



## Beit Daniella

Mental Health Rehab Center for Youth

**Empower.** Rehabilitate. Integrate.



## Beit Daniella Annual Report 2023



Dear Friend,

The people of Israel have been living through a very dark period. We especially need and look forward to Chanuka to welcome light - little lights that increase with every day. We, at Beit Daniella, would like to share a few hi-LIGHTS with you - those who have made and continue to make the courage, hope and help that Beit Daniella provides possible.

### THANK YOU & HAPPY CHANUKA!

Hadassa, Sarah Malka and the Beit Daniella Team

### The Shadow of War: Where is the Light at the End of the Tunnel?

At Beit Daniella have been fighting hard on our front against the impact of terror, war and instability on our students who struggle with mental health. Within a day, by Monday October 9th, Beit Daniella shifted to a Zoom program, bolstered by daily phone contact to students and their parents. As we saw during Corona, Zoom is severely limited and as soon as Special Education Classes opened we took shelter at a local high school with a bomb shelter, operating out of their auditorium. While we were grateful for the possibility of meeting in person, many of our teens actually refused to come. For those who did, we did

not have the spaces/facilities for individual therapy nor for dogs or horses... Unfortunately, there was regression, deterioration and one hospitalization. As a result, we launched a bomb shelter campaign to bring a bomb shelter on site to Beit Daniella, to ensure our students' security and return to their lifeline at Beit Daniella. **Thanks to our wonderful community, the bomb shelter is well underway and 73% funded.** In peacetime, we hope to use the bomb shelter as an **additional classroom so that we can add one more group at Beit Daniella, to include evacuated teens from the South who are suffering from trauma.**



Our vision is to open up branches of Beit Daniella across the country. **This war has convinced us that we must use our expertise in this field, to help youngsters in the South** who are suffering from having witnessed and living with the consequences of the unimaginable atrocities of the massacre and the ensuing war. **Stay tuned for our journey in opening up Beit Daniella, Southern Branch.**

## Our Proactive Community

### Meitar Visit

Leading Law Firm, Meitar helped us get our non profit status and gave us 2 years of legal services pro bono. Here once again they are volunteering, only this time its building benches and fences!



### Volunteer day



► Last year, we started a new trend, a very appropriate way to commemorate Daniella's yahrzeit, by hosting a volunteer day for the Beit Daniella community. Over 70 strong came to build a fence, a pergola, replace the gravel in the kennels, paint the caravan... and Daniella's friends took on the kitchen. This year, we are postponing Volunteer Day until after the war so that our husbands and sons can take part.

### Marathon



At the Jerusalem Marathon 2023, the day and everyone's mood was as bright as our T shirts. We raised our highest sum yet but the highlight was watching our students run.

Here our cool staff surround one of our star student runners. From L. to R: Netanya- social worker, Haim- head of therapeutic services, a star student, Michael- Counselor and Shoval- Counselor and running coach

## Our Numbers

**0823L      0833L**

Organizations measure success according to numbers.

This year at Beit Daniella, we are measuring success through the two numbers above.

*What are these numbers and why are they a measure of success?*

Every medical service provider and medical service that the Ministry of Health recognizes and funds, either directly or via the health funds- Kupot Holim, has a code associated with it. For example, hospital wards, ambulatory clinics etc.



Since its inception, Beit Daniella has fought relentlessly for the public sector to take responsibility to provide services for the growing numbers of Israeli youth in the community struggling with mental health issues who have nowhere to go, but down. **This year, we finally succeeded. We received recognition from the Ministry of Health as the FIRST and ONLY psychiatric day treatment center in Israel for youth in the community.**



*A multi-disciplinary team from the Ministry of Health comes to inspect Beit Daniella*

To afford recognition to Beit Daniella, **the Ministry of Health added 2 new codes/services to its Health Services basket:** 0823L -Psychiatric Day Treatment Center for Children and Youth in the Community and 0833L - Psychiatric Day Treatment Center for Eating Disorders for Children and Youth in the Community.

This is significant on the micro and macro levels: On the Micro level: Once a facility/service is recognized as a provider, by the Ministry of Health the health funds can step in and fund that service.

**Beit Daniella is currently negotiating with the 4 health funds on contracts whereby they will each fund their young members to attend Beit Daniella in Tzur Hadassah at a daily rate.** Once the contracts are closed and the funding begins, Kupat Holim's subsidies will cover the lion's share of Beit Daniella's budget.

