

# PEACE OF MIND







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Peace of Mind is a nine-month therapeutic intervention in which Metiv therapists provide a space and time for IDF veterans to process their combat experiences in a supportive environment, including a week spent hosted by a Jewish community abroad. The veterans emerge with strengthened emotional and mental health, allowing for a healthier transition from military to civilian life.



# THE NEED


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**Thousands of released Israeli combat soldiers transition from military to civilian life annually.**

**Despite the ubiquitous image of the resilient Israeli soldier, long-term effects of veterans' exposure to stress from combat are well documented and complicate the transition to civilian life.**

Veterans may suffer from a myriad of psychological difficulties ranging from difficulties in interpersonal relationships, aggression, and attention deficits to more serious sleep disturbances, post-traumatic stress disorder (PTSD), substance abuse, and depression.





# COMBAT TEAMS

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**Peace of mind works with veterans from organic units to allow those who fought together to reflect together. This unique method of service delivery also minimizes the stigma associated with similar interventions while providing an irreplaceable supportive environment for combat veterans.**

9

months  
intervention for  
IDF veterans of  
active combat

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12

individual  
therapy  
sessions

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65

hours of  
group  
counseling

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1800

veteran  
participants

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22-36

age range of  
participants

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100

alumni  
groups

20%

of participants  
diagnosed PTSD  
and in need of  
treatment

2

therapists  
per group

35

leading  
professionals  
in the field

15-20

participants  
per group



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The relationship between the team and the host community is mutually beneficial: the community opens their homes and provides an environment of love and warmth that is conducive to the therapeutic process while the community gains the opportunity for a meaningful, personal connection to Israel and the greater Jewish people.

