

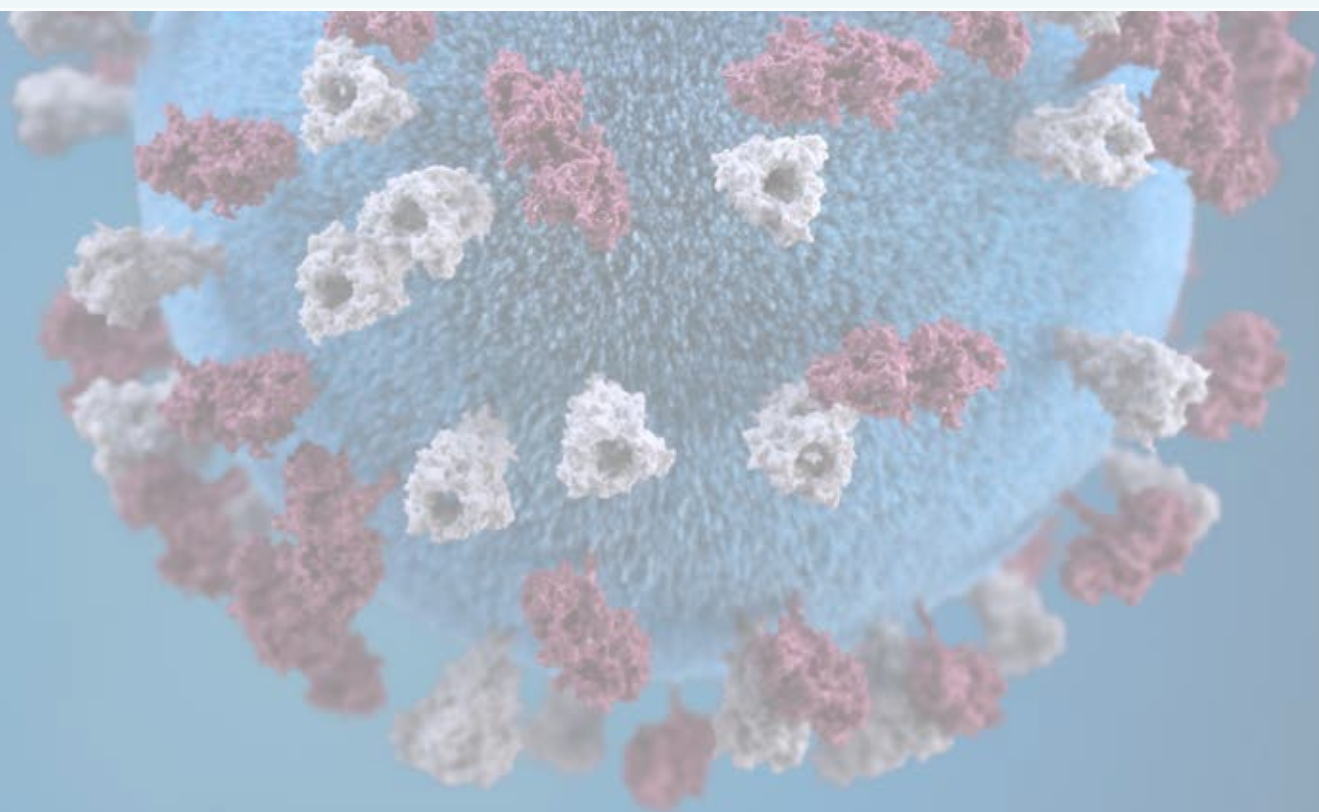


NATAL

Israel Trauma and Resiliency Center

Annual Report

2020





2020 in Numbers



Mental Health Professionals Received Training in Israel and Abroad



Volunteers



Training and Therapy Hours



Therapists

16,000,000 NIS ORGANIZATION BUDGET

Donations



Revenue Generating Services



Governmental Funding

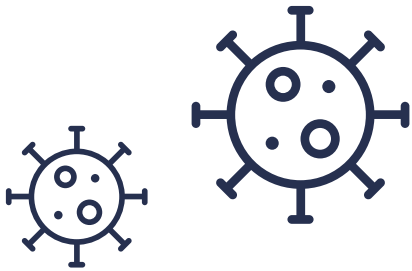




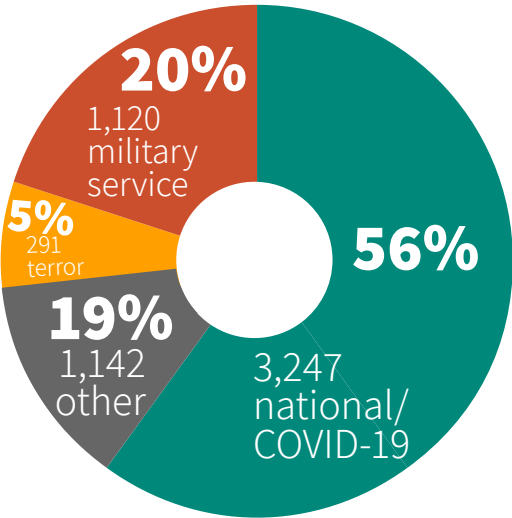
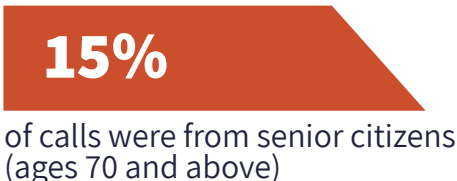
The Helpline







 **80%**
Increase in Calls



In March 2020, NATAL opened an additional Helpline service for citizens suffering from anxiety, fear, and trauma as a result of the Coronavirus outbreak. This new Helpline received thousands of calls from Israelis suffering from loneliness, isolation, and anxiety regarding the mental health of themselves and their family.



