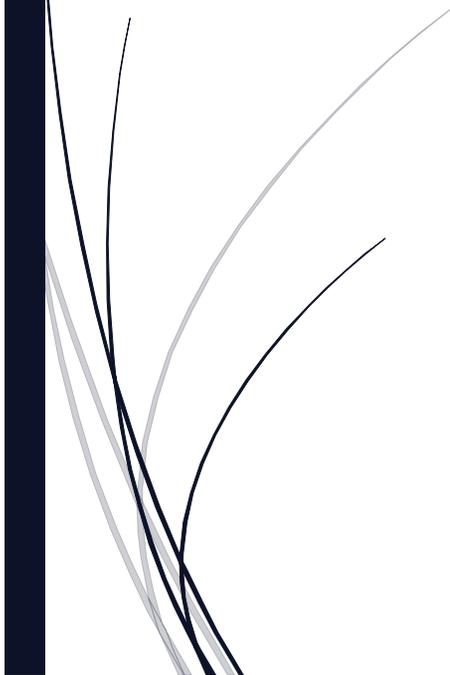




The Jerusalem Hills Therapeutic Centers

2019 Annual Report of Activities



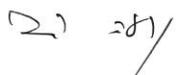
2019 Annual Report

Dear Friends,

With your help, the Children's Home is continuing our important work. This year we have over 125 boys and girls in our care, including a new, second unit of at-risk girls and 26 teen boys in our Kemper group home. Our dedicated professionals and staff are working to ensure that this year will be a success and that these children, like many of their predecessors, move on to successfully complete their schooling, mandatory military service, have families of their own, and lead healthy, productive adult lives.

It is entirely due to the generosity of friends and supporters like you around the world that we have been able to continue to run and develop our projects, supporting some of the neediest and most vulnerable children and young people in Israel. For your part in enabling us to continue our task, I express my warmest regards and most sincere thanks.

We would love to have you visit our campus meet our children and our professionals the next time you are in Israel.



Noa Haas

Executive Director

The Jerusalem Hills Therapeutic Centers

Numbers – Facts and Figures 2019

In 2019, The Jerusalem Hills Therapeutic Centers cared for more than 200 children and youth, in 3 different frameworks. In addition to the Children’s Home and Kemper Group Home, we also treat children and families in the community at our Goldie Kassell Treatment and Training Center, as a preventive measure to avoid placement in residential care frameworks such as our Children’s Home.

Name of Facility	Number of Children Treated
Jerusalem Hills Children’s Home	100
The Kemper Group Home	25
The Goldie Kassell Treatment and Training Center	80

According to our databases, most of the children in our care are from low-functioning or dysfunctional families:

- ✓ 67% of the children come from single-parent households.
- ✓ 14% of our children’s parents deal with drug/alcohol addictions.
- ✓ 12% of our children’s parents suffer from mental illnesses.
- ✓ 76% of the children come from low socio-economic backgrounds and suffer from a lack of basic needs.
- ✓ 25% of our children have no viable family situation and cannot go home during holidays and vacations.
- ✓ 61% of the children were referred to us by court order.
- ✓ 100% of the children receive individual psychiatric treatment.
- ✓ 2/3 of the children are boys and 1/3 girls.
- ✓ 96% of the children were born in Israel, however, many of them are children of immigrants.

Update on Some of Our Graduates

Major Tomer Bouhadana

Major Tomer Bouhadana is the commander whose symbol of hope and victory made the front pages of major newspapers in Israel, immediately transforming the 32-year-old officer and graduate of the Children's Home into one of the most inspirational symbols of the Second Lebanon War. Thanks to a doctor who, with his bare hands, stopped the bleeding vein in Tomer's neck, Tomer survived after being unconscious for 36 hours. Upon awaking he inquired about the safety of his soldiers.

