



NATAL To Live Again

Israel Trauma and Resiliency Center

Annual Report

2021

"Like the rising sun, like the shadow that falls, come and
I will show you a place where it is still possible to breathe"
Nathan Zach



From the "Open for Welfare" project - resiliency workshops for social services teams in Israel



2021 in numbers

10,367

Patients/beneficiaries
of NATAL's services

223

Volunteers

25,615

Training and
therapy hours

196

Therapists

19,000,000 NIS  **19%**

2021 Budget

Philanthropy

75%

Revenue
Generating
Services

16%

Governmental
Funding

9%



A year marked by trauma and resilience

In 2021, a sequence of difficult events took place in Israel, including conflict and violence, against the backdrop of the COVID-19 pandemic that continued to affect the entire world. These traumatic events highlighted the importance of strengthening the resilience of the citizens of Israel and their readiness to deal with emergency and crisis.

In April 2021, there was vigorous public discourse on Israeli media channels regarding PTSD in veterans in response to a tragic incident in which Itzik Saidian, a combat soldier in "Operation Protective Edge" suffering from post-trauma, self-immolated.

↗ ***560%**

In April 2021, there was a significant rise in the number of calls to NATAL's Helpline following this incident.

Operation "Guardian of the Walls"- May 2021



Thousands of calls were received at the Helpline from those suffering from anxiety and trauma.



There was massive rocket fire directed towards central Israel, and NATAL was called upon for dozens of emergency interventions and home visits.



Following the ongoing COVID-19 crisis, NATAL has conducted hundreds of workshops to build resiliency in a range of organizations, including two strategic projects that will have a broad impact on the welfare and health services in Israel.

*In comparison to March 2020



Helplines

10%

Callers received ongoing therapy via NATAL's Helpline

18,404

Calls to NATAL's Helpline

36%



of calls to NATAL's Helpline were as a result of trauma related to military service



57%

Increase in Helpline calls related to military service or terror-related events

31%



of calls to the Helpline were related to terrorist and rocket attacks

2,128

Calls received during Operation "Guardian of the Walls"

33%



of calls to the Helpline were related to COVID-19 / other

***750%**

1,718

Total amount of calls to the Helpline in only four months

"One Soul" Helpline

On 1.9.21, as part of the "One Soul" reform, a unique Helpline was opened in partnership with the Ministry of Defense for trauma victims that were in the security forces.



The Clinical Unit

The Clinical Unit provides a varied therapeutic response to those suffering from PTSD, treating the patients as well as their spouses, parents, siblings and children. Developed by NATAL, this unique integrated treatment model includes a combination of treatments, such as one-on-one therapy, group therapy, couples therapy, psychiatric follow-up, career guidance and more.

46%

Patients received
integrated therapy

15,851

Therapy hours in
2021

824  ***4%**

Patients in the
Clinical Unit

27%

of patients are
children and
youth

69%

of patients suffer from
military-related trauma
and are veterans younger
than 35 years old

