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Coffee house owner to run film about sobriety, bring awareness

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Dr. Harold Jonas opened the KoffeeOkee Sober Coffee House as a refuge for people with a variety of issues. People looking to talk to qualified staff over personal issues ranging from cancer, drug or alcohol addiction or even depression pack the house almost every evening.

Now three years after opening KoffeeOkee, Jonas said that he hopes by bringing the premiere of a new documentary on sobriety, he can help spread the messages of hope and recovery even further.

"Real Sobriety" is a 45-minute documentary film portraying the lives of Floridians who've overcome drug and alcohol addictions, and will debut on Sunday at KoffeeOkee for three showings. The film features about eight minutes of KoffeeOkee footage where Jeannie Saros, a licensed mental health therapist at the Sober House, is interviewed.

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"Since becoming sober I've completed high school, obtained a master's degree and started my own private practice where I help others, set goals of personal growth and focus on ethics," Saros said.

Also, making the final cut was a recovering staff member who serves coffee to people who fight different addictions, to cancer patients or to those who just need someone to talk with.

"The impact and power of this professional film and having the chance to host it is a big deal for us. I'm expecting at least 60 people and I've got a red carpet for the premiere," Jonas said.

Jonas, who has a Ph.D in addictive studies, said that this is the first time KoffeeOkee will host a movie premiere, and that "Real Sobriety" filmmaker Robert McClellan will be at the showings for question and answer periods.

"My guess is we will have a diverse age group of people that choose to come to the premiere; 18- to 25-year-olds are the main demographic that frequents KoffeeOkee. You see a group for about 12-16 weeks and then people move on. We have people coming for help from 14 years old to 72," Jonas said.

Jonas said he also hopes the film will turn the bad vibe Delray Beach received when it was given the misnomer "Rehab Capital of the World" in a national newspaper article.

"The old city commission supported recovery. I hope this film opens a lot of eyes on what's happening locally. This film offers a whole lot of hope and different pathways for recovery," Jonas said.

"Real Sobriety" premieres Sunday, with showing times of 2 p.m. for (family and friends), 4 p.m. (invited guests) and 9:30 p.m. in the KoffeeOkee courtyard (general public). Jonas plans to schedule an 11 p.m. viewing as well.

For more information, call KoffeeOkee Sober Coffee House, 271 NE Sixth Ave., in Delray Beach, at 561-455-0899.

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