



**The Jerusalem Hills
Therapeutic Centers**

2023 Annual Report



Dear Friends,

Our mission at the Jerusalem Hills Therapeutic Centers is to provide a safe home-away-from-home and the best possible therapeutic care for our children. That responsibility has never been more crucial than in the final months of 2023.

Since the outbreak of the war, our staff rolled up their sleeves and stepped up like never before, filling in for the absences of those who could not come to campus, increasing therapy sessions to care for the children's well-being, as well as that of their families, and improvising when plans were changed indefinitely.

However, through the dark-tinted lens of the last three months of 2023, it is clear to see the true extent of our work from the months and years before. It is imperative to the children's growth that they learn to trust and rely on the responsible adults in their lives. By springing into action instantaneously, the staff, counselors, and volunteers of the Jerusalem Hills provided them with the protection they needed, and I could not be prouder.

Providing the children with predictability and reliability is crucial to their healing after the dysfunctional, unstable upbringings they are so severely traumatized from. Through hard work and determination, we have succeeded in providing them with a predictable routine and a sense of safety on campus, protected from the storm outside.

Before the darkness of the war enveloped us, if we zoom out and take a look at the year as a whole, we achieved a lot by way of new projects thanks to our generous donors from Israel and around the world, and a significant expansion of the courses at our Training and Treatment Center which allows us to share our methods with other specialists and institutions all over Israel.

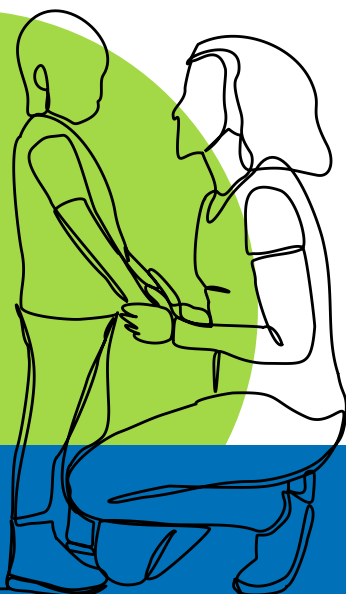
Overall, the year brought new challenges and opportunities for growth, and we hope to step into 2024 with continued strength, courage, healing, and support for the children in our care. Our important work could not continue without the generosity and continued friendship of individuals and foundations like yours, and for this, we are forever thankful.



With gratitude,

21 28/

Noa Haas
Executive Director



● Our Mission

For 80 years, the Jerusalem Hills has been changing the lives of thousands of at-risk boys and girls, providing them with the independence and maturity needed for a successful integration into society and a better future.

At the Chezzi Cohen Children's Home, next to Abu Gosh, our children receive unique therapeutic treatment and special education, tailored to the needs of each individual boy or girl.

At the Treatment and Training Center in Jerusalem, we offer high-quality therapeutic and professional services to children and their families in the wider community. Additionally, we provide training programs to psychologists, social workers, and therapists, based on our dynamic treatment methods and decades of experience.

● The Chezzi Cohen Children's Home Campus

Jerusalem Hills is a unique institution, providing therapeutic treatment and special education to boys and girls, between the ages of 6 and 15.

Jerusalem Hills cares for approximately 100 of Israel's most at-risk youngsters and provides a wide variety of specialist therapeutic treatments that are tailored to each child's specific needs. The children come from all sectors of Israeli society but they have one thing in common: most of them were victims of abuse; neglect; rejection, or abandonment.

Every child has his or her individual story, many of which are heartbreaking. Due to their difficult upbringings, the children suffer from intense fear and anxiety and struggle to trust the adults in their lives, hiding their despair and distrust behind aggressive, destructive behavior. Often, Jerusalem Hills represents a last chance for these children after hospitalization and/or incarceration and it provides a pathway back into society.

"It is not just an ordinary treatment center but a place where we try to find the answers to the riddles of the wound in the soul of each individual child sent to us."