60%  ***6%**

of patients suffer
from military-
related trauma

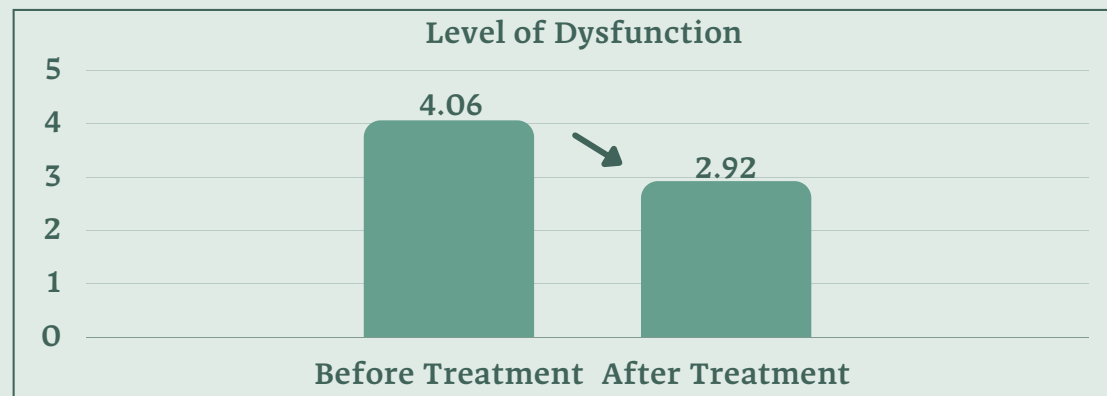
***50%**  ***25%**

**of patients in the past year were referred
to continued treatment and psychiatric follow-up**

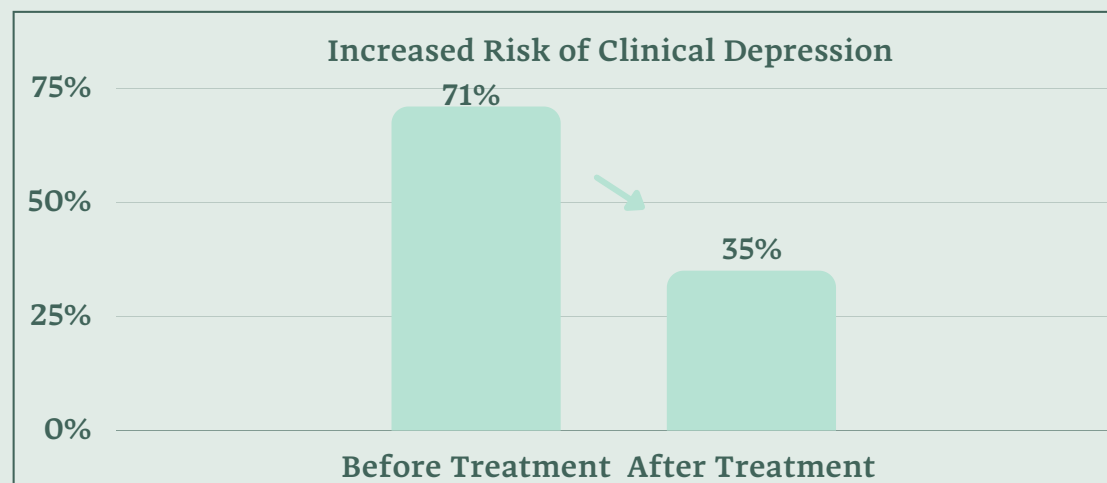


The Effectiveness of Clinical Treatment

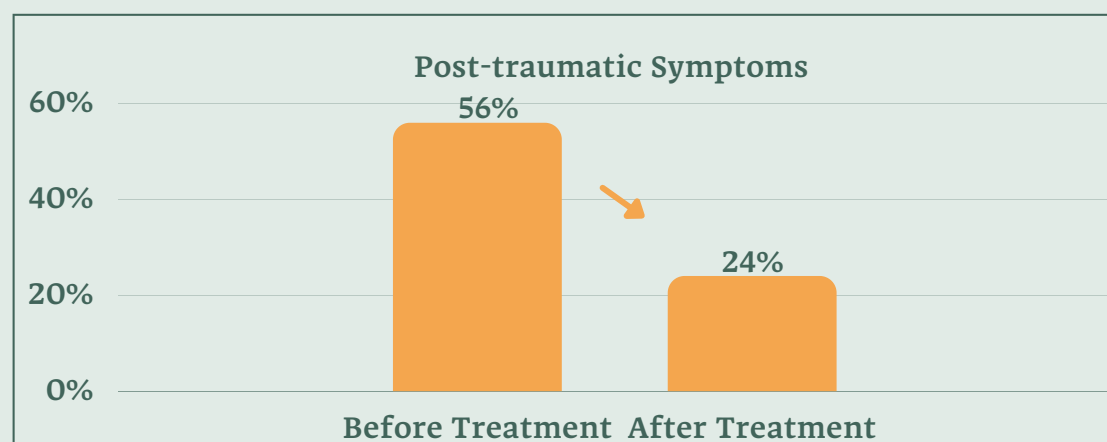
↙
**Average decreased
functioning
difficulties among
patients**



↙
**Decrease in the
percentage of
patients with an
increased risk of
clinical depression**



↙
**Decrease in the
percentage of
patients who meet
the definition of
post-trauma**



* From a study conducted from May 2015 to June 2021 among 774 veterans up to the age of 35. 774 participants completed a questionnaire before treatment and 164 participants completed the questionnaire after treatment.



