as deodorant, toothbrush/toothpaste, shampoo & conditioner, hair styling products, comb/brush, make-up, feminine hygiene products, shaving cream, lotion and sunscreen.
- Picture identification, insurance card, notebook, stamps, envelopes, reading materials and up to \$50 for incidentals that will be kept by the staff.
- Cell phones and/or laptops (although the use of them is restricted at times and there is an initial 30 day blackout where you cannot use your cell phone).
- Prescribed medication in the original labeled bottles, with liquid medications new and sealed.
- Cigarettes are allowed; e-cigarettes, pipes, cigars and chewing tobacco are NOT.
- Of course a resident is not allowed to have alcohol, illicit drugs, non-prescribed medications, over the counter medications, clothing with “drug-related” messages, pornography or weapons of any sort during one’s stay at BHA.

## Campus Rules

**BHA is a voluntary program with a handful of rules that are important to the health, safety and wellness of all residents. These rules include, but are not limited to:**

- A resident should treat all persons with respect and in a polite manner and should expect the same from others;
- A resident may not use or possess alcohol, illicit drugs, non-prescribed medications, drug paraphernalia or clothing displaying "drug-related messages", pornographic materials or weapons;
- A resident is not allowed to have any physical, romantic and/or sexual contact or involvement with another person;
- A resident may not leave the campus and is not allowed in another resident's room without staff permission;
- A resident must refrain from profanity, off-color or ethnic comments, abusive language, bullying, threatening behavior and physical aggression;
- A resident must keep all prescribed and approved medications in locked locker in the staff office and must take all medications as prescribed;
- A resident is expected to maintain personal hygiene and to wear clean and activity-appropriate clothing;
- A resident is required to provide a urine screen and have his or her personal belongings and/or room search on both a regular and random basis as determined by staff;
- A resident is required to attend all meals and is not allowed to take food out of dining area and is not allowed to bring outside food onto the campus;
- A resident is required to attend all scheduled on-site and off-site meetings/groups/activities, to complete assigned chores and to maintain a clean bedroom;
- A resident may smoke cigarettes (no pipes, cigars or chewing tobacco) outside at designated times.
- A resident may use cell-phones, laptops and other electronic devices at designated times as determined by staff, once resident is approved to do so.
- A resident agrees to submit a notice in writing and wait at least 48 hours if he or she intends to leave treatment against the advice of BHA.

# Sexual Addiction & Healing Anger Management & Recovery

## INDIVIDUAL TREATMENT

**INDIVIDUAL TREATMENT FOR ADDICTS:** Involves meeting one-on-one with a therapist to address issues and concerns related to out-of-control sexual behaviors. Treatment modalities include addiction, trauma, and cognitive behavioral therapy. Central to your therapy will be addressing the cycle of addiction, distorted thinking, relapse prevention, triggers, and consequences that impede healthy decision-making. Underlying causes, prior traumas, and losses often rooted in early primary relationships are explored throughout the therapy experience.

**FOR PARTNERS OF ADDICTS:** Involves meeting one-on-one with a therapist to address acute crisis concerns following the discovery/ disclosure of chronic sexual infidelity by your partner. Treatment modalities include addiction, trauma, and cognitive behavioral therapy. The primary focus of therapy is addressing non-negotiables for immediate safety reasons, self-care, and the development of a support system for exploration and validation of your experiences. Once the crisis caused by addiction is resolved, ongoing treatment focuses on maladaptive coping skills also referred to as codependency, that interfere with self-care and healthy interpersonal relationships. The therapy also focuses on prior traumas and losses, often rooted in early primary relationships.

**SEX OFFENDER AND IMPAIRED PROFESSIONALS GROUP:** The purpose of this group is to help you stop and prevent your sexual offending/professional sexual misconduct. An intense and structured cognitive behavioral-relapse prevention group, it focuses on accepting responsibility for sex offending/professional sexual misconduct; understanding the relapse process and changing harmful behaviors; understanding childhood, family, and past abuse and neglect experiences; and developing victim empathy, relationship, and communication skills.