Gerard Pulver, Psychoanalyst,
and Former Executive Director

● Our Therapeutic Approach

Jerusalem Hills responds to the needs of the at-risk children and adolescents that arrive at our facilities, with our unique long-term relationship-based treatment program. This program, "Therapy in Life Space", is centered upon the development of a one-on-one relationship between the child and the caregivers, and the careful integration of the child's family into the healing process.



● Our School

Due to the severity of their psychological disorders, our children cannot attend mainstream schools and instead, Jerusalem Hills provides an on-campus Ministry of Education-approved Special Education School which caters to their unique needs. This also allows for the teachers to be in frequent contact with the children's care workers and psychologists. This collaboration and communication are necessary to our treatment philosophy which integrates therapy into every aspect of a child's care.

Structure: At our school, each group of 12 children is taught by three Special Education-trained teachers who follow a National Curriculum-approved syllabus. The teachers remain with the group for the duration of their 4-year stay at the Home, providing the children with the consistency that allows them to develop the bonds necessary for successful learning. The high staff-to-pupil ratio allows the children to receive the individual attention they so desperately need.

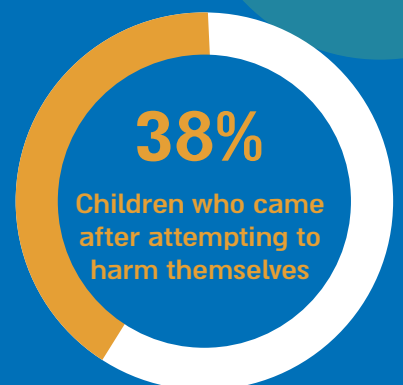
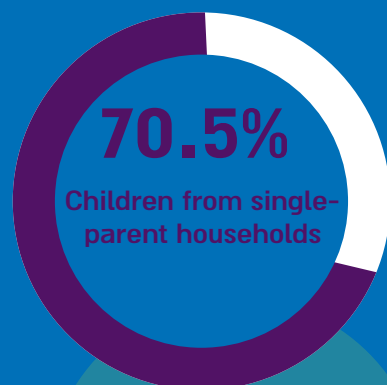
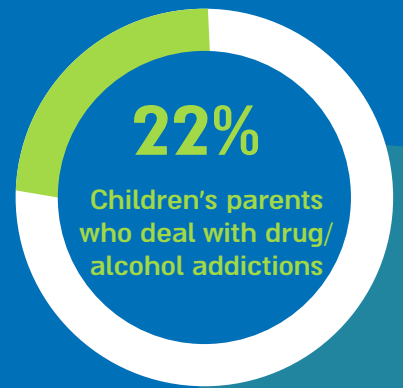
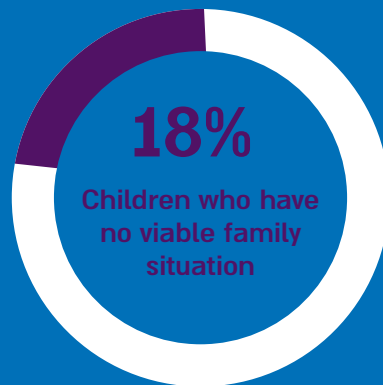
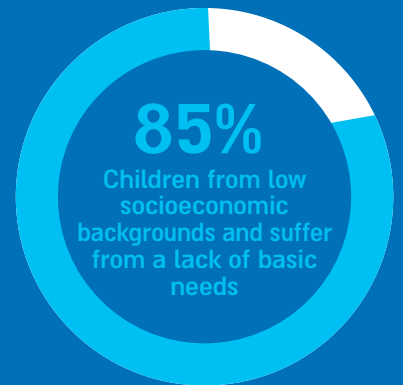
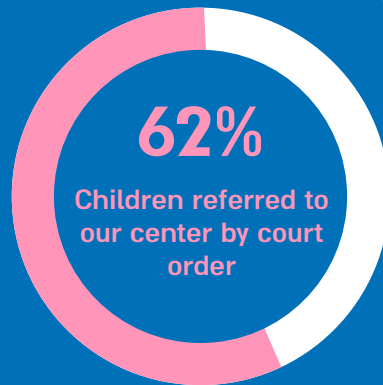
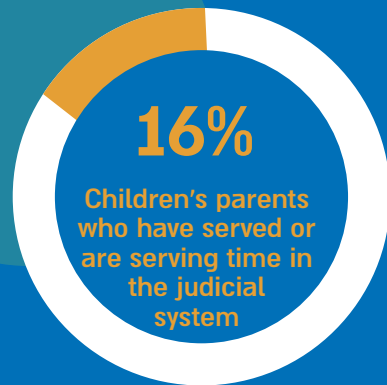
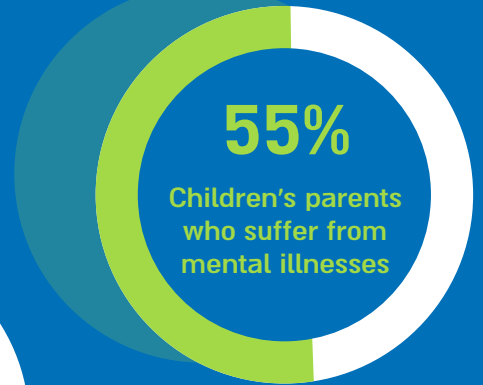
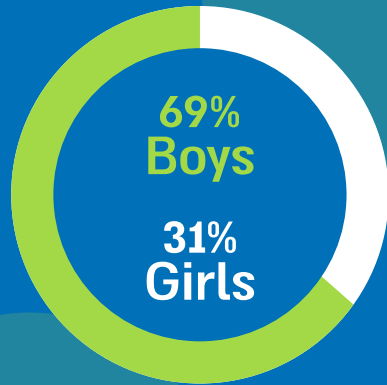
Pedagogical Center: The school Principal and counseling staff created a Pedagogical Resource Center to provide the teachers and therapists an added dimension, beyond the syllabus of the Ministry of Education, to meet the unique needs of the children. Because of this, the experience and professional knowledge of our teaching staff are sought out by other Special Education facilities in Israel.