On the Macro level: Until now, there were no community youth mental health services simply because there was no channel for funding. Thanks to the new codes catalyzed by Beit Daniella, community mental health service providers can open across the country and offer critically needed services to youth in need. **Beit Daniella established a national precedent which we hope will be instrumental in saving multitudes of teens across Israel.**



In tandem, we also established a precedent in **the Ministry of Education, where they created a new channel and framework** to fund educational programs in day treatment centers.

## Our Stories

### L.'s Story: Of Minds and Mindfulness

When L. came to us in January at the age of 14, he had been out of school for a year. At home, he had fits of rage and his OCD (Obsessive Compulsive Disorder) had spun so out of control that he would not leave his house. L. refused to take his meds, stopped going to therapy and his parents were at a total loss...until they heard about Beit Daniella.

At the beginning of his stay in Beit Daniella, L. was completely locked, barely opening up his mouth. It was the horses that saved him, slowly bringing him out of his own skin. Eventually, enough to even trust people. He learned that horses are anxious too. But he also learned the impact of his own mental state on the horses. One of the key skills of DBT (Dialectical Behavioural Therapy), a therapeutic approach that is emphasized at Beit Daniella, is mindfulness. When L. practiced mindfulness and he was calm, his horse reacted in kind and actually advanced towards him. Often his individual sessions with his social worker Netanya, took place in the company of a third party- a horse. L. was so sold on mindfulness that he even taught it to Netanya.



Another coping skill that L. learned at Beit Daniella was running. Our madricha, Shoval who is herself a runner, encouraged him to run in the Jerusalem Marathon with the Beit Daniella community team. After training L., Shoval ran the 5k together alongside him. Running was such an outlet for L. that he has been running regularly ever since! L. is doing well at his new school and the best part is there is a dog program with a dedicated matriculation exam in the end in dog training and care.



## Our Program Development

### Upgrading Services: InHouse Psychiatry and Psychotherapy

Until this year, Beit Daniella provided group therapeutic elements in house but individual therapy was outsourced - each child was required to do their individual psychotherapy and psychiatry in the community. The rationale was to keep the child anchored in his/her community and allow for a seamless transition into the community once the child leaves Beit Daniella. However, in reality we discovered that trying to reach and coordinate between so many different professionals in the community, ultimately compromised the care of our students. As per the Ministry of Health Requirements, we now offer in house individual psychiatry and psychotherapy once a week, as well as a dietician for those with eating disorders. Supervising our psychiatry program is the head of our steering committee, Prof. Yoav Kohn Director of the Adolescent Psychiatry Department at Eitanim Psychiatric Hospital. A solution to the lack of closed, private spaces on the Ranch in which to house individual sessions, was devised in the form of a mobile clinic parked in the Havat Harei Yehuda parking lot. The clinic is divided into 3 therapy rooms and was generously donated by the Beinhaker family in loving memory of Minna Beinhaker. The dedication will be taking place in the coming months.



► Mobile Clinic Dedicated by the Beinhaker Family in memory of Minna Beinhaker

### Staff training in DBT (Dialectical Behavioral Therapy)

As the leading evidence-based discipline practiced in youth psychiatric hospital wards and treatment centers worldwide, we believe that it is essential to train our staff in DBT. As DBT is the language of our facility, this year our teachers joined the training. To hone their skills



center, Noam Moyal flanked on the left by her mentor Dr. Noga David, head of DBT at Hadassah Hospital, Noa Sharama, Clinical Director and the rest of our star studded staff

year round, our very own Noam Moyal, who started with us as a counselor went on to be a coordinator of the counselors and now is a clinical psychologist, will be leading a weekly DBT skills group.

### **Short Term vs. Long Term**

While Beit Daniella has always been a short term facility, in practice getting our teens to move on (and our staff to let them go ;-)) has been a challenge since its inception. Let's face it. Beit Daniella is not only idyllic in appearance but it is an incredibly supportive place where teens feel understood, have peers and feel they belong, often for the first time in their life. BUT our goal is community integration and our head of therapeutic services, Haim Yagen has made it his mission to keep our students moving after 4 to 6 months. Logistically it is simpler to work on a semester system but we will be returning to a revolving door system. In order to ensure that the educational institutions admit our teens at any point in the year, we now have regular scheduled meetings with Osnat Landau, a supervisor in the Special Education Department of the Ministry of Education, to review our teens' needs on a case-by- case basis. Osnat not only knows which schools are most relevant , she also knows the administration and can work with them directly.



### **Alumni Program (Bogrim)**

In addition to our weekly group meetings designed as a step down from Beit Daniella, to ease our graduates' transition into the community, this year we introduced a Beit Daniella reunion for all graduates of Beit Daniella since it's opening. It was so interesting to hear where our teens are and what they are doing and of course, they were overjoyed to see each other, the staff, the dogs and the horses!