Community Resilience



18 schools
1,381 students and teachers in the "Safe Place" Program



"For Health" project
41 healthcare institutions
4,269 medical staff



"Open for Welfare"
Resilience workshops for 49 welfare departments
2,700 Social Services staff



Resilience workshops and emergency interventions
8,343 Hours



Running with Rami
Three therapeutic running groups



Spousal Support
Two groups for wives



Support Group for Parents
For parents of those dealing with PTSD



"Challenges in Nature"
Nature Therapy group in collaboration with the Emek Medical Center



"Stronger Together"
Arab-Jewish Women's group
Shared dialogue through art



Women's Mentoring group
For female combat and combat support veterans



Service dogs
Seven dogs provided to PTSD sufferers



Mobile Unit
801 therapy hours on-site in people's homes



Equine Therapy
Two groups

In 2021, following the ongoing crisis around COVID-19, there was an increase of hundreds of percentage in the demand for resilience workshops, in the both public sector and in the private sector. The increase in demand reflects the desire of organizations to strengthen emotional resiliency among employees suffering from burn-out and fatigue



Open for Welfare

A special project designed to strengthen the resiliency and mental health of employees of social services departments faced with increased workload due to the COVID-19 pandemic.

49

Municipal social services departments were selected from all sectors of Israeli society

189

Municipal social services departments applied to participate in the project

Background:*

22%

Participants reported an increased risk of major depression

77%

Social services employees reported an adverse change in their workload in the past year

33%

Social services employees reported that their health was being affected

The project was carried out by a team from NATAL's Community Resiliency Unit and funded by the "Ray of Light" group of philanthropic foundations.

Following the success of the project in 2021, it will be continued in 2022 in 50 local authorities and co-funded by the Ministry of Welfare and Social Affairs.

**To watch a video
with English subtitles**

*From a study conducted by NATAL's Research and Evaluation Unit in May 2021 among 1,591 employees in social services departments.



The "For Health" Program

The "For Health" program is intended to strengthen the resiliency of medical staff against the backdrop of COVID-19 pandemic and its impact on their mental health. Hundreds of workshops were conducted as part of the program, with the purpose of helping medical teams process the difficult situations they face around the clock. The project is funded by philanthropic foundations.

4,270

Medical personnel participated in the workshops

41

Healthcare institutions participated in the project

As part of the program, NATAL's Research Unit conducted a survey among 1,066 medical personnel:

A sense of purpose

88%

Feel a sense of meaning and importance in their role

Burden on the doctors

62%

Feel major burnout as a result of their workload

Coping with difficult situations

48%

Experienced violence against themselves or their colleagues from patients or their family members

The impact of COVID-19

56%

Worry about infecting family members

36%

Feel that the COVID-19 crisis has imparted professional knowledge and belief in their abilities

47%

Feel that burnout and stress impair their daily functioning at work

62%

Deliver bad news several times each month

49%

Felt that work related to the COVID-19 crisis caused feelings of stress and anxiety

**To watch a short film
(English subtitles)**

**Link to the article
(in Hebrew)**



Ressisim

This year, Israeli non-profit Ressisim (Shards in English) merged with NATAL. The joint collaboration is designed to create spaces for sharing and processing combat experiences.

The central activity of the Shards project focuses on Memorial Day ceremonies across Israel that remember both the fallen and the living. In these ceremonies, speakers use storytelling to share their personal experiences with an audience. They are accompanied during this process by NATAL's mental health professionals.



In 2021, two Memorial Day ceremonies took place for the fallen and the living. The events took place at the Enav Center in Tel Aviv and at Zappa, Be'er Sheva.

25,000

Views on Facebook live

600

Participants in the ceremonies

[A look at previous ceremonies](#)

[Ressisim Facebook page](#)



Israel Trauma and Resiliency Center

Multidisciplinary Trauma Studies Center

NATAL's educational center for the promotion of knowledge and awareness in the field of trauma among the general public as well as for training professionals, with courses taught by leading lecturers in the field.



The 14th year of the program for the study of trauma-focused psychotherapy in collaboration with Tel Aviv University



187 professionals attended courses in the field of trauma treatment

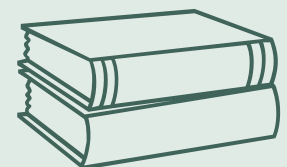
Courses that took place in 2021:



2 courses in the Art of Meaning



3 courses of trauma treatment for victims of sexual abuse



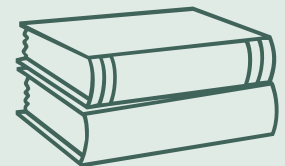
3 courses in EMDR



Focusing-Oriented Therapy



A course in coping with loss and bereavement



A course in Somatic Experience

NATAL's Studies Center's Website



Career Development Unit

In 2021, a new program was developed to promote recovery and offer professional guidance for young people dealing with post-trauma related to terror and war. As part of the program, the young adults receive ongoing guidance in career development to promote their successful integration into society and the workforce.

