

[World Conference Tracks | Tuesday, November 5<sup>th</sup>, 2015](#)

Table of content

Track #1: Building Community Resilience the Role of the JCC..... 1

    Israeli Trauma Coalition ..... 1

    Yotam Dagan ..... 2

Track #2: Cultural Art - The Jerusalem 2015 Biennale for Contemporary Jewish Art..... 2

Track #3: Ecology in the Society: Community Gardens and Sustainable Activism ..... 3

Track #4: Special Needs: Expanding the Boundaries of Our Community..... 3

    Beit HaKerem Community Center ..... 3

    Amitim Project, Beit HaKerem Community Center..... 4

    ALYN Hospital ..... 4

    Maurit Beeri, MD, MPA, Director General..... 5

Track #5: Jerusalem through the Lens of Women..... 6

    El HaLev ..... 6

    Yehudit Sidikman, CEO and Founding Member, El HaLev ..... 7

    The Fanny Kaplan Program to facilitate Professional Employment for Women, “Pat” Neighbourhood Community Center in Jerusalem ..... 7

Track #6: New Approaches to Teenage Engagement ..... 8

    Sachi ..... 8

    Tawar’e Jerusalem ..... 9

\*\*\*\*\*

**Track #1: Building Community Resilience the Role of the JCC**

**Israeli Trauma Coalition**

The Israel Trauma Coalition (ITC) was created in 2001, expanding from Direct Care to encompass Professional Training, Community-wide Interventions and emergency preparedness, ITC has consistently evolved its scope to address broader issues and needs.

The mission of the Israel Trauma Coalition (ITC) is to create a continuum of care in the trauma field, response and preparedness, by leveraging diverse resources to initiate, prioritize, and optimize services. The ITC provides a comprehensive

view of the trauma field, whilst working towards strengthening community resilience and ensuring national emergency preparedness. The ITC harnesses the collective knowledge, expertise and experience of Israel's leading NGO's and government organizations- as no organization can do this work alone. The ITC is an initiative of the UJA-Federation of New York.

For further information visit: <http://www.israeltraumacoalition.org> or contact via email: [info@itc-office.org.il](mailto:info@itc-office.org.il) or phone: [+972-2-672-2618/9](tel:+972-2-672-2618/9)

## Yotam Dagan

A former Navy Seal commander, a certified clinical psychologist with expertise in Combat stress reaction (PTSD) and a hostage negotiator, Yotam has been for many years, on the constant move between leading soldiers on the battle field to building their mental and professional fighting capacity, developing their leadership skills and caring for their wellbeing. Upon completion of his military tenure, Yotam initiated and started nonprofit sector programs helping soldiers discharge and reintegrate into the Israeli civil society, and the Maoz leadership program <http://www.maoz-il.org/en/>, aimed at assisting special forces veterans, the "cream of the crop" to take the lead in Israel's public sector and social entrepreneurship. Yotam is currently serving as a member of the board of directors in POPPA

(<http://www.poppa-newyork.org/aboutus/history.cfm.40.html>) a nonprofit organization that helps NYPD policemen deal with trauma and is heading the community outreach team in Natal (<http://www.natal.org.il/english/>) - Israel's leading Post-traumatic stress prevention and treatment organization.

Yotam holds a BA in psychology and general studies and a MA in clinical psychology from the University of Haifa, Israel and upon being awarded the Wexner fellowship, has recently completed his Mid-Career Master degree in public administration at the JFK School of government at Harvard University. Yotam (born 1966) is married to Iris and is a father of 4 boys, resides in Northern Israel.

\*\*\*\*\*

## Track #2: Cultural Art - The Jerusalem 2015 Biennale for Contemporary Jewish Art

The Jerusalem Biennale is dedicated to exploring the places in which Contemporary Art and the Jewish World of Content meet. It is a stage for professional artists, who create today and refer in their work to Jewish thought, spirit, tradition or experience, to exhibit their work in Jerusalem.

<http://www.jerusalembiennale.org> | Ram Ozeri: [info@jerusalembiennale.org](mailto:info@jerusalembiennale.org)

**Track #3: Ecology in the Society: Community Gardens and Sustainable Activism**

**Location:** Park Ha'Mesila and the Nature Museum Community Garden, Jerusalem

**Ariella Cwikel, Head of Community Sustainability Unit, Municipality of Jerusalem**

Born in Michigan, USA, in 1984, grew up in Omer, in the south of Israel. Living in Jerusalem since 2007. She has a BA and MA in Community Social Work from Hebrew University in Jerusalem. Her MA thesis was written on community organized environmental struggles. Since 2010 she has been the City-wide coordinator of the city's 60 community gardens of the Jerusalem municipality. Since 2014 she serves as Head of Community Sustainability unit in the Culture, Community and Recreation department of the Jerusalem municipality. She is also a participant in the Adam-Adamah group, a JCC Global Joint Project.