Green School: The Jerusalem Hills Special Education School is recognized by the Ministry of Environment as a Green School and environmental education has always been a part of the school curriculum. The children learn about recycling and put it into action with their arts and crafts projects made from recycled goods, they are responsible for separating waste into plastics and paper and they take care of the vegetable garden in the side yard of the campus.

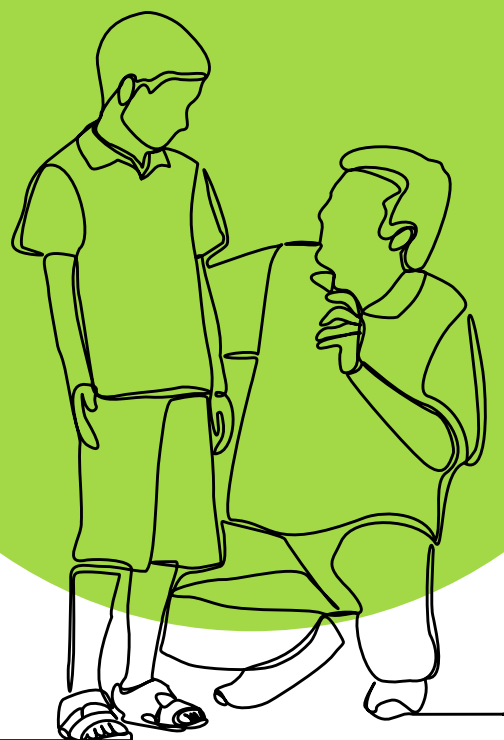


Facts and Figures

In 2023, the Jerusalem Hills Therapeutic Centers cared for hundreds of children and youth, in our two different frameworks, with the Children's Home campus housing **95 children**:



- **The children come to us from all over the country and from all sectors of Israeli society – from North to South, cities to towns, and Kibbutzim.**



Updates and Renovations on Campus

Providing the children with quality facilities lets them know they are as worthy and as valued as anyone else. They will feel like they deserve nice things and will in turn treat things nicely.