620

Hours of employment coaching

32

Young adults received career guidance



Utilizing a career development model focused on trauma treatment and promoting community partnerships



Professional services provided by NATAL's Career Development Unit

* The average age of the applicants was 33



NATAL Global

In the last decade, NATAL has become a leader in exporting expert knowledge in the field of trauma treatment, and in building social and organizational resilience, to partners across the globe. NATAL Global fosters international collaborations in the US, Europe, Australia and South America, with services provided to diverse populations including medical teams, first responders, educational teams and spiritual leaders. The focus of the programs is to strengthen emotional resilience and promote self-care practices.

In 2021:



Tutorials for Jewish communities in Argentina, Mexico and Australia



A New International Website



Training for 120 first responders from 12 different countries



Training for new employees at the TURN Helpline in Chicago



Participation in international conferences in Germany, France, US and the UK



An in-depth article on the activities of NATAL Global in the professional magazine of the International Organization of Police Officers

NATAL Global Website

An article about NATAL's trainings in NJ

NATAL Global Partners



SCALING
WELLNESS
IN MKE



State of Israel
Ministry of Foreign Affairs





NATAL's New Office



Anat Sudri Interior Design Photograph: Maya Avner

In 2021, NATAL moved its offices to the Top Dan building in Tel-Aviv.

As part of the transition and renewal, the organization's logo was updated without losing its symbol, the Acacia Tree. The new logo represents the Israeli spirit and the mission of NATAL: providing assistance and support to those in need.



NATAL To Live Again

Israel Trauma and Resiliency Center



Raising Awareness

In the run-up to Israel's Memorial Day, NATAL initiated a campaign to raise awareness of the invisible wounds of trauma.

May the people of Israel remember
their sons and daughters
Whose bodies may have returned home,
but whose souls remain on the battlefield.

May the people of Israel remember
the commanders and soldiers
Who arose to the sound of the command
But today awaken from nightmares.

May the people of Israel remember
those who carry on with them
the smell of war
and the painful pictures.

May the government of Israel remember
and help, unconditionally.
May the government of Israel remember
not only the dead but also the living.

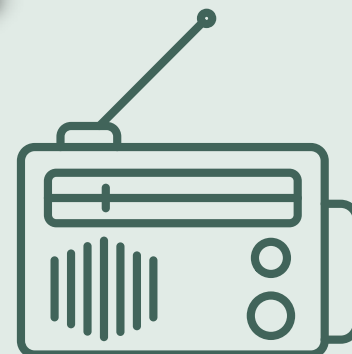
FCB Shimon Finkelstein



At the same time, an
alternative "Yizcor-Memorial
Prayer" was published in Israeli
newspapers, calling on the
state to take care of the
"transparent" wounded as well.



TV broadcast



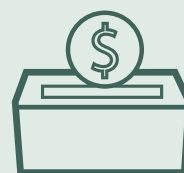
Radio
broadcast



A Fundraising Campaign



A special campaign broadcast on major Israeli media channels

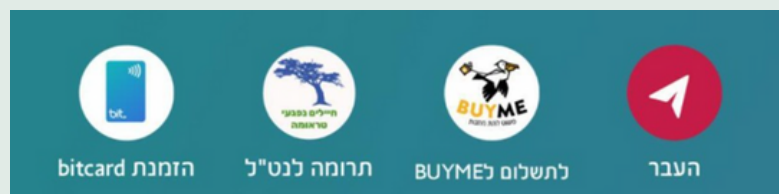


**Raised
690,000 NIS**



2,500 Donors

A button dedicated to NATAL on the Bit app



An article on Channel 12 about the "Challenges in Nature" group

A special broadcast for the Fundraising Campaign



Collaboration with the Israeli Basketball Premiere League



Donated to NATAL through the fundraising campaign in collaboration with Keshet 12.



NATAL's Annual "Running in Color" Event

3,600

Participants in the run

1,200,000 NIS

Revenue from sponsorships and registration fees



Due to inclement weather conditions, the race was postponed from the November 2021 to February 25th, 2022, as part of the annual SAMSUNG Marathon in Tel-Aviv.