When Tomer came to the Children's Home, at the age of 9, his behavior was so extreme and destructive that he was considered one of the more difficult children. His parents were separated and his life was in disarray. But, by the time he was 14, after five years at the Home, Tomer was ready to rejoin mainstream society. He first attended an agricultural boarding school and then returned home to Tel Aviv, where he attended one of the city's most prestigious high schools. Tomer majored in Literature and Biology and at the same time developed his skills as a weight-lifter, qualifying for Israel's select youth team. He brought home medals from international competitions. Tomer recognizes that the Children's Home changed the course of his life. In his words: *"Every door, every tree, every room, every person here has meaning. I think back and pity those who cared for me. I was a trouble maker. They are precious people, who are very important to me and I respect them a lot. Every place where I was needy – they filled."*

Michal (Fabricated Name)

Michal was placed in our care when she was 8 years old and spent 4 years in the Gefen group. She had trust issues with adults and difficulties self-regulating, due to a background rife with domestic violence. The home where she grew up was not suited for children, her father was physically abusive and her mother had inappropriate sexual encounters at home, and in general. At the Children's Home Michal received a safe and stable environment that allowed her to develop trust in adults and healthy relationships and provided her the tools and skills to live independently and see the world with her eyes wide open. She truly has come a long way, eventually she graduated from high school and served in the IDF. She has been studying Psychology at the Open University.

Ron (Fabricated Name)

Ron came from a background of neglect by his parents; his father abandoned his family and his mother never fully committed to his healing process and did not stick to the required Home weekly visitations. His fourth year, which he did not finish at the Children's Home, was especially difficult and he was hospitalized after harming himself. After the hospitalization he was placed in other frameworks, where at the age of 16, he made a conscious decision to choose to deal with the difficulties of his life. Ron really appreciates the childhood experience he received at the Children's Home and credits his rehabilitation to the tools he received here. Ron is very fitness conscious and is taking classes at The Academic College at Wingate, where he is studying to be a personal trainer.

Rotem (Fabricated Name)

Rotem was a very introverted boy, who had great difficulties opening up to talk about himself and forming relationship or trusting adults. The effects of his emotional problems were not directed towards others, but rather turned inward towards himself. He was deeply depressed and lacked motivation. After 5 years of therapeutic care in our Children's Home he was able to be placed in a less intensive framework, where he graduated from high school with full matriculation. He was drafted to the IDF and received medic training. Today, after acquiring a B.A in software engineering, he works as a developer at a high-tech firm.

Noya (Fabricated Name)

Noya arrived to the Children's Home after exhibiting difficulties resulting from her parents' separation. Her life before the Children's Home was characterized by extreme conflict between her parents. While her mother was against her placement in our care, she remained consistent with her visits. There were a number of incidents at home during her stay with us that did not allow Noya to go home much and she mostly stayed on campus during holidays and weekends with the other Vacation Group children. With our therapeutic intervention Noya managed to overcome her difficulties and today she works at a kindergarten, and is a happily married mother of two children.

General News

- ✓ **Opening a Second Girl's Unit at the Children's Home** – In order to meet The Ministry of Labor, Social Affairs and Social Services' tender, in which mixed groups of boys and girls will no longer be allowed, we opened a second girls-only group – Nitsan, in our Elementary Unit. Since only few at-risk girls are placed in our care each year (in general less at-risk girls are referred than boys), the structure of the group is based on an individualized treatment process for each girl, who don't necessarily begin and end their therapeutic process all at the same time, like in the boys' groups.
- ✓ **Groups are Getting Smaller for More Individualized Care!** – Another requirement of the tender is to reduce the number of the children in each group at the Children's Home, while still caring for 100 children each year. Therefore, we will be opening additional groups during the next two years. This year, we opened the 8th group and eventually we plan to have 10 groups of about 10 children each.
- ✓ **Establishing of a Friends of Jerusalem Hills Association in Israel** - In November 2019, the Jerusalem Hills Therapeutic Centers began the process of establishing a "Friends of Jerusalem Hills" association, with the goal of supporting our important work. About 50 guests gathered at the home of one of Jerusalem Hills' board members to received information about Jerusalem Hills and the support opportunities. Dr. Chezzi Cohen, who developed our successful *Therapy in Life Space* Therapeutic Program and former-long-time CEO of Jerusalem Hills, talked about Jerusalem Hills and the children who are placed in our care. A Jerusalem Hills graduate and her former counselor, who is now a Group Coordinator, also spoke and gave living proof of the important work we do.