-  Calls due to the COVID-19 pandemic/national crises
-  Calls due to military service, wars, and combat experiences
-  Calls due to civilian security threats/terror
-  Other



The Clinical Unit

The combination of the global pandemic with pre-existing PTSD conditions caused an increased severity of symptoms in veterans.

 **25%**

**Increase in the number of veterans
receiving clinical treatment**

44%

Veterans under
the age of 35

791

PTSD Patients
Treated at the
Clinical Unit

15,475

Treatment hours
across 2020

 **51%**

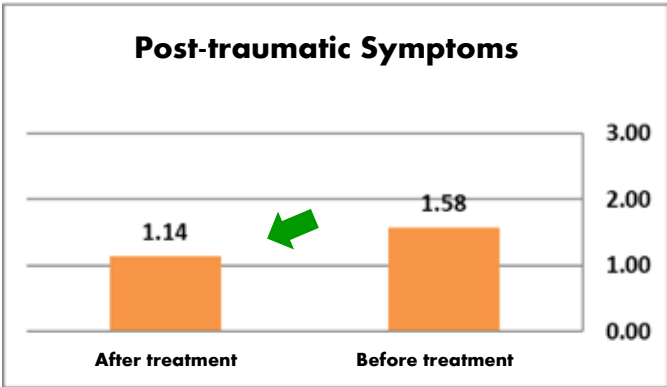
**Increase in psychiatric consultations
and follow-up**



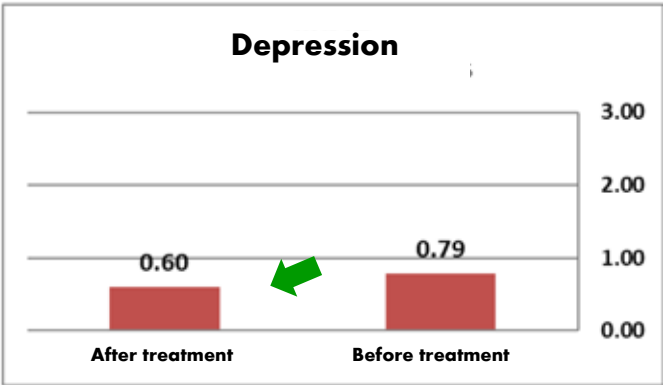
Effective Clinical Care

For Veterans Under 35

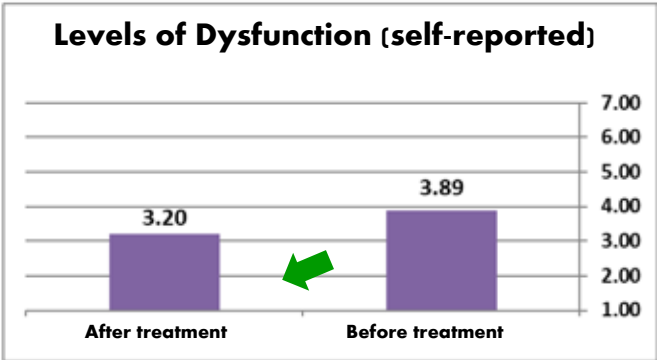
Results indicate that clinical treatment is effective and leads to a significant improvement in patients.