**VIVITROL MAINTENANCE:** Vivitrol (Naltrexone) is generally used to treat alcohol and opioid dependence. It blocks the part of your brain that feels pleasure with certain addictive behaviors. It helps with behavioral addictions such as compulsive sexual behavior or gambling disorder.



## ANGER MANAGEMENT

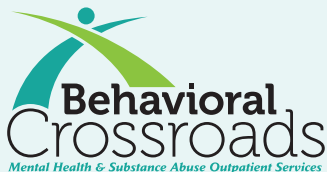
for Substance Use Disorder and  
Mental Health Clients

**BEHAVIORAL CROSSROADS RECOVERY** uses evidence-based tools for our participants in anger management groups. These are co-occurring tracts for individuals with substance use or mental health disorders. The program combines group treatment and self-study. Our program follows the 12-week SAMHSA model. Our curriculum explores anger management group treatment and offers a summary of core concepts and tools for completing challenges. The concepts and skills presented in the anger management treatment are best learned by practice and review. This 12-week anger management group treatment will help you develop the skills that are necessary to successfully manage anger.

**ANGER METER:** A simple way to monitor your anger is to use a 1-to-10 scale called the anger meter. A score of 1 on the anger meter represents a complete lack of anger or a total state of calm, whereas 10 represents an angry and explosive loss of control that leads to negative consequences.

**THE AGGRESSION CYCLE:** An episode of anger can be viewed as consisting of three phases: buildup, explosion, and aftermath. Together, these three phases make up the aggression cycle. The buildup phase is characterized by cues that indicate anger is building. Cues are warning signs or responses to anger-related events. If the buildup phase is allowed to continue, the explosion phase can follow. The explosion phase is marked by a discharge of anger that is displayed as verbal or physical aggression. The aftermath phase is characterized by the negative consequences that result from the verbal or physical aggression displayed during the explosion phase. Consequences may include going to jail, making restitution, being terminated from a job, being discharged from a drug treatment or a social service program, losing family and loved ones, and/ or feelings of guilt, shame, and regret.

Please contact us for more information at: 609-645-2146  
<https://www.facebook.com/behavioralcrossroadsllc>  
[www.behavioralcrossroads.com](http://www.behavioralcrossroads.com)



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# Trauma Informed Care

Recovery at The Crossroads

## EMDR Treatment

*The Complete Introductory Guide*

When substance abuse disorders occur due in part to unhealthy coping mechanisms that arise after a traumatic event, EMDR treatment may be helpful. Discover more about this option and whether it might be right for you. Then, contact Recovery at the Crossroads to find out how our caring, licensed staff can work with you to integrate EMDR therapy into a holistic rehab plan that works for you.

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### What is EMDR Therapy?

EMDR stands for eye movement desensitization and reprocessing. It's a method used in psychotherapy to help someone process old memories and/or retrain the brain to deal more appropriately with triggers or stressors. This form of therapy was originated by Francis Shapiro, who was a psychotherapist. During her work in the 1980s, Shapiro noticed that when patients considered disturbing memories and had lower emotional responses to them than other patients with similar thoughts, the less emotional patients also presented with a certain type of lateral eye movement. Shapiro started to experiment with this relationship between emotional response and eye movement, developing EMDR in the process.

Basically, during an EMDR treatment session, a therapist directs the patient to follow an object (or the therapist's finger) with their eyes. At the same time, the person thinks or talks about specific aspects of stressful situations or previous traumas. The goal is to assist the person in processing old memories and reactions in new ways, which may lead to a reduced emotional response and the ability to approach stressors in a healthier manner.

EMDR can be used to treat post-traumatic stress disorder, eating disorders, panic attacks, anxiety and addictions. It may also be useful in assisting in treatments for chronic pain, self-esteem issues, skin issues that are related to stress, and ADHD.