Teen Girls Cottage: Bitan Ella



Before



After

Our teen girls' cottage went through a beautiful renovation this year thanks to a generous donation from **JNF Canada**. The renovation included upgrading the kitchen, expanding the door to the backyard, constructing a deck and pergola, and even a small garden. The renovation provides the 12 girls and their dedicated staff with more spacious, private, and beautiful living quarters.



After

Basketball Court

Thanks to a generous donation from **The Shelly Avital Foundation** and **The Stephen Arbib Foundation**, through **JNF Canada**, the old basketball court underwent a significant upgrade. We renewed the surface of the court, replaced the baskets and gates, and added much-needed shading. This allowed the children to continue enjoying outdoor activities and to escape the sun during the hot summer days.



Before



After

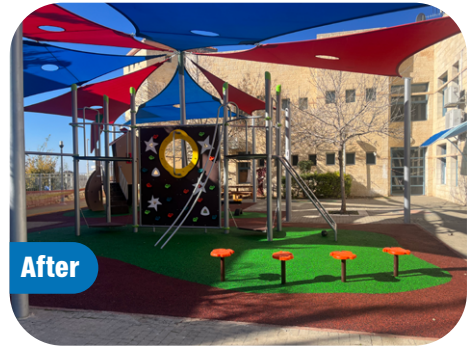
Outdoor Playground



Before



After



After

At the start of the summer this year, we had to dismantle the outdoor playground on campus as it was too old and no longer complied with safety regulations. From a combination of generous donations from various foundations, including PEF, private donors, and the General Guardian, we were able to raise the funds for a new playground to provide the children with the outdoor play equipment every child deserves.

Occupational Therapy Room

From the kindness of **The Josephine Cohen Charitable Foundation**, we were able to renovate our main Occupational Therapy room with new flooring and new equipment to advance their therapeutic capabilities.



Changes Since the War

The War of Iron Swords that began on the 7th of October had prominent effects on the children of the Jerusalem Hills. Many of our children come from the South of the country and witnessed the terrible events of that day, their families were displaced from their homes, and their lives are now more difficult than ever. All the children experienced the nightmare of running to shelters from sirens, and the stress that it entails, and they are suffering from an increase in anxiety attacks, violent outbursts, and other extreme behaviors.

Since the outbreak of the war, many of our staff members were drafted into the reserves, and we have been managing with the help of past staff members, temporary counselors, and wonderful volunteers.

Following security guidelines, most activities outside of the Jerusalem Hills campus were suspended. This includes trips and excursions, outdoor classes, and off-campus extracurricular activities. As a replacement, we provided the children with new, interesting extracurricular activities on campus and purchased new leisure equipment to lift the children's spirits and keep them busy in their free time. This was all thanks to the friendship and generosity of a combination of individual donors and foundations from all over the world.



Ongoing Fundamental Programs

Therapy in Life Space



The children's rehabilitation process is based on our dynamic long-term relationship-based treatment program, "Therapy in Life Space", founded on four key principles:

1. Long-term therapeutic treatment program,
2. One-on-one staff-to-child ratio,
3. Family involvement, and
4. 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.

Awake Overnight Counselors

Our Awake Overnight Counselors supervise and deal with any problems that arise through the night. Like most children, the ones on our campus sometimes have difficulty sleeping or wake up in the middle of the night. However, due to the trauma they have suffered and their fragile psychological states, they are more prone to nightmares, night terrors, bed-wetting, and sleep disturbances than other children. Each of our eight units has one awake overnight counselor, and they receive special training to be able to respond to and prevent these difficult situations.

Alternative Therapies

This includes Art Therapy, Music Therapy, Crafts Therapy, Bibliotherapy, and Animal-Assisted Therapy. These alternative therapies, tailored to the unique needs of each child, enable the children to explore difficult emotions in an intuitive, non-verbal way.

