



NATAL



To Live Again

**Annual
Report
2022**



2022 in Numbers

Therapists & facilitators

166

Volunteers

270

↑ **21%**

Therapy and training hours

25,573

Patients & beneficiaries of NATAL's services

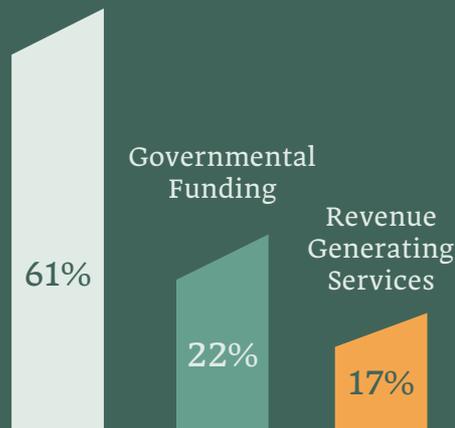
18,511

↑ **79%**

\$6,350,000 million ↑ ***17%**

2022 Income Breakdown

Philanthropy



*Increase from 2021



25 Years of NATAL

This milestone year marks NATAL's 25th anniversary. In this time, NATAL has established itself at the forefront of trauma treatment, resilience building and awareness raising. Through innovative programming, training and preventative interventions, NATAL has become a leader in promoting and exporting trauma-informed knowledge and services both in Israel and across the globe. To date, NATAL has impacted the lives of over 450,000 people.

Treating Trauma



Helplines



Clinical
Treatment



Support Groups



Career
Development

Strengthening Resiliency



Resilience workshops for medical personnel, educators, social workers and organizations



Strengthening emergency preparedness and developing coping resources



Training of emergency personnel and educational teams worldwide



Treating burnout and stress



Multidisciplinary Trauma Studies Center



Watch a video about NATAL's work



NATAL's Working Model; The cycle of trauma, resilience and growth

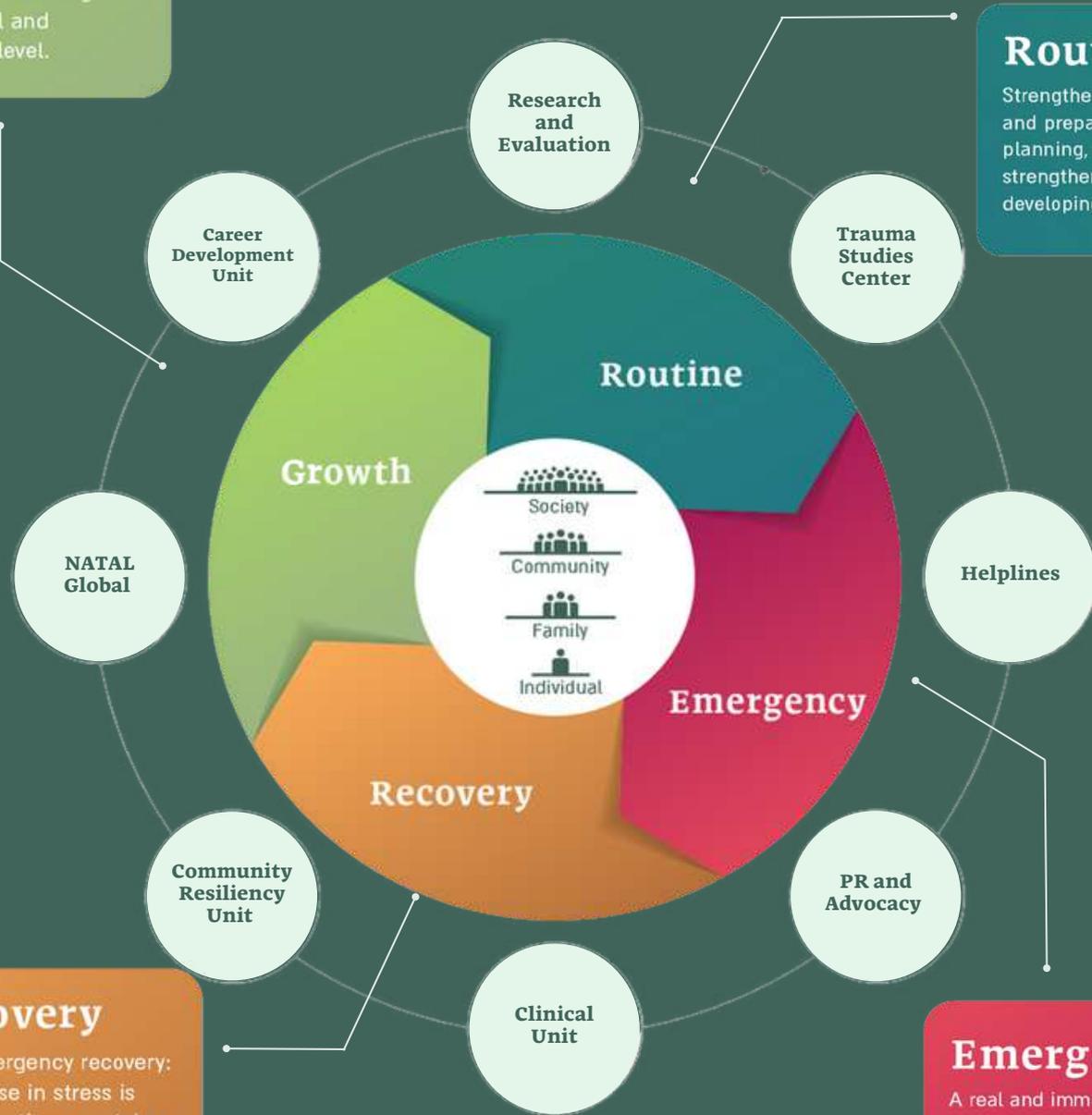
NATAL 's ecological approach reflects the reciprocal relationship between individuals and their environment.