Advertising on billboards and buses



To watch a short film about the "Running in their Shoes" project in collaboration with Israeli influencers





Sponsors and Partnerships

Partners from business and public sectors who supported NATAL's "Running in Color" event:

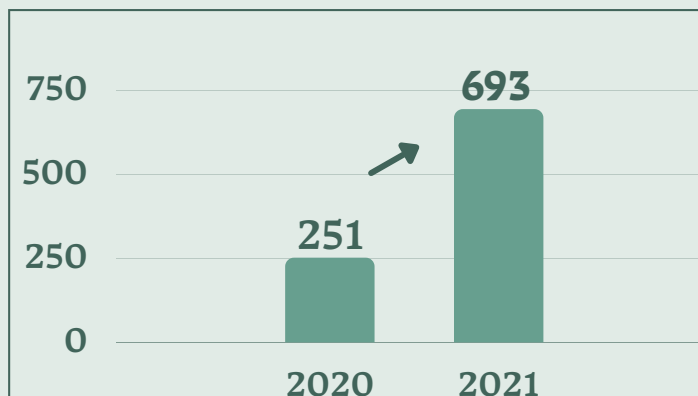


Thank you

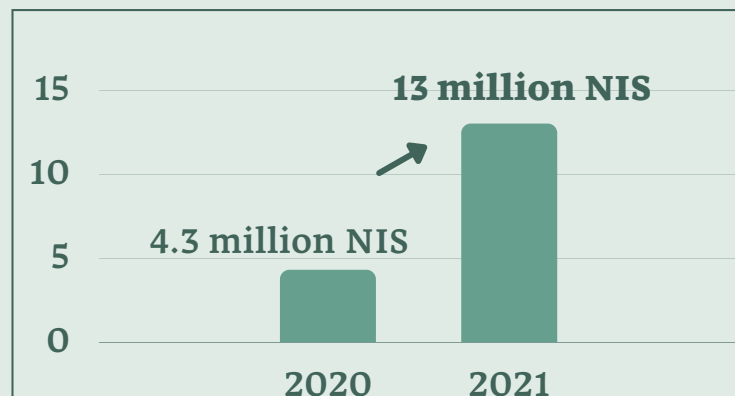
Marketing and PR

This year there was a significant increase in the exposure to NATAL's activities in diverse media channels. This was due to the increase in the public discourse on PTSD following the tragic news of Itzik Saidian and Operation "Guardian of the Walls".

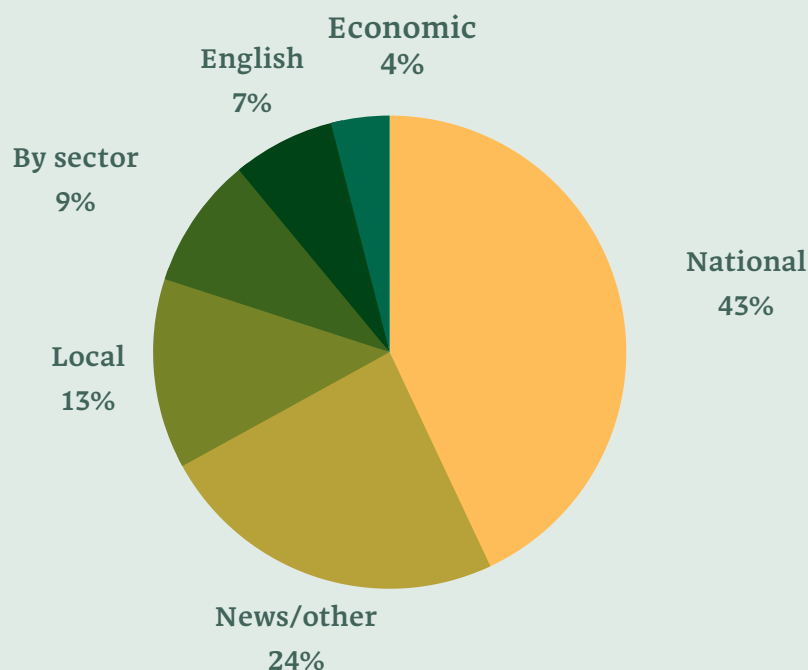
Items



Value



NATAL's coverage in the press



Watch an interview with Efrat Shaprut, NATAL's CEO after the news about Itzik Saidian

Thank you!

We would like to thank NATAL's therapists, volunteers and dedicated staff!

To our cherished friends and donors, thanks to you, NATAL is able to provide crucial emotional support to tens of thousands of beneficiaries and patients.

A special heartfelt thank you to the Founder and Chairperson of NATAL, Jude Yovel Recanati for her continued generosity which provides for NATAL's operating expenses, ensuring that all funds raised go directly to programs and services.

To donate

To volunteer

NATAL's Helpline (in Israel) 1-800-363-363

Pinhas Rozen 72, Tel Aviv

www.natal.org.il



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