**Tehila Cohen, Nayot Branch Manager, Urban Nature and Community Gardens Coordinator, Ginot Hair Community Council**

Born in Jerusalem in 1982 and lived there since. Has a BA in Educational Leadership from Bar Ilan University. She started her environmental activity as a head of Education in an NGO "Shomera for a better environment". Presently she work at Ginot Ha'ir Community Center as coordinator of community gardens and urban nature, and development and initiation of community and educational activities related to preservation of the city's trees.

\*\*\*\*\*

**Track #4: Special Needs: Expanding the Boundaries of Our Community**

**Location:** Beit Hakerem Community Center, Jerusalem and ALYN Hospital, Jerusalem

**Beit HaKerem Community Center**

The Community Center serves as the community's administrator and also deals with physical aspects of the neighborhood. About 3000 people of all ages regularly participate in community activities. There are about 100 activists and volunteers. The Center promotes a responsible civil society by including residents on various committees, empowering citizens on every neighborhood issue (including involvement in the physical needs of the community), and

helping the weaker sectors of the community - Holocaust survivors, single parents, retirees, those with financial problems, etc.

The Community Center provides the bedrock for our communal life, and neighborhood residents (as well as others) are strongly drawn to it. The Center is home to attractive facilities, and it offers a wide variety of activities - culture, sports, music - to a wide audience: senior citizens, youth, children, and pre-schoolers.

Key features of the Community Center include the involvement of residents in the decision-making process, as well as facilitating many committees to benefit the neighborhood in such areas as: education, security, a local newspaper, and physical and urban planning. As a result of these measures, significant strides have been made toward bolstering the positive demographic trends in the neighborhood in an effort to preserve the original character of the area as a neighborhood of gardens.

Further information can be [found here](#).

### **Amitim Project, Beit HaKerem Community Center**

The Amitim Project (the name means "colleagues" in Hebrew) offers support and social integration within normative communal frameworks for people who are struggling with emotional difficulties. Amitim takes place within the community and outside the framework of the person's ongoing treatment. The project operates on a national scale and is the result of a partnership between the Community Centers organization and the Ministry of Health.

Amitim is designed for people between the ages of 18-65 who live in the community, are struggling with an emotional disability, and who have been recognized by the Ministry of Health for rehabilitative treatment. With this recognition comes a monthly monetary award that is for enrichment activities at the Community Center as well as for personal supervision by the local Amitim coordinator (who is a rehabilitative-care professional). For those who are interested, Amitim offers to match a participant with a volunteer, and it offers participation in a group that is designed to improve social skills.

Amitim believes that social rehabilitation is best thought of as a process that involves individuals and the members of the community into which they are integrating. The activity occurs on two parallel planes: the individual and the communal. There are 50 participants in the Amitim project in Beit HaKerem.

### **ALYN Hospital**

ALYN Hospital is one of the world's leading specialists in pediatric rehabilitation and is the only facility of its kind in Israel. ALYN specializes in diagnosis and the rehabilitation of infants, children and adolescents who are suffering from physical disabilities, both congenital and acquired.

ALYN Hospital employs a multidisciplinary staff including doctors and paramedical therapists. ALYN's various departments and services include: the Respiratory Rehabilitation Department, the Rehabilitation Department, the Day Rehabilitation Department, Shachar Rehabilitation Educational Medical Day Care Center, the Skill Building Center, the Therapeutic Sports Center and the Legacy Heritage Independent Living Neighborhood for ventilator-assisted young adults.

At ALYN we treat children suffering from a variety of physical challenges, from routine conditions which need a professional diagnosis and short term treatment to long-term rehabilitation for children and adolescents suffering from severe injuries or complex medical conditions - including children who are ventilator dependent. The families of all the patients receive instruction from the ALYN staff on how they can help their children through the often long and complex rehabilitation process. Patients come to ALYN from all over Israel and from abroad and are rehabilitated at ALYN regardless of their religion, ethnic origin or language.