Therapeutic External Activities

This program offers a variety of therapeutic activities for children aged 12-15, such as Dog Training Therapy, Swimming, Photography, Cooking, Basketball, Football, and more. These external activities facilitate healing through non-verbal expression and provide the children with opportunities to excel.

Life Skills

The goal of this program is to teach and provide the boys and girls in our care the basic skills that are needed for living independently so that when they graduate, they can reintegrate into Israeli society without difficulties. These skills include basic hygiene, self-defense, and basic cooking, and for older children; managing a bank account, grocery shopping, and taking public transportation.





Sexual Abuse Prevention

Due to their upbringings, the children in our care are more at risk of being involved in sexual abuse whether as victims or offenders. The program we developed involves different theoretical approaches and methods for caregivers, teachers, social workers, and psychologists who work as an integrative team with the children.

Bar/Bat Mitzvah

Each year at the Children's Home approximately 15 boys and girls celebrate their Bar/Bat Mitzvah and they 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, and a festive dinner for family and guests (whenever possible) together with the children and staff. And everything is provided by the Jerusalem Hills.



Empowerment Program for Young Teen Girls

Through this program, we empower teen girls to bring about change in three main areas: **Control, Connection, and Meaning**. Every aspect of the program is designed for them to move beyond the traumatic experiences of their childhood and in doing so, facilitate healing from their severe emotional and psychological disorders. The program includes psychological therapy and physical activities, with an emphasis on body image and self-esteem.

Vacation Group

Unfortunately, approximately 30 children in our care do not have a viable, safe, home or family to go to during school holidays and weekend vacations. To ensure their safety, our Children's Home operates 365 days a year and invests a lot of thought and effort to provide them with a supportive and positive experience on campus, as they watch their peers go home. Vacation Groups consist of additional therapeutic support and a variety of fun recreational activities, both on and off campus.



THE JERUSALEM HILLS TREATMENT AND TRAINING CENTER

The Jerusalem Hills Treatment and Training Center provides a broad range of quality mental health services to the public. It houses two main objectives: One is the outpatient clinic for therapy and counseling, and the second is training courses and seminars for professionals in the field.

INDIVIDUAL PSYCHOTHERAPY IN THE KASSELL OUTPATIENT CLINIC

The Jerusalem Hills Treatment and Training Center provides mental health services on an outpatient basis, thus serving as a connecting piece between the community and residential care. The main objective of the clinic is to provide individual therapy and counseling, family counseling, parental counseling, and therapeutic mentoring.

The staff in the clinic is made up of clinical psychologists, psychoanalysts, social workers, and counselors, largely drawn from the staff at the Jerusalem Hills Children's Home, who bring their experience and expertise in residential treatment and apply it to the clinic's clientele.

Since 2017, the outpatient clinic has been recognized by the Ministry of Health as an institution specializing in the training of clinical psychology and psychotherapy. The clinic currently employs 11 staff members, including clinical psychologists, educational psychologists, clinical social workers, interns, and students. In September this year, the training center received a new manager, Adina Dick Mashiach, a fantastic clinical psychologist and counselor who has worked at our Children's Home for several years.

Since October this year, the clinic dealt extensively with the consequences of the War of Iron Swords. Many of the children in the clinic have fathers who were recruited to reserve duty and are facing intense anxiety and uncertainty. Additionally, the staff in the clinic work with children from the South who attend boarding schools in the Jerusalem area, and they are stressed and struggling with the fact that their families are displaced. Despite the instability of the entire country, the Kassel Outpatient Clinic maintains a stable and safe routine of emotional care for their patients and an atmosphere of sharing and support within the team.



● INSTRUCTIONAL AND TRAINING PROGRAMS

Pnima: School for Residential Care and Therapeutic Leadership

With the experience and success of our residential therapeutic center, Jerusalem Hills opened Pnima to help spread our therapeutic approach to other professionals in the field. In July this year, Pnima completed its second academic year with four courses geared towards those who work in residential facilities for at-risk youth in Israel. The courses were divided among counselors, department heads, social workers, and institutional managers.

