

Components for
Successful Recovery
at Beit T'shuvah:



CASE STUDY

The first empirical evaluation of Beit T'Shuvah's recovery program—
long viewed as a successful model for addiction treatment.

While historically viewed—and frequently lauded—as an effective recovery program, Beit T'Shuvah has never undergone a scientific evaluation. In efforts to empirically examine Beit T'Shuvah's primary care program, a multi-year evaluation study began in September 2015 in collaboration with the UCLA Luskin School of Public Affairs.

One year into the study, the first significant piece of the longitudinal evaluation has been completed: the Success Case Study. Success case studies document, as the name implies, successful outcomes to understand why and for

whom a given intervention is most effective. The success case method was used in tandem with the life history method in order to chronicle former residents' lived experiences before, during, and after their time at Beit T'Shuvah.

The key findings from this phase of the evaluation are summarized here. Most critically, they substantiate the claim that Beit T'Shuvah has been making for 30 years: *Through community, spirituality, and inter-personal relationships, they have been successful in transforming lives.*



Through **COMMUNITY, SPIRITUALITY, and INTER-PERSONAL RELATIONSHIPS,**
they have been successful in **TRANSFORMING LIVES.**

For more information, about Beit T'Shuvah, please visit www.beittshuvah.org or call 310-204-5200.
If you would like to receive a copy of the full evaluation, please email Harriet Rossetto at hrossetto@beittshuvah.org

Programmatic Components

SPIRITUALITY

95% of the sample identify as Jewish, and 80% of the sample cited their spirituality as important to their recovery. What emerged from the interviews is not a dogmatic belief system, but the flexibility to question and apply ancient teachings to contemporary life that developed while in treatment at Beit T'Shuvah.

80% cited their **SPIRITUALITY** as important to their recovery



PROVIDED BY
BEIT T'SHUVAH
ARE INDISPENSABLE
FOR TRANSITION

EMPLOYMENT/CAREER

80% reported working at Beit T'Shuvah at one point, suggesting that the career opportunities provided by Beit T'Shuvah are indispensable for those transitioning from resident to an engaged and productive member of society.

THERAPEUTIC RESOURCES

50% specifically credited the clinical component of the program as imperative to their recovery. Beit T'Shuvah utilizes a non-conventional therapeutic approach, with an eclectic array of therapeutic activities.

LONG-TERM RESIDENTIAL CARE

Former residents remained at Beit T'Shuvah between six and eighteen months. For residents to successfully engage in recovery, time is essential.

TWELVE-STEPS

As a whole, the influence of the twelve-steps in recovery was secondary to the influence of the aforementioned programmatic factors. Though 55% percent of participants spoke about the importance of twelve-step meetings and sponsors, it was typically discussed in the context of maintaining sobriety and recovery once they had completed the program at Beit T'Shuvah.

Psycho-Social Components



COMMUNITY

100% of the sample credited the Beit T'Shuvah community and social relationships as a necessary component of recovery. Beit T'Shuvah fosters a profound sense of community by promoting a relational recovery model, emphasizing transparent relationships, an open dialogue, and an open-door policy among staff and residents.

100%
cite the Beit T'Shuvah
community as
**CRITICAL
TO RECOVERY**

ATTACHMENT

100% reported forming a deep emotional bond with a Beit T'Shuvah staff member who served as a mentor or guide. For 75% of the sample, this individual was a member of "the big three" – Harriet Rossetto, Rabbi Mark Borovitz, and Elaine Breslow z"l.

WILLINGNESS

100% of the sample fundamentally agreed that one must be a willing participant in their recovery and open to the process and expectations asked of the resident.

100% formed a **DEEP EMOTIONAL BOND** with a Beit T'Shuvah staff member

PRIOR SOBRIETY OR RECOVERY EXPERIENCES

61% attended a drug or alcohol rehabilitation program prior to Beit T'Shuvah. Successful recovery, therefore, appears to be a carry-over process where residents bring with them the lessons that have been obtained through previous attempts at recovery.

RELAPSE

25% relapsed while in treatment at Beit T'Shuvah. While none of the participants relapsed with their primary drug of choice after leaving Beit T'Shuvah, two engaged in compulsive gambling behaviors following treatment. Despite these setbacks, these individuals continue to move forward towards a meaningful life in recovery.



many respondents described
BEIT T'SHUVAH as a
"HAVEN"

SECOND CHANCES

20% of the sample left Beit T'Shuvah during treatment and later returned, one participant did so as many as six times. Built into Beit T'Shuvah's organizational policy is the necessity of second and third chances (and perhaps even more).

RISK-TAKING

In a similar vein to an organizational policy that is predicated on the belief that each person has within them the possibility for change, is the necessity of taking organizational risks on perceived hopeless cases.

SAFE PLACE

Implicit in all of the interviews is the need for a safe place for residents to recover from the chaos of alcohol and drug abuse, compulsive gambling, and other destructive behaviors. Many respondents described Beit T'Shuvah as a "haven" or "safe place".



Built into **BEIT T'SHUVAH'S** organizational policy is the necessity of **2nd & 3rd CHANCES**

Organizational Components