# 1

week in a Jewish  
community around  
the world

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# 50

Jewish host  
communities

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# 120

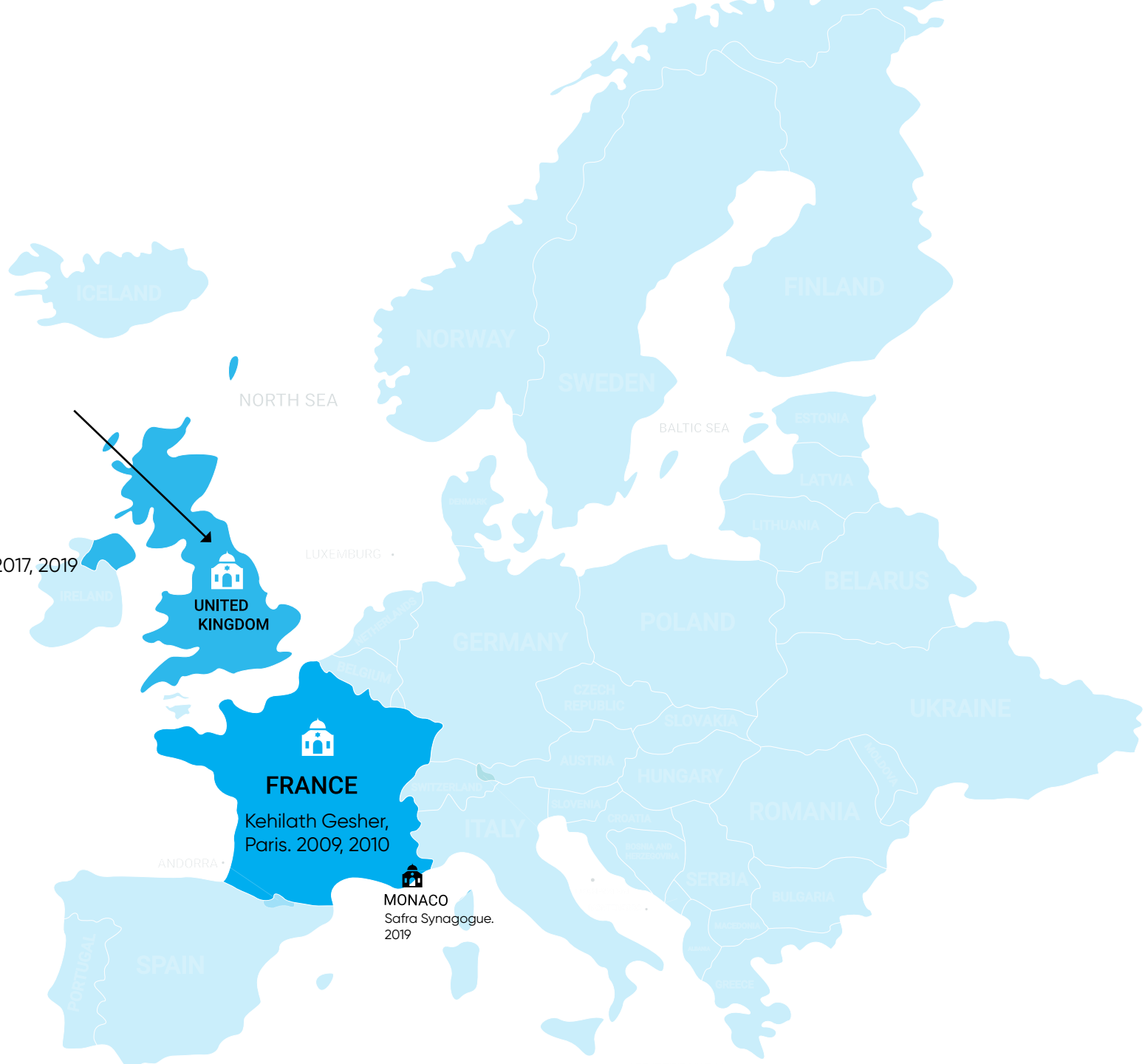
groups on the  
waiting list

## United Kingdom

- West London Synagogue. London. 2016, 2017, 2018, 2019
- Borehamwood+ Elstree Synagogues. London. 2019\*\*
- Ner Yisrael. London. 2016\*, 2019
- St John's Wood Synagogue. London. 2014, 2015, 2016, 2018, 2019
- New North London Synagogue. London. 2013, 2015, 2016\*\*, 2017, 2019
- The Village Shul. London. 2018\*\*
- Hampstead Synagogue. London. 2018\*2020
- Kinloss Synagogue- Persian Minyan. London. 2018\*
- The S&P Sephardi Community. London. 2017, 2018
- Western Marble Arch Synagogue. London. 2016, 2017, 2018
- Hampstead Garden Suburb Synagogue (Norice Lee). London. 2016, 2017, 2019
- Yeshurun Synagogue. Edgware. 2016, 2017
- Bernard Goldstein Memorial Group. London. 2016
- South Hampstead Synagogue. London. 2010\*
- Chigwell and Hainault Synagogue. London. 2009\*\*, 2010\*
- Wimbledon Reform and Kingston United, 2020\*
- Radlett United Synagogue, 2020\*

\*\*Fully sponsored

\* Part sponsored



## United States

- Chabad of Carmel Valley and Congregation Beth Am, San Diego CA. 2019
- Young Israel of Hollywood. Ft Lauderdale FL. 2019
- Great Neck Jewish Community. New York. 2012, 2019
- Fire Island Minyan. New York. 2011, 2012, 2015, 2017, 2019
- Congregation Ahavath Torah. Englewood NJ. 2018, 2019
- Temple Beth El and Boca Raton Synagogue, Boca Raton FL. 2019
- Irving Place Minyan, Cedarhurst, NY. 2018
- Highland Park/Edison/New Brunswick NJ (Anshe Emet, Highland Park Conservative Temple, Ohr Torah, Ahavas Achim). 2012, 2014, 2016, 2018
- Kemp Mill Synagogue, Silver Spring, MD. 2018
- East Hill Synagogue. Englewood NJ. 2018, 2019
- Young Israel and Temple Israel of Sharon, MA. 2018
- The Hampton Synagogue. New York. 2017, 2018
- The Kabbalah Center. New York. 2016
- The Jewish Center. NY. 2013, 2016
- Hebrew Institute of White Plains. NY. 2014
- Anshe Emeth Memorial Temple. New Brunswick, NJ. 2012
- Congregation Beth Shalom. Oak Park, Michigan. 2012





## Canada

- Beth Tzedec. Toronto. 2016, 2017, 2018, 2019
- Temple Har Zion and Beit Rayim Synagogue. Toronto. 2019
- Friends of POM – Holy Blossom Temple. Toronto. 2019
- Temple B'nai Tikvah. Calgary. 2019
- Beth Sholom Synagogue. Toronto. 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019
- Shaarei Shomayim. Toronto. 2015, 2016, 2017, 2018, 2019
- Adath Israel. Toronto. 2019
- Beth Haminyan/Village Shul. Toronto. 2018
- Darchei Noam. Toronto. 2018
- Muskoka Summer Community. 2018
- Beth Torah Congregation. Toronto. 2016
- Sephardic Kehila Centre. Toronto. 2012, 2013
- Beth Emeth Bais Yehuda Synagogue. Toronto. 2011, 2013
- Chabad @ Chabad Gate. Toronto. 2011
- Chabad Flamingo. Toronto. 2010



# THE PEACE OF MIND INTERVENTION

## Month 1

### Opening Workshop

A 2 day overnight outdoor workshop which includes at-sea group activities. The purpose of this workshop is to discuss personal and team goals and expectations as they begin the process, to introduce therapeutic language and to establish rapport with the two facilitators.