The treatment at ALYN is multidisciplinary and includes doctors who are specialists in different fields and a variety of therapies which includes physiotherapy, hydrotherapy, occupational therapy and speech and language therapy. Throughout their rehabilitation process every patient and their family is accompanied by nursing staff, social workers and psychologists.

Children and their families work very hard during their rehabilitation treatments. In order to increase a child's motivation so that they make progress in their rehabilitation process ALYN adds animal assisted therapy, computer technology therapy, virtual reality games, medical clowns, hydrotherapy and exercising in the Hospital's Therapeutic Sports Center to the patients rehabilitation program.

We believe that it is every child's right - including children suffering from physical challenges - to have the best quality of life possible and therefore ALYN provides the tools to every patient and their family so that they can learn how to cope with their condition in order to reach their full potential, helped by their family and the ALYN staff.

For more information about the hospital visit: [www.alyn.org](http://www.alyn.org)

### **Maurit Beeri, MD, MPA, Director General**

Maurit Beeri is the Director General of the Alyn Pediatric and Adolescent Rehabilitation Center in Jerusalem, a 120-bed nonprofit hospital which is the leading facility in pediatric rehabilitation in Israel. Beeri is a Board-Certified Paediatrician who holds a graduate degree in Public Administration from the Harvard Kennedy School of Government. Beyond the executive position she is the founder of the Multidisciplinary Clinic for Infants and Children with Feeding Disorders at ALYN. She is also involved in various health and social initiatives to promote the care and rights of children with special needs, including the Early Intervention Coalition, which represents over 60 organizations and associations for children with special needs. Dr. Beeri is married to Professor Ronen Beeri, a cardiologist, and is the mother of three boys and personal assistant to two cats.

She can be reached at [maurit@alyn.org](mailto:maurit@alyn.org)

\*\*\*\*\*

## Track #5: Jerusalem through the Lens of Women

Location: Beit El HaLev, Jerusalem

### El HaLev

Since 2003, El HaLev has worked to empower women and reduce violence against those populations most vulnerable to it: women, adolescent girls, the elderly, children and individuals with special needs. El HaLev offers high-quality mind-body experiential educational services throughout the country, attuning the content and modes of teaching to the varying needs and abilities of the target audiences, cultures and traditions of the wide range of populations served. All programs reflect current international research on best-practices in violence prevention. They offer de-escalation strategies, self-esteem enhancement modules and emotional support, as well as practical and effective physical techniques conveyed in a positive and accessible manner. All of El HaLev's programs are based on the belief that every person has an inherent right to say "No!":

"No!" to violence, "No!" to abuse and "No!" to harassment.

### "Freedom to Choose"

El HaLev aims to ensure that every woman and girl is able to acquire the necessary skills to defend herself. Freedom to Choose is instructed by all-female teachers and is designed to provide a range of physical and mental tools to avoid and handle unwanted situations. Students leave the course with confidence in their freedom to enjoy their lives without fear of assault and to decide what their boundaries are, and when they have been crossed.

### Course Content

1. Building and asserting healthy boundaries in order to create awareness of the right of their bodies, their dignity and integrity in mind and spirit.
2. Identifying risky situations with a special emphasis on identifying violent partners in advance and exploitation by those in positions of authority, while strengthening sensitivity to intuition.
3. Practicing skills for de-escalating conflicts and recognition of the importance of this tool for reducing levels of violence while remaining calm in any given situation.
4. Addressing the question of: What is emotional and verbal violence?
5. Simple and efficient physical techniques to cope with violence directed against them, to be used only as a last resort.
6. Practice simulations of a variety of adverse conditions. Expanding the "toolbox" of responses to be used in such situations so that the participant does not feel she is powerless and can take measures that may increase her sense of security and freedom.

Our teaching method is experientially based and combines role-playing games and other activities which emphasize a sense of partnership and mutual empowerment. At the conclusion of the course, participants will “**break-a-brick**”. This unforgettable experience carries a deeper meaning to “breaking barriers” by mentally and emotionally showing participants that they can withstand the challenges of life.

For more information visit: <http://www.elhalev.org> or contact El HaLev at: +972-2-6781764 or [elhalev@elhalev.org](mailto:elhalev@elhalev.org)

### Yehudit Sidikman, CEO and Founding Member, El HaLev

I have spent most of my adult life working to forge both a professional and philanthropic career. Over a decade ago, I began my largest and most successful project in founding the Jerusalem-based nonprofit El HaLev (“To the Heart”). My the goal for the organization is to combat violence against people from vulnerable sectors of society; including women, teen girls, children, special needs individuals, and the elderly through empowerment based self-defense and martial arts programming. El HaLev not only focuses on personal safety education, but also promotes women’s economic advancement by providing careers in martial arts and self-defence instruction.