Growth

The changes that began post-emergency are incorporated into new perceptions of the self, the world, and the environment, and into formulating meaning at the personal and community level.

Routine

Strengthening resiliency and preparedness: planning, preparing, strengthening, and developing resources.



Recovery

Post-emergency recovery: A decrease in stress is felt and actions are taken to restore functioning and maintenance of routine while promoting a sense of hope for the future.

Emergency

A real and immediate threat: Action is instigated to help individuals adapt to rapidly changing environmental demands, to mitigate a sense of threat, and to minimize long-term psychological effects.



NATAL's Core Principles



Tailor-made solutions



Respect for, and trust in, the individual



Professional supervision and evaluation



Flexibility and availability



Proactive outreach



Multidisciplinary and collaborative



Social responsibility



Diverse service offerings



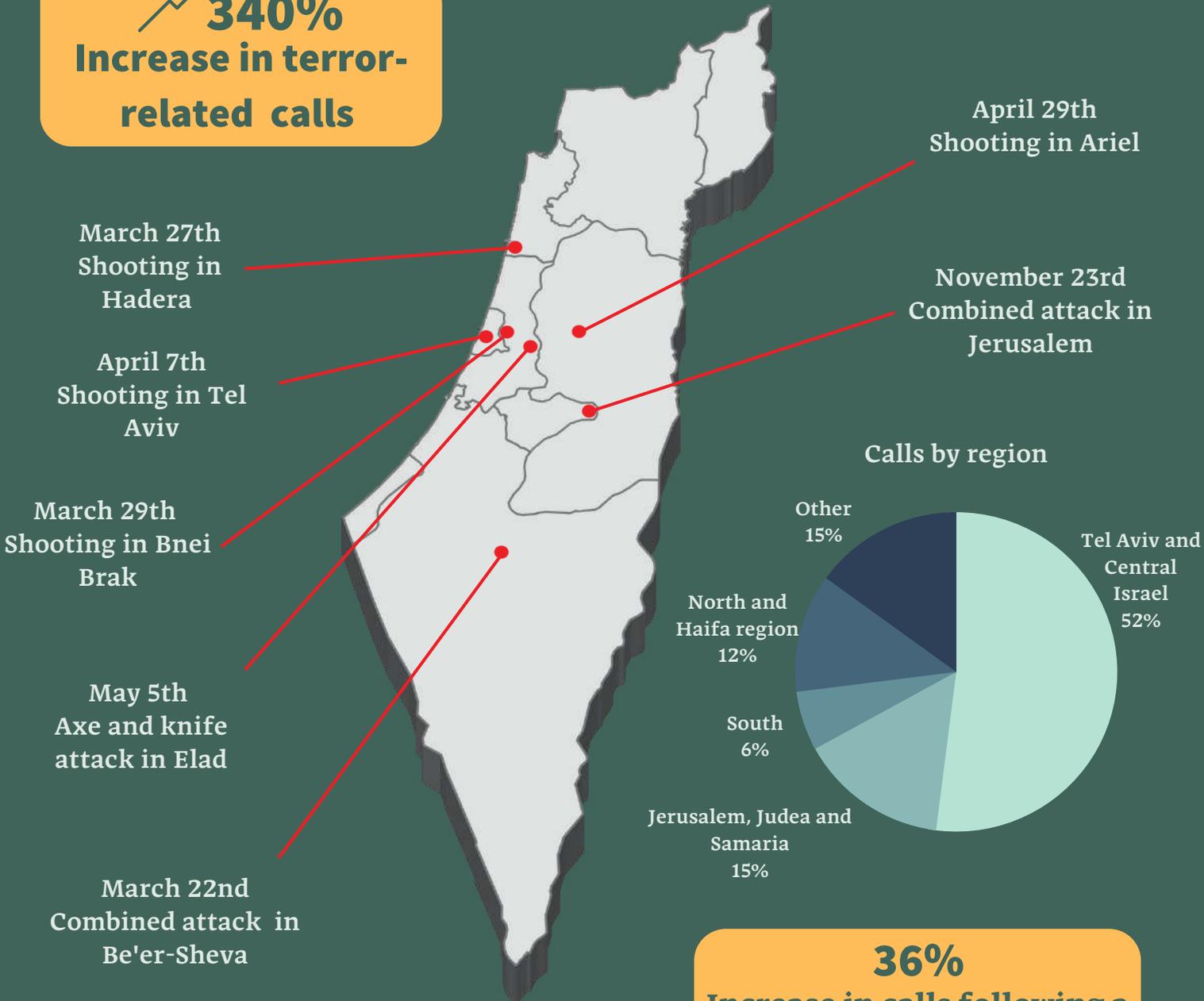
Innovation



A Wave of Terror: 2022

2022 was characterized by a new spate of brutal terrorist attacks across Israel which led to a significant rise in calls to NATAL's Helpline.

340%
Increase in terror-
related calls



36%
Increase in calls following a
shooting attack in central
Tel Aviv on April 7th



The War in Ukraine

With the outbreak of the Ukrainian war, NATAL was called upon to share its accumulated knowledge in operating mental health services, and to provide support to Ukrainians experiencing trauma as a result of the war. This included training for Ukrainian mental health teams, aid in the development of a national trauma treatment network and providing psychological assistance to Ukrainians living in Israel.

Key NATAL initiatives include:



The Helpline: Emotional support for refugees from Ukraine



Self-care and resiliency materials translated to Ukrainian and Russian



Therapeutic interventions for companies with employees in Ukraine



Professional webinars for mental health practitioners



Collaborations with organizations in Ukraine and Israel