## Month 2

### Weeklong seminar in Jewish community abroad

The team and their facilitators travel to a Jewish community outside of Israel. This eight-day workshop is the core of the program and includes intensive group sessions from 8 AM to 4 PM every day, followed by varied evening activities aimed at ventilation after an intensive day as well as quality time with each other and the host families. The distance from Israel during this phase of the therapeutic process plays a crucial role in creating a safe, quiet and supportive environment

## Month 3

### Follow-up Workshop

Six weeks after returning to daily life in Israel the team engages in a full day workshop with outdoor activities during which participants reflect on individual and group insights attained during the core workshop. It is a critical step in ensuring continuity and sustainable processing.

## Month 4-8

### Individual Treatment

At the follow up workshop, a number of participants request individual care, while the therapists also proactively reach out to those they have identified as requiring further counselling. Over the next five months, participants pursue individual treatment plans tailored to their specific symptoms and needs.

## Month 9

### Concluding Workshop

The concluding workshop allows for long term assessment on what the group has gained in the process and the impact it has on participants. During this workshop, participants are assessed once more to determine any needs for further individual therapy.

# THE IMPACT: *ON THE PARTICIPANTS*

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## 70%

Over 70% of participants show significant post-traumatic growth

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## 200

participants chose to engage in further treatment following the program.

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## 82%

reported greater sense of awareness (both to the effects of their military service as well as in their personal lives)

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## 66%

report an increase in their openness and willingness to discuss personal experiences

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## 100%

of participants gain a better understanding and appreciation for Jewish communities outside of Israel.

\*Each stage of the program is followed by questionnaires that the participants fill in in order to be able to measure the success & impact of the program.





# THE IMPACT: *ON THE COMMUNITIES*

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"This program is truly one of the most amazing things I have ever had the privilege to be a part of and share with my family. My daughter has become such a Zionist and will be heading to Israel this summer on birthright and hopefully and internship in Tel Aviv for the entire summer. She tells everyone that "she has soldiers" in Israel. We truly feel they are family And keep in touch almost weekly."

(Jennifer Shapiro, Boca Raton)

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"For us as a community it has been transformational. Not just in strengthening our awareness and bond with Israel but also in instilling within us a connection to this team. Our hospitality has enabled them to move forward with their lives and they will remember our space as the space that has helped them get closer to achieving their own peace of mind. It has also helped bring our communities together and I am so grateful to our friends and colleagues for joining together to host and run the program. It is inspiring what we can achieve when we are truly united."

(Simon Mitchell, Chair- Borehamwood and Elstree United Synagogue)



# PEACE OF MIND GROUP BUDGET

20 veterans and 2 therapists

<b>\$9,000</b>	Clinical and program supervision
<b>\$8,000</b>	Group and individual therapy costs
<b>\$28,600</b>	Round-trip flight tickets from Israel for 22 (2 therapists and 20 participants)
<b>\$3,000</b>	Opening and closing seminars in Israel
<b>\$10,000</b>	Local community costs* (estimated)
<b>\$8,000</b>	Administration and Support Costs
<b>\$66,600</b>	Total

\*Local community costs are meant to cover expenses within the community related to hosting the unit, such as local transportation, meals during the week, entertainment, etc.



