About the Blue Dove Foundation
The Blue Dove Foundation was created to help address the issues of mental illness and addiction in the Jewish community and beyond. Based in Atlanta, we work with people and organizations across the United States and around the world.

Our Mission
To educate, equip, and ignite our Jewish community with tools to understand, support, and overcome the challenges presented by mental illness and substance abuse. As a community with a focus on tikkun olam, we work to eradicate the shame and stigma surrounding these issues.

Our Work
- Education, awareness, and outreach: We encourage conversations and provide information and tools for individuals and families seeking assistance.
- Financial assistance for treatment: We provide hardship scholarships and/or interest-free loans. Scalable programs: We develop, design, and launch easily replicated programs for schools, synagogues, community centers, camps, institutions, and affinity groups.
- Programs include speaker series, mental health Shabbat dinners, community trainings utilizing the Blue Dove Foundation Mental Wellness Toolkit, and more.

Why the Dove
The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. Its roles as a spiritual messenger, maternal symbol, and liaison impart an inner peace that helps us go about our lives calmly and with purpose. Some believe the dove also represents hope, while others believe it denotes freedom.

Bringing peace, life, hope, and freedom for those facing addiction or other mental health challenges is the goal of the Blue Dove Foundation.

Contact Information
info@thebluedovefoundation.org
(404) 490-2391
About the Book

Quietingthesilence.org

For the longest time, the Jewish community avoided talking about issues related to mental health. Even today, a stigma remains that prevents individuals from opening up and seeking help. #QuietingTheSilence: Personal Stories offers a chance for people to share stories and perspectives related to their own life-changing experiences involving mental illness and addiction. Through these personal stories of struggles and loss, we hope to show individuals they are not alone and to work toward eliminating the shame and stigma many feel around these topics.

This book has visited several different Jewish Book Festivals.

Book Costs

Books sell on Amazon.com and are available in paperback ($20), eBook ($1.99) and audiobook ($14.95).

Bulk order paperback discounts are available for 20 copies or more at $10 per piece.

A future teen version will be coming in 2021.

Programs

Consider working with us to co-create a program with you for your community/network/congregation. We can work to build a unique program including individual contributors from the book. Individuals can share their personal stories, how they received the help they needed and why they continue to share their story and the impact they want to make. Each #QuietingTheSilence event is created uniquely for your community/network/congregation.

Program Costs

Program costs are based on the type of program created and range anywhere from no cost to $500 depending on the final program created and speakers or tools that may be needed.
Hope is one of the greatest resources we have to change the culture of silence and stigma around mental health issues in the Jewish community. The Blue Dove Foundation wants to inspire people to be educated, courageous, and confident in offering hope and support to those who struggle with their mental well-being and addiction.

About the Toolkit
thebluedovefoundation.org/toolkit

The Jewish Mental Wellness Toolkit is a response to continuous requests for help in the area of mental health. As a practical guide for everyday use, it offers guidance and support for transforming our culture along with practical and concrete information about mental health and wellness. Created through a Jewish lens, this Toolkit is full of resources, facts, and suggested readings. We hope it will empower all of us to turn hope into action.

Toolkit Costs
Toolkits sell at $15 for retail through the Blue Dove Foundation shop at thebluedovefoundation.org/shop. Bulk discounts are available for 20 copies or more at $12 per piece.

The Toolkit can be customized to include local city and community resources for $1,200. This cost includes support with identifying local resources, customizing the Toolkit cover and local resources pages inside. Printing can be arranged at an additional cost.
Recognizing When Someone Needs Help

Guiding Question: How do I know when something is wrong, and what should I do?

During this workshop, participants will engage in a variety of activities that strengthen their mental health knowledge, which will help them understand their role in supporting others. They will learn about basic mental health concepts, the scope of those affected by mental illness, and red flags for spotting issues. They will develop four core skills needed to respond to mental health concerns in meaningful ways and be given the opportunity to practice and build those skills.

Making Mental Wellness Part of Your Community’s Culture

Guiding Question: What can be done to create a welcoming and stigma-free culture to support mental wellness in the Jewish community?

During this workshop, participants will engage in a variety of activities that focus on bringing mental wellness front and center into their Jewish communities. They will use middot (Jewish values) and the mi sheberach prayer to connect Judaism to mental health as well as to critically consider how to bring new-found skills and knowledge back to their communities to begin creating welcoming and inclusive programs.

Workshop Costs

Facilitators from the Blue Dove Foundation are available to host workshops at $600 for both workshops together, up to 20 participants.

Workshop costs do not include the cost of the Toolkit, which are additional and can be ordered at bulk pricing.

Workshop curriculum is available to be licensed by organizations at a yearly cost and presented by organization experienced facilitators. All facilitators must go through facilitator training. Contact us for pricing.
Additional Workshops and Programs

Additional workshops and programs can be discussed and created unique to your specific organizations. Depending on the type of program and what kind of resources are needed, they can range from $100 to $1,000.

Holiday Resources

thebluedovefoundation.org/holidays

Articles and activity resources are available for various Jewish holidays and age groups. These can be downloaded and shared by individuals or organizations with their communities.

Healers of Faith: Be a Mensch Video

thebluedovefoundation.org/videos

Healers of Faith: Be a Mensch is about a woman struggling with death by overdose of her younger sister and seeks answers from Judaism and the Jewish faith leaders in the community who have their own stories to share. The video features Jewish Clergy sharing their personal thoughts, stories and insights about Judaism’s connection with mental health.

This film has been featured in Jewish Film Festivals across the country.

Jewish Mental Health Resources

thebluedovefoundation.org/jewishresources

The Jewish Community is extremely lucky to have a growing list of Jewish mental health and addiction resources across the globe. Resources include inpatient and outpatient treatment facilitators in addition to emotional and spiritual support for individuals and educational resources for individuals and organizations.

Use our local resource template to create a local resource to share with your community.