Resiliency training for aid delegations working in Ukraine

As part of a joint initiative of the First Ladies of Israel and Ukraine, NATAL was chosen to train senior officials of the Ukrainian mental health system. An initial week of training on-site in Israel was followed by training sessions online.



[Click here to view Channel 12 Broadcast](#)



NATAL'S Helpline

1-800-363-363

NATAL's Helpline provides essential psychological support to Israelis impacted by trauma from war and terror. We work tirelessly to ensure that help is readily available in both emergency and non-emergency situations.

The NATAL Helpline is the only helpline in Israel that specializes in ongoing emotional support and assistance, with an innovative model that enables long-term contact with callers.

Percent of callers receiving continuous support through the Helpline

15%

Total number of calls fielded by the Helpline

14,831

Total number of calls fielded by both Helplines

25,162

Calls related to past military service



55%

Calls related to terror attacks



24%

Calls related to rocket attacks



21%



"One Soul" Helpline

NATAL's "One Soul" Helpline provides psychological support and assistance to IDF and security forces veterans dealing with post-trauma from their military service. The Helpline is operated by NATAL in partnership with the Ministry of Defense's Rehabilitation Department.

 ***100%**
Increase in
average monthly
calls

10,331

Total calls in
2022

87%

of callers are male veterans of
Israel's security forces

785

 **84%****

Calls received in August 2022 following
Operation Guardian of the Walls

One Soul Helpline Services:



Referral services



**Short-term
intervention**



One-time calls

*Compared to 2021

**Compared to the monthly average in 2021



The Clinical Unit

The Clinical Unit provides an integrated and diverse therapeutic response for those dealing with post trauma and their inner circles - spouses, parents, siblings and children. This unique integrated model combines treatments including individual, group and couples therapy, psychiatric follow-up, career development and more.