- ✓ **Sahar Group Farewell Project** – Each year, as part of the graduation process, the 4th year group is in charge of a Farewell Project. The Sahar group, who graduated in July, took it upon itself to spruce up the metal trashcans that are placed around the Children’s Home, by painting them in bright colors and adding cartoon images. In addition, each child and staff member of the group made plaques with their names, and these were hung on the wooden playhouse near the residential cottages.



Ongoing Fundamental Programs

- ✓ **Therapy in Life Space** - The children’s rehabilitation process is based on our unique long-term relationship-based treatment program, *Therapy in Life Space*, founded on four key principles: Long-Term Therapeutic Treatment Program, One-on-One Staff-to-Child Ratio, Family Involvement and Staff Training and Support – Helping the Helpers. This therapeutic method is what makes us unique from other residential care frameworks for children and youth at-risk, and is the key to the high success rates of our graduates (practically 70%).
- ✓ **Therapeutic External Activities Program** – Geared towards youth aged 12-18, this program offers a variety of therapeutic activities such as Dog Training Therapy, Swimming, Photography, Cooking, Martial Arts and more. These external activities facilitate healing through non-verbal expression in a way that compliments the traditional therapies offered.
- ✓ **Alternative Therapies Program** - Geared towards all the children aged 7-15, this program includes types of therapies for children who do not benefit from conventional therapies alone (such as psychological therapy). These therapies include

Art Therapy, Music Therapy, Crafts Therapy, Bibliotherapy and Animal-Assisted Therapy. These alternative therapies enable the children to explore difficult emotions in an intuitive, non-verbal way.

- ✓ **Awake Overnight Counselors** - Our *Awake Overnight Counselors'* job is to be on hand throughout the night, to supervise and deal with any problems that arise. Like most children, our children sometimes have difficulty sleeping or wake up in the middle of the night. But due to the trauma they have suffered and their fragile psychological states, they are more prone to nightmares, bed wetting, and sleep disturbances than other children and our awake overnight counselors get special training to be able to respond in these situations. We have recently witnessed an alarmingly sharp increase in the number of children referred to us, who have been sexually abused and their tendency, especially during the first and second years in our care, is to mimic these behaviors with sexual incidents involving their peers. These incidents often happen during nighttime hours, when our awake overnight counselors are on duty. Due to the increasing numbers of these incidents, our therapeutic staff has decided to maintain an awake night counselor in each of our eight units, who patrols all night to prevent any sexual incident. All awake overnight counselors receive additional training specifically on how to deal with the sexual incidents they are supposed to prevent.
- ✓ **Vacation Groups** - Unfortunately, there are about 30 children in our care who do not have a viable home or family to go to during holidays and vacations. In order to address their needs, our Children's Home operates 365 days a year. These children have a familial situation that is either too destructive or threatening and cannot visit their families at home, not even for a short time. To ensure these children's safety, the Jerusalem Hills operates the *Vacation Group* project and invests a lot of thought and effort to create and provide them with a supportive and positive experience, as they watch their peers go home from time to time. As well as additional therapeutic support, we provide these children, our most vulnerable children, with a variety of fun activities, recreational and others, to give them a sense of vacation, while staying on campus.

- ✓ **Bar/ Bat Mitzvah** - Each year at the Children's Home over 15 boys and girls celebrate their Bar/Bat Mitzvah and are provided by the Home with every facet of this important day. The boys and girls wait in great anticipation for their turn to celebrate this joyous occasion. The project, which takes place over an entire year, includes training for reading the Torah portion and being called up to the Torah at the synagogue, new clothes, a festive dinner for family (whenever possible) and guests, together with the children and staff. In addition, the children's unit and staff have a full-day's field trip and outing, and the Home presents each child with a personal gift.