In the 2022-2023 academic year, 41 participants from 21 different institutions throughout Israel took part in our Pnima program. They met once a month for a full day of training which included a lecture, reading a relevant article, and group discussions all while learning from each other in open conversation in a professional forum.

Unfortunately, due to the war, the Pnima program's third year did not open this October because many students were recruited to reserve duty. In its place, the management has been using their time and expertise to train and support the staff and management of 10 different institutions from around the country – bringing the content of the Pnima course to them.

The School for Psychotherapy

Our three-year accredited academic program, Psychotherapy with Children and Adolescents, emphasizes understanding the processes of a child's emotional development, provides psychoanalytic knowledge on the development of the child, addresses the essence of play therapy, and the application of psychoanalytic theories in the treatment room. There are three cohorts each year, and the program is taught by Jerusalem Hills professionals who are experienced in the dynamic treatment of children and adolescents.

The School for Psychotherapy

Our three-year accredited academic program, Psychotherapy with Children and Adolescents, emphasizes understanding the processes of a child's emotional development, provides psychoanalytic knowledge on the development of the child, addresses the essence of play therapy, and the application of psychoanalytic theories in the treatment room. There are three cohorts each year, and the program is taught by Jerusalem Hills professionals who are experienced in the dynamic treatment of children and adolescents.

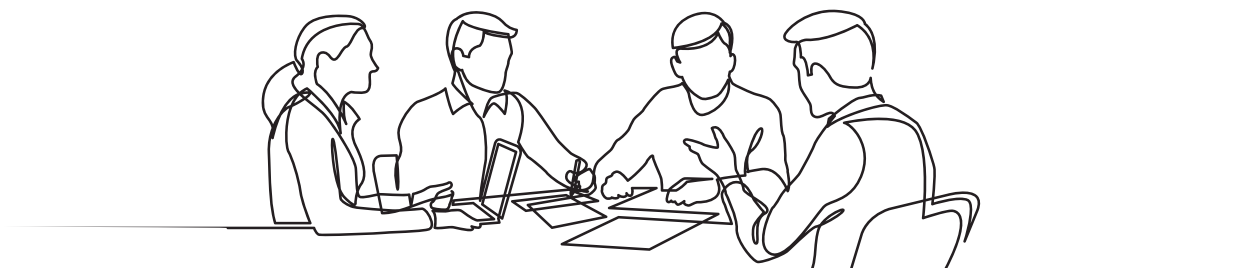
Psychotherapy School for the Ultra-Orthodox Population

Started in 2022, this program is a three-year course geared toward the ultra-Orthodox population in Israel. The program was created due to the growing need for experienced therapists within the ultra-Orthodox community and a need for additional training in handling the challenges facing children in the modern world. This year, there were 20 participants – 12 women and 8 men, and in November they started their second year.



Maamakim: In-Depth Classes for Professionals

The goal of Maamakim is to offer courses for experienced therapists who wish to deepen their knowledge of different psychoanalytical methods. All participants must hold at least a second degree in psychology, and the courses are offered both in-person and via Zoom. In the last year, a curriculum of the writings of theorist Anne Alvarez was offered, with great success.



Special Projects and Social Responsibility

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



Isrotel Cramim

Isrotel Cramim, the spa hotel nearby to the Children's Home, has been our partner for eight years now. Over the years, they have funded the renovation of campus buildings, initiated activities for the children during vacations, and taken great care of our staff, allowing them to enjoy the hotel amenities on Staff Days. Specifically in 2023, the hotel hosted us for five days of bonding and training for the teams of Jerusalem Hills teachers, social workers, psychologists, coordinators, and counselors.



The employees at Bank HaPoalim have been volunteering with our older children for three years now, and we are so grateful for the care and love they show. In 2023, the bank's volunteers continued their activities with the teen girls' group, spent the Day of Good Deeds with our children doing arts and crafts, and donated a ping pong table to the boy's group.