40%

of patients received integrated treatment

770

Patients in clinical treatment

17,973  ***13%**

Therapy hours

24%

of patients are children and youth

72%

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

34%

of patients in the past year were referred for psychiatric consultation and follow-up

only **12%**

Veterans with PTSD are officially recognized by the Ministry of Defense

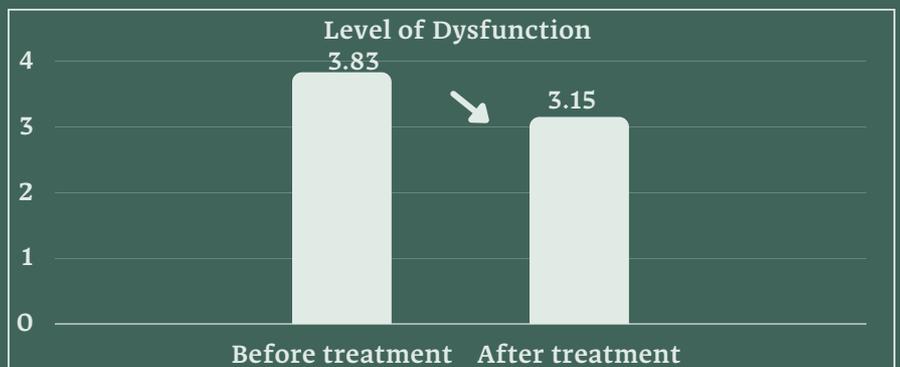


Clinical Treatment at NATAL: Efficacy

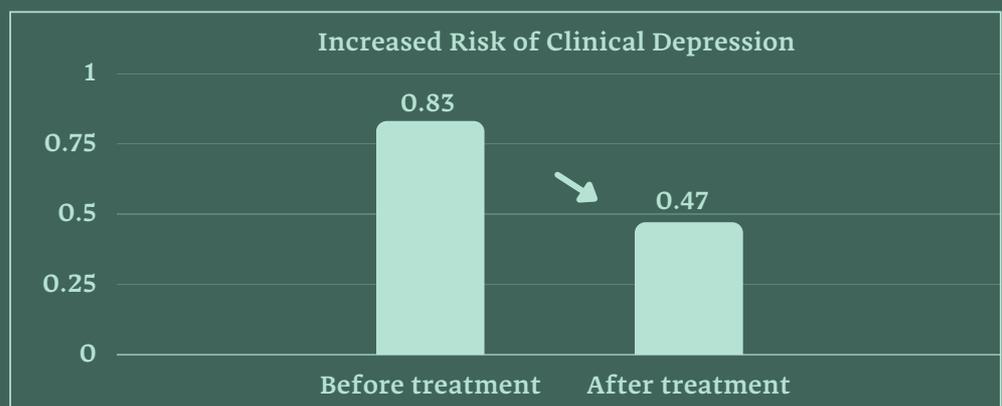
To measure the effectiveness of our treatment and to work on continuous improvement, NATAL's programs, projects and services are complemented by our Research and Evaluation Unit.

The Unit conducted a study among veterans under the age of 35 who received treatment at the Clinical Unit. The findings of the study are as follows:

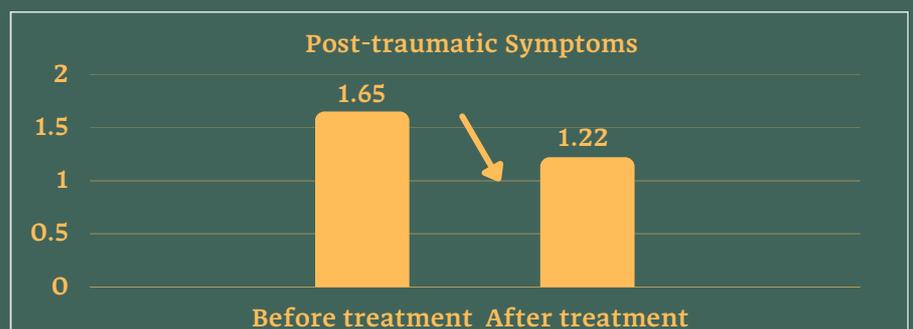
↘
Average decrease in functional difficulties among patients



↘
44% decrease in depressive symptoms



↘
26% reduction in post-traumatic symptoms



*From a study conducted June 2021 to June 2022 among 294 veterans up to the age of 35. 177 patients completed the symptom assessment questionnaire.



The Career Development Unit

NATAL provides professional career development services to young adults carrying traumatic experiences from their military service or terrorist attacks, helping them get back on track and pursue their career goals. The Unit offers ongoing guidance and support throughout the process of reintegrating into society, placing particular emphasis on academic and career pursuits.

16

Volunteer career mentors

1,700

Hours of career coaching

80

Participants received career counseling

Collaborations in 2022:

Together with the NGO Code for Israel, and with the help of developers and designers from Zadara Edge Cloud, NATAL developed a web app designed to help manage tasks and time in order to reduce procrastination among individuals with post-trauma.