- ✓ **Life Skills** - The goal of our Life Skills Program is to teach and provide the boys and girls in our care the basic skills that are needed for living independently, so when they graduate, they can reintegrate in the Israeli society without difficulties. In this program, we start teaching our children from an early age (12), the skills that are needed for living independently, and the skills are taught in accordance to their age and ability to learn. These skills can include basic hygiene, self-defense and basic cooking and for the older boys planning a budget, managing a bank account, paying bills, grocery shopping and even preparing for the Israeli army.
- ✓ **Empowerment Program for Teen Girls** – Through this program, specifically created for our Teen Girls', we empower the girls to shift their beliefs and attitudes in order to facilitate healing. We aim to bring about change in three main areas: Control, Connection and Meaning. Every aspect of the program is designed to empower the girls to move beyond the traumatic experiences of their childhood and in doing so, to facilitate healing from their severe emotional and psychological disorders. The therapeutic-empowerment program includes psychological therapy and physical activities, with an emphasis on body image and self-esteem.

- ✓ **Summer Camp Activities** – Each year, at the end of July when the school year at the Jerusalem Hills Special Education School ends, we provide our children with a two-week summer camp program. This program aims to address the unfortunate situation of many of the children and youth at our Children’s Home, for whom school vacation or holiday is not a happy time. These children often face spending their vacation or holiday with their families in dysfunctional settings, with the possibility of being exposed once again to a harmful environment at the most, or to incapable parenting at the least. The children are offered a wide variety of activities, on and outside of the Children’s Home campus.



New therapeutic Programs

- ✓ **Sexual Abuse Prevention Program** – Our new integrative approach focuses on the child as an individual, not necessarily on the issue of sexual abuse. Our experience and expertise of working with children suffering from severe developmental arrest, who have been removed from their families (many of them having been hospitalized in mental institutions before being referred to us) has shown a direct link between early developmental arrest and sexual abuse. These children are more at-risk to be involved in sexual abuse whether as victims or offenders. The program we developed involves caregivers, teachers, social workers and psychologists who work as an integrative team with these children using different theoretical approaches and methods. This interdisciplinary staff treats the child's problem concerning sexual abuse within the context of a wider understanding of the child's emotional and developmental state.

Jerusalem Hills Special Education School Special Programs

- ✓ **Yad VaShem Award for Holocaust Educational Programs** - The Jerusalem Hills Special Education School won the Yad VaShem prize for its programs on Holocaust education. The prize was awarded by the Honu and Blima Neiman Foundation and was presented at a ceremony at Yad VaShem on June 12th, 2019.



- ✓ **Arts and Culture Education** - Our Arts and Culture Education program instills in our children a sense of pride and inspires them to express and represent themselves through the various artistic mediums. We occasionally discover special talents, children with an impressive voice, whether in photography, painting, written expression, etc. We endeavor to provide the best conditions for these children to express their talents, such as attending a drawing class at the Israel Museum, receiving excellence scholarships and more.



- ✓ **Green School** - The Jerusalem Hills Special Education School is recognized by the Ministry of Environment as a Green School. We understand the importance of being environmentally friendly and of acquiring the correct habits from an early age, therefore environmental education has always been a part of the school curriculum. Young children are at an appropriate stage for acquiring sustainable living habits and connecting with their surroundings. It is important that this connection be built on admiration and respect for the environment.
- ✓ **Breaking the Ceiling** - The girls of the teen group have not been exposed to strong female role models and as a result, their own personal aspirations are limited and don't allow their full potential to be fulfilled. We believe that introducing the girls to strong female figures from different vocations, by telling their stories, inspire and encourage the girls to dare to strive. The program includes: weekly classes, focusing on different strong female figures, creative activities, field trips (a journey based on the life of the figures chosen), volunteer work and research papers.

Israeli Corporate Cooperation: Special Projects and Social Responsibility

Over the years, we have established ongoing relationships with a number of local and national businesses. We are very lucky to have them as our supporters and friends and we appreciate their partnerships dearly.