↗ **28%**
**Reduction in the intensity
of post-traumatic
symptoms among patients**



↗ **24%**
**Reduction in
depression among
patients**



↗ **18%**
**Decrease in
dysfunctional
behavior among patients**

*Based on research conducted between May 2019 and June 2020 on 74 participants.

Resiliency Programming



**Resiliency Workshops
throughout 26
Municipalities**
For social services
personnel



**470 Medical Staff
Members**
Resiliency workshops,
burnout prevention training
and promotion of self-care



3,800 Pupils
Participated in the
"Safe Place" project



"Northern Challenges"
In collaboration
with the
Emek Medical Center



Resiliency Workshops
For nonprofits and
organizations



**The Video
Therapy Group**
For individuals
suffering from PTSD



**Parents' Support
Group**
Parents of Children
with PTSD



Spousal Support Groups
In collaboration with
"Brothers for Life"



"Time is Talking"
For teams of combat
unit veterans



Canine Therapy
For PTSD patients



**902 In-home
Treatments**
The Mobile Unit project



**3 Therapeutic
Running Groups**
The "Running with Rami"
project

In 2020 there was a **100%** increase of hospitals that contacted NATAL for support and guidance for medical teams. Medical personnel are suffering from professional burnout, compassion fatigue, emotional distress, and trauma symptoms as a direct result of prolonged exposure to the overwhelming demands of their workplace.

The Multidisciplinary Trauma Studies Center

 **20%**

Increase in Mental Health Professional Training



2 Training Programs



8 courses



240 Professionals Received Training



IDF Casualty Notification Training Program



Treatment Course for Children Suffering from Stress and Trauma



Focus-Oriented Therapy A & B



Somatic Experience Course



"Coping with Grief and Loss" Course



Trauma-Focused Psychotherapy Program in Cooperation with Tel-Aviv University



EMDR 1 & 2



"Gateway to Trauma" Course

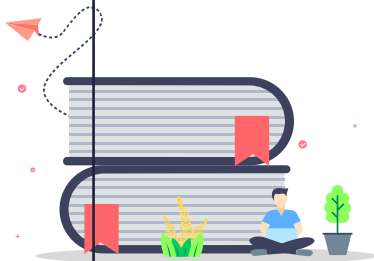


Mindfulness Course



Treatment Course for Victims of Sexual Assault and Incest

Multidisciplinary Center Website





NATAL's Global Reach

NATAL's international team applies the experience and expertise from trauma treatment accumulated at NATAL over the years to create resiliency programs. These training programs offer practical tools for dealing with stressful situations and have been carried out in organizations and companies worldwide.



10 Training programs carried out in Washington schools



Resiliency and wellness training in 5 Jewish communities in the USA, Brazil and Turkey



Professional training for 580 First Responders –law enforcement, EMS personnel, and firefighters in New Jersey



Resiliency and wellness training for teams from social organizations in Milwaukee and Chicago

The NATAL Global First Responders Website

NATAL Global Partners



SCALING WELLNESS IN MKE



State of Israel
Ministry of Foreign Affairs



CROWDFUNDING

NATAL launched its first crowdfunding campaign



236,830 NIS
Through JGive



1,071,120 NIS
Through the
Business Sector

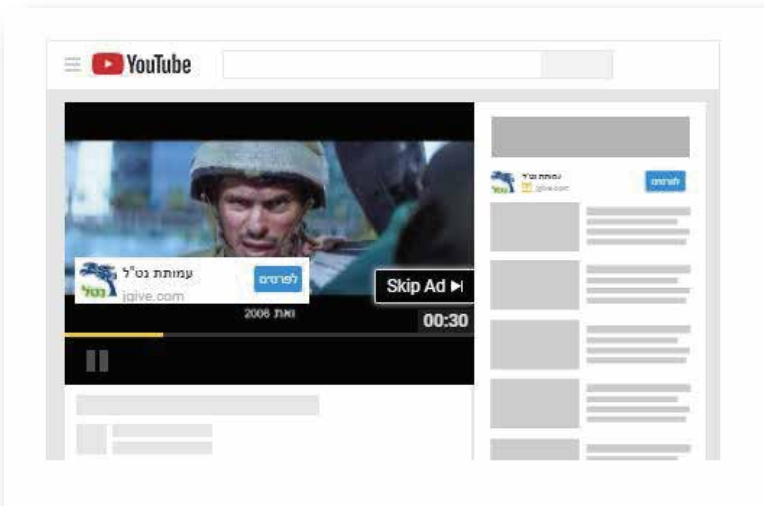


1,307,950 NIS
Total Donations

**Link to the
Crowdfunding
Campaign**



**Watch the
Campaign
Video**



The Crowdfunding Campaign

The "Together Under the Stretcher" Campaign

We would like to thank all of our donors, employees, professional staff, volunteers, and supporters who enabled us to provide assistance to thousands of patients during this challenging year.