NATAL took part in a special training in partnership with Microsoft, Sela College and HMO Meuhedet on the topic of Career Development.



NATAL established the "Back on Track" forum, a professional community for more than 20 organizations committed to providing support for individuals coping with post-trauma and helping them return to an academic or career path.

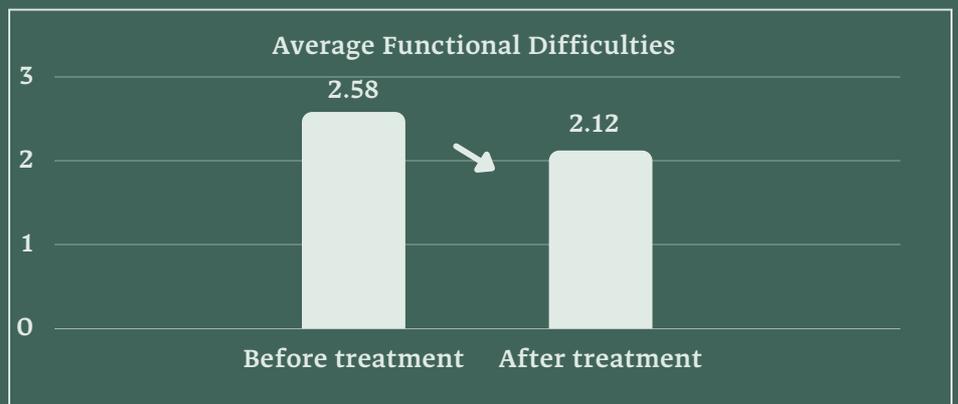




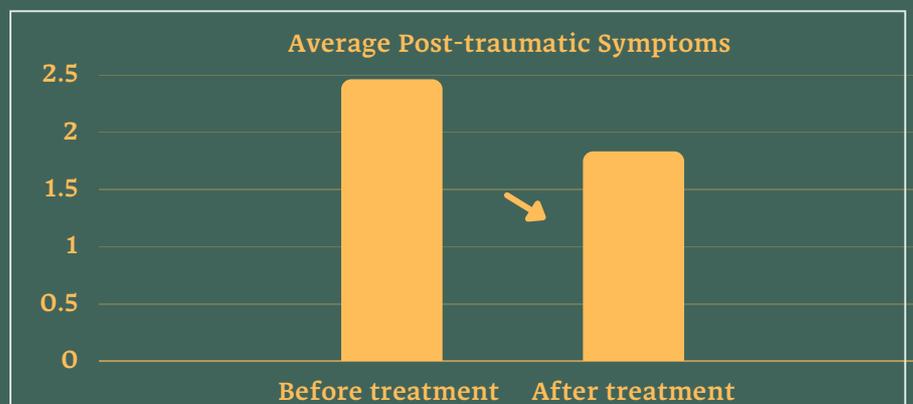
Career Development Research

From a study measuring the effectiveness of career coaching at NATAL, conducted among participants in individual career coaching:

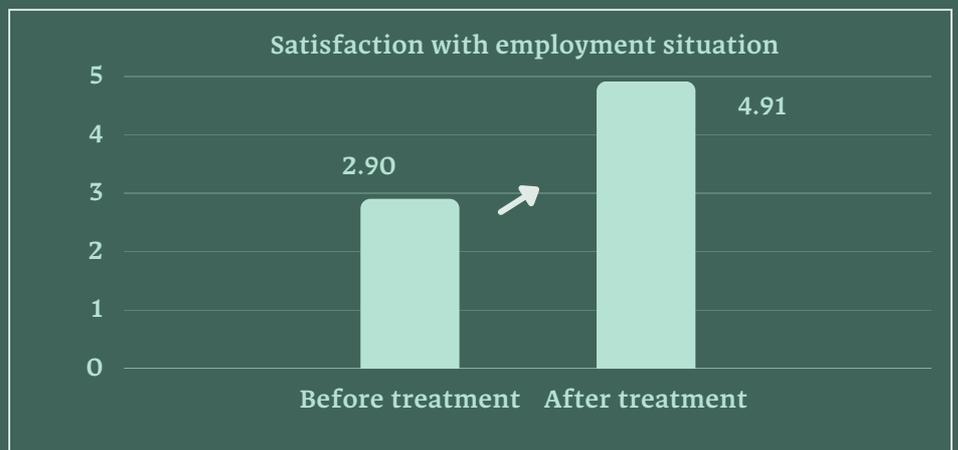
↘
A decrease in functional difficulties



↘
A decrease in the severity of post-traumatic symptoms



↗
65% reported a positive change in their employment status





The Community Resiliency Unit

NATAL conducts nationwide trainings and workshops for all of Israel's diverse communities, reinforcing resiliency and internal coping mechanisms in order to help these populations remain resilient before, during and after emergencies.