- ✓ **Cadence Israel** 

Employees of the Israeli branch of this international high-tech company have been volunteering, renovating two living quarters (cottages) and leading activities for our Chanukah Vacation Groups. In December 2019, a big group of volunteers came to volunteer during the Chanukah vacation. The volunteers split into two groups; one group renovated the Lavi group living quarters and the second group led activities for the Vacation Group children. The renovation included painting and furnishing the cottage, and the Vacation group activities included games and activities in the spirit of Chanukah. The Lavi group was very excited to see their new living quarters and the Vacation Group children enjoyed the games, attention and treats they received from the volunteers.

- ✓ **Agmon & Co. Rosenberg Hachohen & Co.**  אגמון ושות' רוזנברג חכחן ושות'
Agmon & Co. Rosenberg Hachohen & Co.

In April 2019, employees from the both branches of this law firm volunteered at the Children's Home. They spent the entire day at the Children's Home together with the children, renovating and decorating different areas of the school grounds. In addition, they also led activities with the children, which included a circus activity, food trucks, drummers and arts and crafts.



- ✓ **Mizrahi Tefahot Bank – The Kubia (Cube) Group**

A group of employees from Mizrahi Tefahot Bank has been volunteering at the Children's Home Since 2015. Nicknamed the Kubia, the group has been working with the Arbel group (boys 11-14). Every few months, the bank employees meet with the boys in the group and together they enjoy various activities, sometimes on campus and sometimes leaving the grounds. The constancy of their activities means that the boys have gradually begun to let their guards down around the volunteers and have built up a strong relationship with them. For our boys, the fact that a group of people from outside the home invest so much time and effort in getting to know them, makes them feel that there are people in the world, outside the Home, who care about them too.

- ✓ **C-Hotel Neve Ilan** 

The hotel has been supporting the Children's Home in a variety of important ways for more than 8 years. In 2019, the hotel donated meals for the Passover Vacation Group, as well as hosted a number of Bar/Bat Mitzvah celebrations and hosted the Vacation Group children during a number of holidays.

✓ **Isrotel Cramim Hotel Kiryat Anavim**



Isrotel Cramim Hotel has been supporting the Children's Home for a number of years now. In 2019, the hotel funded the renovation of the Carmel group's living quarters. To encourage and uplift our staff members, the hotel generously hosted different sectors of the Home's staff for four special days. They also hand-delivered sweets and other treats on various holidays for the Vacation Group children, sweetening their day.

✓ **Joining the Hapoel Jerusalem Family**



In 2017, Hapoel Jerusalem's youth department offered to operate a basketball clinic at the Children's Home, which would be coached once a week. This year, there are two teams, sponsored by Bank of Jerusalem, that meet once a week on the campus basketball court. At the beginning of the school year, the groups received formal basketball uniforms and have officially become a part of the Hapoel Jerusalem family. During the year, the teams play against other Hapoel Jerusalem youth department teams and are invited to Hapoel games at Hapoel's home stadium.

Upgrading and Remodeling

- ✓ **The Kemper Group Home** – Thanks to volunteers from the International Christian Embassy Jerusalem, the living quarters of both groups at the Kemper Group Home were painted, in August 2019.



- ✓ **Jerusalem Hills School** – In April 2019, the Jerusalem Hills School was painted and redecorated, thanks to the generous donation and volunteers of Agmon & Co. Rosenberg Hachohen & Co. The upgrading included painting, new furniture, decorating and planting new plants on campus.