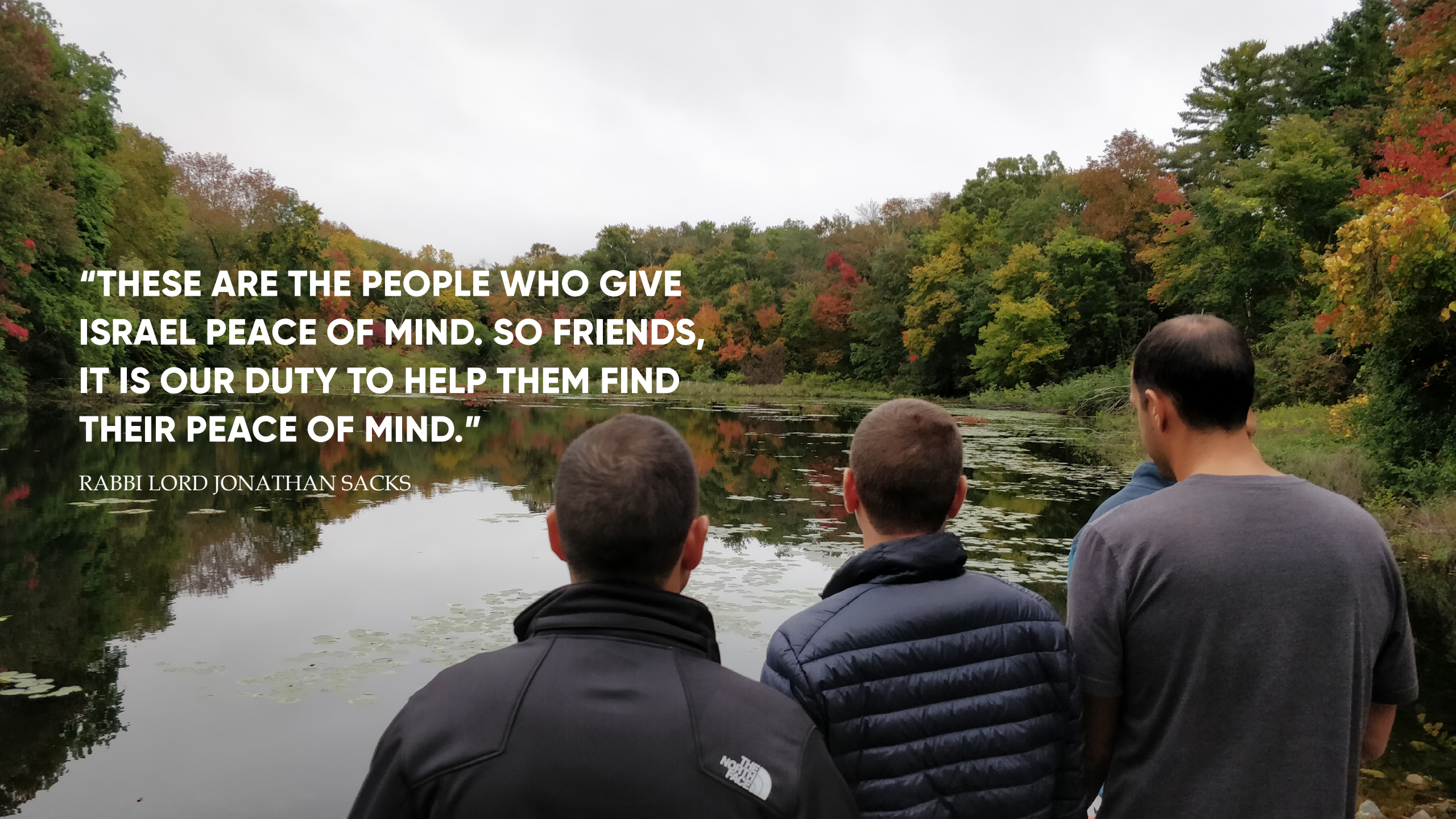
## About Metiv

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Metiv, the Israel Psychotrauma Center, an independent affiliate of Jerusalem's Herzog Medical Center, promotes an Israeli society that cares for and empowers those affected by psychological trauma. Founded in 1989 by Dr. Danny Brom, Metiv has since become a world-renowned innovator in the research and treatment of trauma, while leading disaster-relief interventions and training programs in Israel and worldwide.

The work of Dr. Brom and the Metiv staff has led to the burgeoning awareness and openness in Israel to the communal and personal effect of trauma. This increased awareness is especially pertinent regarding treatment for veterans of the Israeli Defense Forces (IDF).



A photograph showing the backs of three people standing on a grassy bank, looking across a pond towards a dense forest. The forest is filled with trees displaying vibrant autumn foliage in shades of green, yellow, orange, and red. The pond's surface is calm, reflecting the colorful trees and the overcast sky. The person on the left is wearing a dark jacket with a small white logo on the back. The person in the middle is wearing a dark quilted jacket. The person on the right is wearing a dark grey t-shirt.

**"THESE ARE THE PEOPLE WHO GIVE  
ISRAEL PEACE OF MIND. SO FRIENDS,  
IT IS OUR DUTY TO HELP THEM FIND  
THEIR PEACE OF MIND."**

RABBI LORD JONATHAN SACKS