



NEWS FROM JERUSALEM HILLS

OCTOBER 25, 2016

A NEW YEAR WELCOMES A NEW GROUP OF CHILDREN AT THE CHILDREN'S HOME



The new year began with the traditional school year opening ceremony highlighted by the making of personal and group wishes for the new year. Each child wrote what he/she wishes for him/herself and the wishes were added to the wishing tree at the entrance to our school building. The ceremony was led by Shaked, the group entering their fourth and final year, welcoming back the other children. The Children's Home choir sang a special song and each group sent off balloons into the heavens with their group's wishes for the coming year.

A special part of the ceremony was dedicated to welcoming this year's new group; the youngest children aged just 7 or 8 when they come to us. These children are just beginning their journey together.

Over the course of 4 years living together, learning together and undergoing intensive psychotherapy alongside each other, they will develop into a cohesive unit forming bonds that can last a lifetime. Throughout their time with us they will be nurtured by the same interdisciplinary staff of teachers, counselors, psychologist and social worker. This will provide the stability and consistency

that many of them have lacked until now and will enable them to gradually develop bonds of trust with their dedicated caregivers. Over the years they will share many meaningful experiences together such as birthdays, school trips and graduations. During Hanukah, once the group has undergone an initial adjustment period, they will come together to decide on their group name which will be followed by a special naming ceremony marking their official initiation into the Jerusalem Hills family.

FOCUS ON OUR VOLUNTEERS

At Jerusalem Hills we rely on the support of many kind volunteers who provide us with their time and resources in all different ways.



The "Kubia" from Bank Mizrahi

In recent months a group of employees from Bank Mizrahi have been volunteering with our junior boys on a regular basis. The consistency 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 who care about them too. We would like to thank the group

from Bank Mizrahi for their effort and dedication. Just recently they spent the afternoon at Jerusalem Hills playing football with the boys, eating supper with them and giving each boy a gift for Rosh Hashanah; a new festive shirt.

Cadets from the Police Academy

We had a visit from a group of cadets from the police academy who painted classrooms and halls in the school with the children. The cadets and children didn't rest for a minute and when they weren't painting they were playing football together. It was a wonderful bonding experience and the children got to see that police officers aren't bad or scary and want to spend time with them.



Focus on Snoezelen - A Multi-Sensory Environment



In the ongoing effort to provide the children in the Children's Home with the best treatment available, a multi-sensory environment will be established in a dedicated room thanks to a very generous donation in memory of Josef Dauber. The room will contain a specialized selection of sensory equipment and materials aimed at helping children adapt their responses to sensory stimulation and thereby advance education and therapy goals. The blend of sights, sounds, textures, aromas, and motion provide stimulation of the primary sensory systems and may be modified to meet each child's

individual sensory needs. A SNOEZELEN Multi-Sensory Environment is a safe, non-threatening environment which can bridge cognitive, perceptual and behavioral impairments, as well as other limiting conditions to provide a sense of empowerment. This wide range of sensory experiences - either passively or actively - enhances therapy, learning, and relaxation.

Focus on the Two-Step Alternative Therapies Program

Due to the severity of their emotional and behavioral disorders, the children in our care cannot always benefit from conventional therapeutic forms or from the individual psychotherapy sessions we provide alone. Alternative therapy programs offer creative avenues of approach that can facilitate the child's response to treatment. Our program has two stages.



The first stage, the Alternative Therapies Program, is geared towards children aged 7 to 12. Our alternative therapies, which among others include art therapy, music therapy and pet therapy, enable them to explore difficult emotions in an intuitive, non-verbal way. This supports their recovery and helps facilitate our overall goal; to rehabilitate the children so that they can reenter mainstream society

and go on to lead normative lives. Two such therapies are Pet-Assisted therapy and Therapeutic Soccer.



Research has shown that pet-assisted therapy has a positive impact on emotionally troubled children. These children are often unable to communicate their pain and fears verbally and they are instead manifested in violent outbursts and destructive behavior. The relationship with an animal provides a valuable means for emotional expression. Pet-assisted therapy has been shown to reduce the children's aggression and anxiety as well as improving their social skills.

The Therapeutic Soccer program uses soccer as a means to develop sports abilities as well as social skills and cognitive abilities. Children learn to communicate with their teammates as they engage in normative behaviors during play. Various mental skills improve as a result of playing, and sport is also an important outlet for strong emotions.

The second phase of the program, the Therapeutic External Activities project, is aimed at our older children aged 12 to 18. It offers a variety of therapeutic activities such as equine therapy, dog training therapy, swimming, photography, cooking, martial arts and more. Like the therapies in stage one, the activities offered here facilitate healing through nonverbal expression in a way which compliments traditional therapies.

However, the specific focus of this stage is on preparing the children to leave the framework of the Children's Home and reenter normative society. As such all the therapies take place outside the campus in order to give the children their first steps towards independence and renewed connection with the wider community. Participation in these activities also provides the children with a sense of control and accomplishment. It gives them the tools to deal with difficult situations, to develop confidence in their ability to shape their experiences and it teaches them to trust others. These are skills which will assist them as they re-enter normative society and begin to build fulfilling lives of their own.

Equine and dog training therapy (therapy using larger animals) has proven particularly successful with our children. As a result of caring for and riding the horses, participants have developed empathy and consideration for others. They are less aggressive and are able express their emotions more openly and to communicate more effectively with their caregivers. Their concentration levels have also improved leading to improvements in their school work.

Our expectation is that, when run in conjunction with more traditional therapies, the Alternative Therapies and Therapeutic External Activities Program will facilitate the children's recovery so that they can eventually reenter normative society. Jerusalem Hills has the highest success rate of any institution of its kind. Close to 70% of our children are reintegrated into mainstream society and go on to build meaningful lives of their own.



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JHTC is committed to restoring to each at-risk boy and girl under our care their faith in themselves and their belief that the world is meant for them as well. The success of our highly personalized long term treatment program depends to a large extent on the generosity and support of our friends and supporters all over the world. Your support will make a real difference and a lasting impact

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