Because the treatment involves the therapist talking to someone while also waving their finger or another object in front of the person's eyes, EMDR is sometimes confused with hypnotism. However, EMDR doesn't involve lulling someone into a hypnotic state where they are more susceptible to the therapist's suggestions.

## How Does EMDR Work?

If the therapist isn't hypnotizing you, what's the purpose of the eye movement? According to Shapiro and subsequent practitioners of this technique, the type of eye movement created in this therapy session mimics the same natural movement Shapiro noted in patients who were able to cope better with stressful memories. By developing this same eye movement — called saccadic eye movement — individuals can better access certain memories and deal with them in a way that supports a more positive outcome.

## What Is EMDR Therapy Like?

According to the Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder, EMDR therapy is approached through eight phases, which are summarized below.

- **Phase 1.** The therapist works with the client to understand the person's history and what memories or events may be playing a role in current issues. They work together to plan for treatment and decide what memories and emotions will be targeted with EMDR.
- **Phase 2.** During this time, the treatment is fully explained, and the eye movement is practiced to help facilitate optimal success.
- **Phase 3.** The therapist helps the person access and begin to assess the memory in question. This includes validating the facts of the memory and exploring the emotional response.
- **Phase 4.** With the therapist's assistance, the person focuses on the memory while engaging in eye movement, continuously unpacking emotional responses and developing new ways of responding until the memory is less distressing. This is known as desensitization.
- **Phase 5.** The person works with the therapist to strengthen the healthier cognitive response.
- **Phase 6.** Next, clients work on understanding how their bodies respond to the memory or trigger. If physical symptoms are associated with the memory, the therapist helps the client work through them.
- **Phase 7.** The EMDR session comes to a close, and the therapist provides any instructions that the client might need to follow until the next session.
- **Phase 8.** In the final phase, the therapist evaluates how the treatment went and works with the person to identify what should be targeted in a future session.

**We accept most insurances, private pay available.**

Admissions Daily

**Call 1.888.696.0550**

to speak with an admissions specialist

Recovery at The Crossroads

509 NJ 168 • Flatwood, NJ 08012



# Black Horse Acres

Recovery Residence/Sober Living

**Black Horse Acres** (BHA) is a recovery based sober living campus. Our secluded five acre estate in the heart of New Jersey's Pinelands provides a private, supported housing solution for clients working towards their long-term Recovery. BHA follows the highest standards recommended by the National Alliance for Recovery Residences (NARR). As a Level 3 campus, BHA supports clients through their clinical substance abuse treatment in the spirit of the 12 step model. BHA offers transitional housing for up to 90 days, while clients are linked to high level outpatient treatment including partial care and intensive out-patient programs.

**This cost effective model utilizes a living plan that prepares the residents with the tools necessary to become responsible and productive citizens.**



1.888.696.0550 • [info@BHAcrs.com](mailto:info@BHAcrs.com) • [www.BHAcrs.org](http://www.BHAcrs.org)



### BHA Services:

- Daily 12 Step Meetings
- Weekend and Holiday Programming
- Recreational Activities and Outings
- Spiritual Guidance from a local Orthodox Rabbi
- 3 Catered Balanced Kosher Meals Daily, prepared by an in-house Chef
- Fully Stocked Kitchen and Pantry
- Complete Household Amenities including Laundry Facilities, Television and Cable
- On Site Fully Equipped Fitness Room
- Coordination of medical/Dental Appointments
- Certified Recovery Coaches
- Weekly House Meeting

BHA recognizes the importance of stability and mindfulness as clients' progress through Recovery. The campus is fully staffed with Recovery Coaches who are prepared to guide, mentor and help focus residents through their daily tasks. Residents will have access to clinical transportation, health and fitness activities, recreational programs, nutritional support, and daily peer-supported self-help meetings both in the residence and the surrounding communities.