I’ve lived in Israel since 1984, and have committed myself to making positive social change with and through volunteer and entrepreneurial pursuits.

To hear her story: [https://www.youtube.com/watch?v=b3IEO\\_WAIDk](https://www.youtube.com/watch?v=b3IEO_WAIDk)

\*\*\*\*\*

### The Fanny Kaplan Program to facilitate Professional Employment for Women, “Pat” Neighbourhood Community Center in Jerusalem

”The women who participate in our program, work in their profession in an employment incubator established in the Fanny Kaplan - “Pat” Neighbourhood Community Center. It helps them take their first steps along a new path in a protected environment, and later on, when they complete the program, earn an income while working in their profession.

The program was conceived by four professional women who volunteer to direct it on behalf of, and in close collaboration with, the managing team of the Fanny Kaplan - “Pat” Neighbourhood Community Center.

**Israela Hirshberg, Judith Warschawski and Pnina Leshem** are retired social workers. During their professional careers they initiated, and for many years directed, several programs for the prevention of domestic violence - helping women to regain control over their lives, often by achieving economic and social

autonomy. **Florence Braun**, formerly a senior economist at the Bank of Israel, now retired, devotes her professional skills to the study of barriers preventing long-time unemployed people from participation in the work force. Israela, Judith, Pnina and Florence use their broad knowledge and experience to implement this program which they initiated for the insertion of professional women residing in the “Pat” neighbourhood and in close-by low-income areas, into jobs of their choice, tailored to their needs and capacities.”

This program aims to help women willing in overcoming barriers they experienced while attempting to break into the workplace to realize their professional potentials and attain stable employment and financial independence.

For information regarding the program please contact Ayala Danino, Director, Fanny Kaplan Pat Community Center at: [matnasp@fannykaplan.org](mailto:matnasp@fannykaplan.org) or +972-2-678-2858

For information about the Fanny Kaplan Centers in Israel please contact Frédéric Cherbite, Director, at: [fred@fannykaplan.org](mailto:fred@fannykaplan.org)

\*\*\*\*\*

## Track #6: New Approaches to Teenage Engagement

Location: Ganim Community Center, Jerusalem +972-2-644-1888

### Sachi

<https://www.youtube.com/watch?v=nxkgUqLM8cc>

Enable social and personal development through the act of giving. We know that giving as a way of life empowers the giver and has a beneficial influence on the society we live in. We aim to positively influence local communities within Israel.

The Sahi program is designed for teenagers aged 13-18. It empowers youth through the values of giving to and helping others. Sahi groups operate in cities, small towns, Kibbutzim and Residential Children’s Homes. We now have hundreds of Sahi members throughout Israel and are continually growing.

You can learn more about [Sachi from their website](#)

\*\*\*\*\*

## طوارئ القدس

### חירום

### Tawar'e Jerusalem

**Tawar'e aims to save lives and prevent disability through the improvement of emergency medical services in East Jerusalem**

Tawar'e (the Arabic word for emergency) is a project based in East Jerusalem that entails the establishment of a community health center which will include an emergency medical services calling point; training of youth to become medics, who in turn will take part in the center's response teams; and instruction to the population of East Jerusalem about awareness of and handling of medical emergencies.

#### Background

There are 15 emergency medical calling points in the Jerusalem area, and not one in the eastern part of the city. This - combined with the vast size of East Jerusalem, its urban density, heavy traffic, lack of Arabic-speaking medical personnel and the population's lack of awareness to medical issues - creates a reality in which the Arab population (estimated to be 298,000 people) does not receive effective emergency medical services in reasonable time periods.

**Tawar'e Jerusalem has set a goal to solve these combined problems with one solution! How?**

Creating a calling point in East Jerusalem will allow for the fast deployment of medical emergency response teams.

Training the population on issues related to medical emergencies, as well as creating a large base of first-aid providers, will ensure immediate response and life-saving activities until the arrival of the professional team, as well as raise public awareness to related issues.

Creating a volunteer framework for youth will allow their integration in the community in a more meaningful way, and pave the way for more community involvement, alongside training and volunteering.

#### For more details

Ziad Jad-Alla: +972-54-562-5475

Alon Metrikin-Gold: +972-50-645-7734