In emergencies, NATAL conducts community and organizational interventions aimed at processing trauma and mitigating the sense of threat and long-term psychological damage.

7,600 Hours
of resilience workshops and
emergency interventions

Education



18 Schools

2,073 students and teachers in the "Safe Place" program

Health



Resiliency programs and burnout interventions for medical teams

21 Healthcare institutions

2022 marked the second year of the "Open for Welfare" project, strengthening the resiliency and mental health of social services employees in Israel.

This project is a joint venture with the Ministry of Welfare and Social Affairs, supported by philanthropic funding. In light of the project's success, it has been expanded to 25 additional municipalities in 2023.

Welfare



Serving 51 municipal social services departments across Israel

1,908 Social services employees





Community Programming

NATAL offers a variety of support groups and workshops for victims of trauma due to terror and war and to the circles surrounding them. In 2022, NATAL operated 12 support and therapy groups.



"Ahiad" groups at the IDF Soldier's Home in Tel Aviv.



Couples group focusing on relationship skills



Two rock climbing groups sponsored by the Ministry of Defense



Mentoring program for female combat and combat-support veterans



Two spousal support groups



Parent groups



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



"Running with Rami"
Therapeutic running groups accompanied by therapists and volunteers



The Jerusalem group trains with officers from the Nahal Brigade of the IDF



"Gruterally"

Several individuals with post-trauma being treated at NATAL joined a challenging driving rally using junk cars they had refurbished. They were accompanied by professionals from NATAL.



"Ressisim" (Shards)

The Ressisim Project aims to create a space for sharing and processing combat experiences, and for raising awareness about post-trauma. Ressim's powerful ceremony "In Memory of the Fallen and the Living", partners NATAL therapists with speakers who share their personal stories. In the run-up to Memorial Day, representatives from Ressim speak at companies across Israel in order to raise awareness of the "Transparent Wound".



Photograph: Sharon Shapira

In Memory of the Fallen and Living" ceremony at The Enav Cultural Center in Tel Aviv



Actor Dean Miroshnikov appearing before Altshuler Shaham employees

In 2022, "In Memory of the Fallen and Living" ceremonies took place at the Enav Cultural Center in Tel Aviv, Zappa in Be'er Sheva, and at Beit Hansen in Jerusalem. The ceremonies were filmed and broadcast live at viewing ceremonies in Tel Aviv, Eilat, and Tel Hai.

6,600 Views

The ceremony was broadcast live on Facebook at many public and commercial venues

1,200

Participants in the audience of the ceremonies

To view Ressim ceremonies in Hebrew

Link to Ressim's Facebook page in Hebrew



The Multidisciplinary Trauma Studies Center

NATAL's Multidisciplinary Trauma Studies Center was established in conjunction with Tel Aviv's Sackler School of Medicine to develop the skills of mental health professionals to treat and prevent PTSD as a result of terror attacks and wars in Israel. The one-year Post Masters and Doctoral studies course, accredited by Tel Aviv University is the only one of its kind in Israel and is taught by experts in the field of trauma. The Center offers the leading Israeli lecturers in the field of trauma who combine extensive knowledge with practical experience.



15th year of the trauma-focused psychotherapy study program in collaboration with Tel Aviv University



268 professionals attended courses in the fields of trauma treatment

Courses offered in 2022:

Integrative Treatment for Children with Anxiety and Trauma	Focusing-Oriented Therapy	Nature Therapy	The Art of Meaning	Mindfulness for Therapists (Zoom)
Treating victims of Sexual Trauma & Incest	Trauma-Centered Group Facilitation	SE Beginners	Coping with Loss and Bereavement	EMDR 1+2



Multidisciplinary Trauma Studies Center



*Compared to 2021



NATAL Global

NATAL is a global leader in the field of knowledge exportation for international social development, treating trauma and building social and organizational resilience. In 2022, with the onset of the war in Ukraine, NATAL Global provided training for Ukrainian mental health professionals through the distribution of professional materials and online seminars.

NATAL Global continues to expand its international collaborations and train organizations in the US and educational teams in Germany. For the first time, it has also launched an E-Learning system for online education.