Agmon with Tulchinsky

For three years, the Agmon with Tulchinsky law firm has come to visit our Vacation Group children who stay on campus even during school holidays when many of their friends go home. The firm's volunteers organize activities and trips for the children, including workshops, fun days on campus, and outdoor excursions. The time and generosity of the firm is heartwarming and it ensures that the Vacation Group children have a meaningful, enjoyable, vacation just like every other child.



HaPoel Jerusalem

Since 2017, the youth department of HaPoel Jerusalem has run a voluntary basketball team at the Children's Home. The staff from Hapoel volunteer weekly to train the children as well as provide uniforms, shoes, and balls for the players. In 2023, 12 boys and girls participated in the basketball group and it is one of the most popular extracurricular activities for the teens.



Mizrahi Tefahot Bank

For years, the volunteers from Mizrahi Tefahot Bank have had a special bond with our teen boys. In 2023, they volunteered every month at the Children's Home with activities and games and even hosted the boys at the bank to teach them about the world of banking, which is a very important life skill for their future.



Neve Ilan Volunteers

In 2023, our neighbors and good friends from the Neve Ilan town continued their "Special Day" project for the children of the Jerusalem Hills. During the year, the residents of Neve Ilan prepared over 90 cakes decorated with the children's names and bought gifts with cards personally addressed to every one of them. Thanks to their love and care, the children each received a "Special Day" that was only theirs, receiving the special attention every child deserves. We are extra grateful that the "Special Day" project has continued even in the uncertain days that followed October 7th, to bring some extra joy when the children needed it the most.



The Protea Retirement Village

At the start of last year, the dear residents of Protea, located nearby in the town of Shores, chose to support our Children's Home, and we are so grateful for them. During 2023, the retirement village hosted the Vacation Group children in their swimming pool several times, held fundraising events for our benefit, and hosted our management team to hear the news from the Jerusalem Hills.



Bnei Brit Israel

The "Or" Bureau of the Bnei Brit Israel organization has been a friend of the Children's Home for several years. Their volunteers come during vacations to bring joy to the children with activities, delicious treats, and many surprises. With each of these visits, the children and staff all feel the love of a doting grandparent figure.



The Faces of the Jerusalem Hills

Volunteer: David Yudelman

David is our neighbor from Neve Ilan and has been volunteering at the Jerusalem Hills for six years. David has hands of gold and helps the children care for the campus garden. Every week, he visits the children to work one-on-one with a boy or girl in the garden, and because of him, our garden is thriving and the children feel like they have another grandfather who loves them very much.

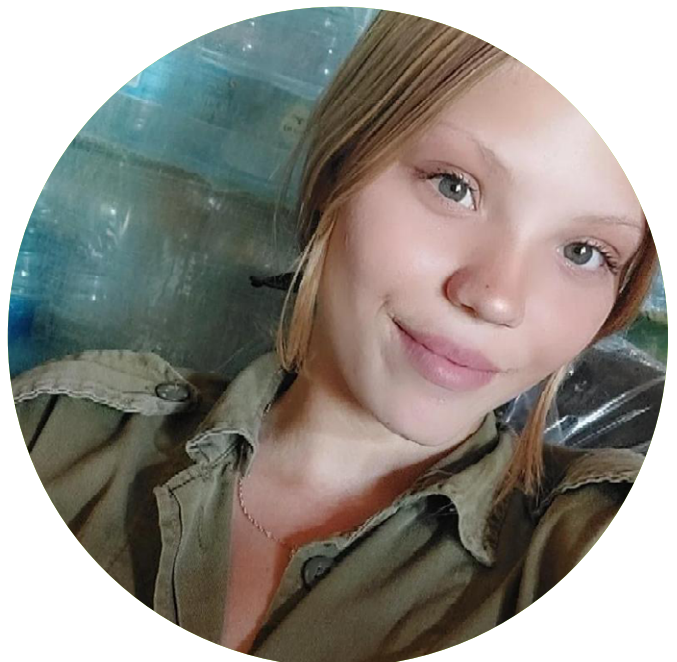


Social Worker: Chavi Levinger

Chavi is an expert social worker who has been working with us for six years. In addition to her role as a social worker, Chavi mentors the social work students who come to us. She works closely with the teen girls group "Ella", some of which are in their final year at the Children's Home, and were taken in by Chavi when they first arrived as children. Today, six years later, she is filled with emotion and pride by seeing the significant process they went through as they prepare to bid farewell to the Children's Home.