1,071,120 NIS

Was donated to the "Together Under the Stretcher" Campaign

THANK YOU 

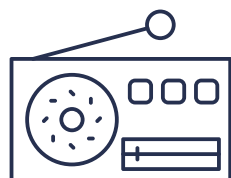
RAISING AWARENESS

In conjunction with the screening of the series "Valley of Tears" and in collaboration with Channel 11, NATAL initiated a strategic public awareness campaign targeting viewers of the series.

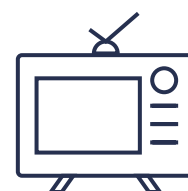


From the infomercial that aired after every episode of "Valley of Tears"

This TV series, about combat on the Northern front of the Yom Kippur War, contributed to an **88%** increase in the amount of calls to NATAL's Helpline during the period that it aired. As many in Israel continue to suffer from post-traumatic stress, especially those who have served in combat, the series had the effect of triggering trauma symptoms such as flashbacks and anxiety.



Radio Broadcasts



TV Broadcasts

Marketing and Publicity

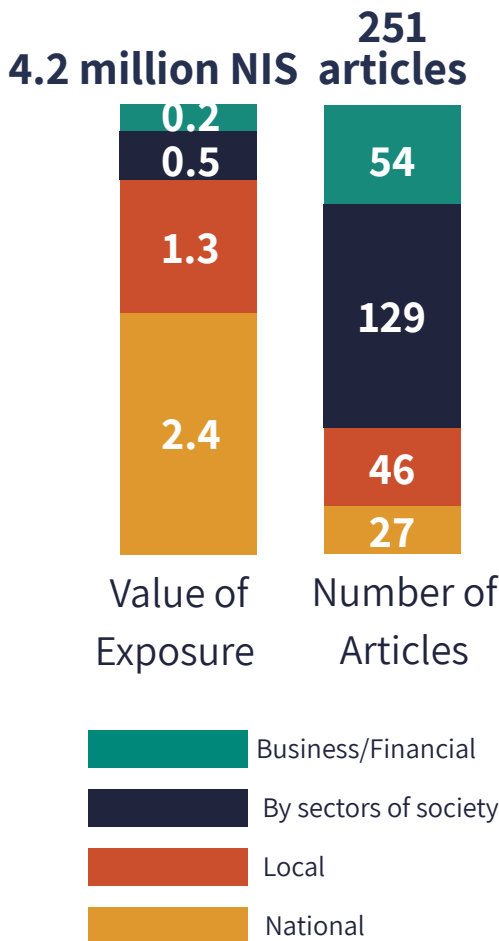


NATAL received media coverage valued at **4.2 million NIS** via **251 articles** and reports in 2020. Most of this coverage focused on the Coronavirus and featured NATAL's data on the impact of the lockdowns on mental health.

This trend indicates that the increase in Coronavirus waves and related events led to a peak in media coverage of the organization during this year.



Throughout 2020, NATAL launched media initiatives related to COVID-19 such as the release of relevant research and data, interviews by NATAL spokespeople and representatives, and coverage of the organization's contribution in dealing with the effects of the pandemic and more.



An interview with Dr. Hana Himi, Director of NATAL's Clinical Unit, was featured on a special broadcast dedicated to the COVID-19 crisis by Channel 13

Watch a Report on the Campaign by Channel 11.

Thank You

We would like to thank all of our donors, employees, professional staff, volunteers, and supporters who enabled us to provide assistance to thousands of patients during this challenging year.

An especially heartfelt thanks to NATAL's Founder and Chairperson, Jude Yovel Recanati, for her ongoing annual donation to support the organization's operating costs and internal expenses. Her generous support enables us to dedicate all donations to NATAL's programs and therapeutic services.

[Full list of NATAL's donors](#)

Igul L'Tova Round Up



[Donate to NATAL](#)

NATAL's Helpline  1-800-363-363



Ibn Gvirol Street, Tel Aviv 10



www.natal.org.il/en/