36 Illinois National Guard soldiers trained



36,500 participants in professional webinars



27 mental health specialists from Ukraine trained in Israel



30 Jewish professionals attended mental health trainings



90 schools in Germany participated in the "Safe Place" project



1,000 first responders from New Jersey completed online course



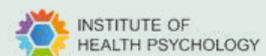
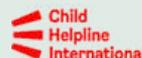
Training the Illinois National Guard



NATAL Global's Partners



Partners working in Ukraine





NATAL's Volunteers

NATAL's activities are only possible because of our amazing and dedicated volunteers. This year, NATAL had 270 volunteers ♥



Ohad Gefen, a volunteer in the running group in Tel Aviv



Yoav Bar, a chef who volunteers as a mentor in the field of career development



Helpline volunteer

"Running with Rami"

The volunteers in the running groups join the weekly trainings to support participants. The group provides a social framework which helps members to overcome social avoidance and find the healing power of exercising outdoors.

Career Development Unit Mentors

The mentors use their professional experience to guide program participants and to assist them in improving their professional skills, time management and workplace integration.

NATAL's Helpline

The Helpline operates a unique therapeutic model to provide emotional and mental health support via the telephone during both routine and emergencies. These committed volunteers undergo pre-screenings and extensive training and possess qualities such as active listening skills, tolerance, patience and non-judgmental attitudes.



Raising Awareness

In preparation for Memorial Day for Israel's Fallen Soldiers and Victims of Hostile Acts, NATAL launched a week-long campaign to raise awareness of the "invisible wound" of trauma in order encourage those dealing with post-trauma not to "carry this burden" alone and to seek help.



A special day of acknowledgement in collaboration with Keshet Channel 12



NATAL presents our 2021 Annual Report to the President of Israel, Yitzhak Herzog and First Lady, Michal Herzog

Digital Campaign:

"Even in Israel of 2022, there are those who carry 2006 with them."



Dedicated button on "Bit" a money transfer app



312,491 NIS



Television



Radio



NATAL's Running in Color

The NATAL Running in Color race, originally set for November 2021 and postponed due to inclement weather, took place on February 25, 2022, as part of the SAMSUNG Tel Aviv Marathon. Over 5,000 runners participated in the event.



To complement the race, the "Running in Their Shoes" project was held to raise awareness of PTSD, in which three influencers ran in the shoes of people dealing with post-traumatic stress disorder. The shoes were illustrated by artists inspired by the personal stories of the contestants.



To watch a video about the project:
"Running in their Shoes"



NATAL's 25th Anniversary Fundraising Event

On November 23, 2022, NATAL held a fundraising and awareness-raising event to commemorate its 25th anniversary. The occasion also marked the appointment of Jude Yovel Recanati as Founding President and Emi Palmor as the new Chair of NATAL.

Honored guests, including President Yitzhak Herzog and Prime Minister Yair Lapid, spoke about the vital role of NATAL in providing mental health aid and emotional support to the citizens of Israel. The event was attended by beneficiaries of NATAL's activities, who shared their personal stories and experiences. Performances by iconic Israeli musicians Yehuda Poliker and Gidi Gov in support of NATAL made the event even more special.



Total Event Proceeds:
1,265,752 NIS



Over 2,300 attendees



Liron Sheinkman





Event Sponsors

Partners from the business and public sectors who contributed to NATAL's 25th anniversary fundraising event:

ALTSHULER SHAHAM FINANCE LTD
 Change • Innovate • Succeed

PRIVATE BANKING

THE KATZMAN FAMILY FOUNDATION

ISRAEL DISCOUNT BANK

MADATECH
 THE ISRAELI NATIONAL MUSEUM OF SCIENCE, TECHNOLOGY & SPACE AT THE TECHNION, HAIFA

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קבוצת קיסוס
 1022

מאחד
 היבוי והאבטחה והאבטחה בע"מ

THE SAGOL NETWORK

אשטרם
 Group
 EXCELLENCE IN CONSTRUCTION

אלוני חץ
 קבוצת אלוני חץ

bit

מחסי השוק
 מנצחים בכל מחיר

OMRI VAKMANIN

תל אביב יפו
 תל אביב יפו

FCB TLV

Contributed to NATAL's fundraising campaign in cooperation with the Keshet 12 TV channel



American Friends of NATAL
Israel Trauma and Resiliency Center

American Friends of NATAL (AFN) Gala

The American Friends of NATAL held its inaugural gala event in New York in the presence of distinguished donors and guests of honor. Among the notable speakers were former Chief of Staff of the IDF, Dan Halutz; the Israeli Consul in New York, Assaf Zamir; CEO of NATAL, Efrat Shaprut; Founding President, Jude Yovel Recanati; Chair of NATAL, Emi Palmor; and a beneficiary of NATAL's services. Andrew J. Malik was the first recipient of the AFN Impact Award.



