

FORTIFY ISRAEL

עוצמה.
שותפות.
קהילה.



We empower local educators to provide trauma-focused interventions that **restore mental health** and **build resilience** in Israel's next generation.

THE PROBLEM ▶ Since October 7th, Israel has been inundated by the violence and trauma of war. Local trauma centers are only equipped to provide urgent therapeutic care to individuals and families experiencing severe distress, while mental health services and resilience-building skills for the masses, especially the youth, remain unavailable. Educators aren't trained to serve their students' mental health needs.

OUR SOLUTION ▶ Fortify Israel ensures children receive the necessary interventions to process their difficult experiences. By developing curricula for local educators to provide trauma-informed care and training our school partners to create therapeutic spaces in which students confront and process their emotions, Fortify Israel equips children with the tools to live beyond the trauma of the present.

PILOT PROGRAM: FORTIFY 500

Research shows that children who experience trauma are at risk of developing PTSD and other mental health complications later in life. By providing a proactive intervention to help children integrate their traumatic experiences into their broader life story, our pilot program will enable children to move forward with resilience.

1 Meeting the Community

In an evening event organized in a municipality, local educators and school administrators will meet our staff, connect with our organization, and learn the basics of trauma-informed care. School administrators recommend teachers who they think would be strong candidates to participate in an intensive educators' cohort.

2 Training the Educator Cohort

After reviewing the recommendations and interviewing the candidates, we convene a cohort of 20 local educators. Over six, three-hour sessions with our mental health clinicians, the participating educators will delve into the world of mental health, learn about the effects of traumatic experiences, and explore trauma-informed care and interventions. In these sessions, they will be trained to facilitate *maagalei siach*—our innovative, therapeutic support circles.

3 Working Together with Schools

Our clinicians will connect with school staff to update them about the cohort's progress and consult regarding the students registering for the *maagalei siach*. These channels of communication will help staff identify students who need therapy and more intensive mental health interventions.

4 40 Support Circles, +500 Children

By the conclusion of the educator cohort's training, all participants will begin facilitating their two *maagalei siach*, each group meeting for six sessions with ~15 students. These educators will receive weekly supervision from our clinicians as well as support from our staff.

Interested in learning more? Visit us at fortifyisrael.org and support our efforts to help Israel's children get back to life.