Graduate: Amit

Amit arrived at the Children's Home at the age of 11 after a long and arduous journey. She was adopted in Ukraine by an Israeli mother who brought her back to Israel, but when she was just nine years old, her adoptive mother passed away from a serious illness and Amit was left alone. Later on, Amit was adopted by a warm family who decided it was best for her to join us at the Jerusalem Hills, where she stayed for four years. At the end of her time here, Amit returned to the adoptive family and successfully completed her high school matriculation. Two years ago, she joined the Israeli army, and today is serving in Tzrifin. She is expecting to finish her service in the coming weeks and plans to start a degree in medicine. We are so proud of her!



Teacher: Liav Baruch

Liav, the music teacher, has been working at our school for six years. He shares his talent and love for music with the children, meeting them several times a week, and teaching them to sing, write music, and play. He leads the school choir, records songs with the children, composes songs that the children write with his help, and also teaches some of them individually to play different instruments like the piano, drums, guitar, and even the flute.



Student: One of Liav's Talented Students

This student is in the teen boy's group and came to us four years ago from one of the towns in the South of Israel. His complex family background, compounded by years of childhood under the shadow of missiles and tension from Gaza, has led to many anxieties and difficulties in emotional regulation. This is his final year at the Children's Home, and he has gone through a significant process. With the help of his attentive teachers and therapists, he was encouraged to develop his creative side through painting, playing music, and writing. He became a talented drummer and with the help of his music teacher, Liav, he is in the process of recording a rap song and we can't wait to hear it!



DONATIONS

To be able to provide our children with the best possible care, we rely on your donations. The donations collected go towards important projects at the Children's Home, and also to the ongoing and daily operations that are essential to creating a warm homely environment for the children.

This includes a sufficient amount of staff members to ensure that the children receive the personal treatment and attention they need, including the Awake Overnight Counselors who help prevent the impacts of their trauma in the evenings, the therapies that are an essential element of their stay with us, and the cost of the dining hall upkeep that provides the children with fresh and healthy meals every day, cooked fresh on the spot. The Children's Home also purchases winter and summer clothes for the children who did not come to us with appropriate clothes from their parent's or guardian's homes.

And of course, it includes the positive and enriching experiences that we provide them with your help, giving the children happy memories that help create a loving, protected, and supportive framework for their time with us.

The Jerusalem Hills Therapeutic Centers works with private donors and trusts from all over the world and can work with you on various sponsoring and dedication options.

Please visit our website at www.childrenshome.org.il/en where you can place a donation via credit card.

Tax Exempt Donations by Check

Tax Exempt ID Number: 580282085

United States of America

PEF Israel Endowment Fund

630 Third Ave, STE 1501 New York, NY, 10017 USA

United Kingdom

UK Gives

83 Greens Lane London, England, N1134BS 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

Australia

Chai Charitable Foundation

15 Balaclava Road, St Kilda East, VIC 3183, Australia

You must include our ID number (580282085) in the memo section of the check or an accompanying letter.



THANK YOU

Our work at the Jerusalem Hills 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.

Thank you for your ongoing friendship, and we hope to host you at the campus grounds soon to show you firsthand the impact of your generosity.

Naama Gur-Peleg | 054-4721966 | naamag@childrenshome.org.il

Reut Udler | 058-7683202 | reutud@childrenshome.org.il

Ella Susman | 053-4308890 | ellusus@childrenshome.org.il

The Jerusalem Hills Therapeutic Centers

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

Tel: +972-77-2023404 | Fax: +972-77-5591540

Email: jhillstc@childrenshome.org.il