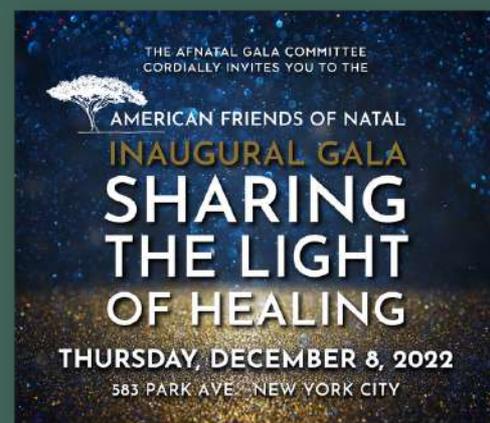
**Total Event
Proceeds
\$612,000**



300 Attendees



**25 Corporate
Sponsors**





Partners and Donors

Overseas donations over \$5,000 from companies, foundations and private donors

Banque Pictet & Cie SA
Baramundi Foundation
Bejarano, Raphael
BLS Family Foundation
Brunn, Dity & Gideon
Bunzel, Jeffrey
Charles and Rose Rappoport
Memorial Fund for Israel
Complete Care Management
Continental Ventures
Darel and Carlos Benaim Family
Foundation
DLA Piper
Eliasaf, Ran and Isabelle
Ellie Fund at the Jewish Women's
Foundation of Chicago
First American Title Insurance
Company
Fischman, Bruce
Frank Friedberg Fund of the Jewish
Community Foundation of Greater
Kansas City
Frieze Family Foundation
G. Felda and Christina Hardymon
Gelles, David and Robin
Genesis Prize Foundation
Goldberg Weprin Finkel Goldstein
LLP
Greenberg Traurig `PA
Harrison, Walter
Hasdei Avot Charitable Trust
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Iranian American Jewish Federation
Jack Chester Foundation
Janay, Gad and Marlene
Jefferies Group LLC
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Hartford
Jewish Federation of Greater
Philadelphia

Jewish Federation of North America
Jewish Women's Foundation of
Chicago
John Louis Foundation
June Baumgardner Gelbart
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Katzen, Joshua
Kostman, David & Ifat
Lappin, Diane and Andy
Lieber, Robert
Malik, Andrew
Manilo, Barbara
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Needham, George
Northwind Group
Platt, Julie
Rachel Trust UK (via UKFN)
RADCOM, Inc.
Rayne Trust
Recanati, Dina and Rafael
Recanati, Tal & Ariel
Resnek, Barbara
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Rozalia Stiftung
Ruchelman PLLC
Samis Foundation
Seyfarth Shaw
Signature Bank
Skadden, Arps, Slate, Meagher &
Flom LLP
Smith-Malik, Elizabeth
Steinmetz Herskovitz Family
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Charles and Lynn Schusterman
Family Philanthropies
Ted Arison Family Foundation
The DM Trust
The Erdi Foundation
The Jewish United Fund of
Metropolitan Chicago

The Legacy Heritage Fund
The Orah Fund
The Edmond de Rothschild
Foundation (Israel)
The Ruderman Family Foundation
The Tahari Family Foundation
Unterberg Capital
Vavas, John
Waldman Pearlman Seltzer Family
Fund
Young, Toni
Yovel Recanati, Jude
Zaino, Buzz and Alison

Friends of NATAL Affiliates
American Friends of NATAL
Swiss Friends of NATAL
UK Friends of NATAL

With Special Thanks
PEF Israel Endowment Funds
United Israel Appeal of Canada
UJA Federation of New York
JFN - Jewish Funders Network

Thanks

We would like to express our deepest appreciation to our donors, employees, therapists, and volunteers for their invaluable contribution to NATAL. Thanks to their dedication, we were able to provide support and assistance to tens of thousands of patients, callers and program participants in the past year.

We would like to express our gratitude to Jude Yovel Recanati, our Founding President, for her generous annual contribution towards NATAL's operating expenses . Her donation enables us to allocate all other donations directly to those who seeking assistance from NATAL.

We would like to wish Emi Palmor every success in her new role as the incoming Chair of NATAL.

[Donate](#)

[Get Involved Locally](#)

NATAL's Helpline (in Israel)

1-800-363-363

Chat on Whatsapp



Pinchas Rosen 72, Tel Aviv

www.natal.org.il



Israel Trauma and Resiliency Center