Before



After



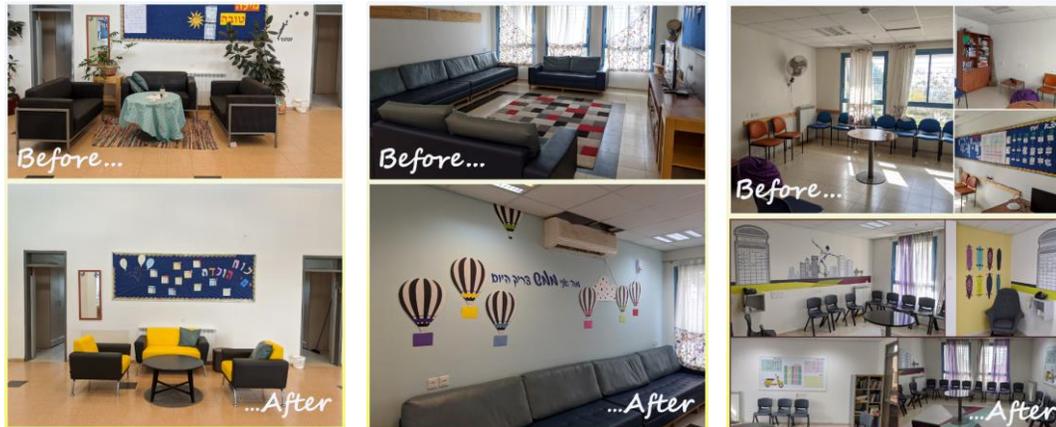
- ✓ **Upgrading the Computer Labs** – Thanks to the generous donation of RAD Communications, we were able to upgrade the Jerusalem Hills School's computer labs with brand new state of the art computers. Our computer labs had not been updated in the last 10 years.



- ✓ **Carmel Group's Cottage** – With the help of Isrotel Cramim Hotel, we were able to renovate and upgrade the living quarters of Carmel group, in August 2019. The renovation was carried out by volunteers from different units of the Israeli police and IDF and included painting, replacing furniture and decorating all the rooms of the cottage. When the group came back from summer vacation at home they were very excited to see their new upgraded living quarters!



- ✓ **Lavi Group's Cottage** – Thanks to the help of our friends at Cadence Israel, who in December 2019 came for two full days of volunteer work, we were able to update and upgrade the living quarters of an additional group – Lavi. The renovation included painting, replacing furniture and decorating all the rooms of the cottage.



Update on Jerusalem Hills in 2020

The beginning of 2020 saw the COVID -19 pandemic effectively bring the entire world to a standstill. These are trying and difficult times for many of us. While life in Israel is gradually returning to its usual course, we are still in the midst of an emergency situation, to which we do not see the end, and additional breakouts could send us all back to a lockdown. For the children of Jerusalem Hills, these uncertain days are even more difficult as stability is a crucial factor in their rehabilitation. The effects of the COVID-19 crisis on our children are ongoing and setbacks have already been noticed by our therapeutic team. We are working extremely hard to bring our children back to their pre-crisis emotional state, yet we are aware that as long as the length of this situation remains unknown or if there are further lockdowns, we should expect to see additional setbacks. Unfortunately, we anticipate that it will take many months before we see the end of the crisis's effects on our children.

Many of our children do not have viable families to support them, as they are placed in our care due to court order. It is our job, now more than ever, to maintain daily routines (in accordance with government guidelines), to facilitate our children during these hard times, to minimize the unknown and to reassure them that everything is going to be OK. Now, more than ever, your concern and support are essential to our children's futures.



Thank you!

The Jerusalem Hills' work would not be possible without the help of our partners, who support us in providing effective rehabilitation and a safe and loving home for Israel's most at-risk children and youth



THE JERUSALEM HILLS THERAPEUTIC CENTERS

Tax Exempt Number in Israel: 580282085

P.O. Box 676, Kiryat Yearim (Telse Stone), Judean Hills 9083800, Israel

Tel: +972-77-2023404

Fax: +972-77-5591540

Email: info@childrenshome.org.il

Please visit our website at childrenshome.org.il, where you can place a donation via [credit card](#)

Tax Exempt Donations by Check

United States of America:

PEF Israel Endowment Fund

630 Third Ave. Suite 1501

New York, NY 10017

USA

United Kingdom:

UK Gives

83 Green Lanes,

London, England, N134BS

UK

Canada

Canada Charity Partners

5785 Smart Ave.

Cote St. Luc, Quebec H4W2M8

Canada

France

Philanthropie France International

10 Rue de Penthièvre

Paris 75008

France

THE JERUSALEM HILL THERAPEUTIC CENTERS WORKS WITH PRIVATE DONORS AND TRUSTS FROM ALL OVER THE WORLD AND CAN WORK WITH YOU ON VARIOUS SPONSORING AND DEDICATION OPTIONS