

# headspace Program Report 2022

headspace Israel is a program run by Enosh: The Israel Mental Health Association, which promotes mental health among adolescents and young adults (ages 12-25). The program has been active for 8 years.

During 2022, we successfully dealt with the widespread demand. Naturally, youth continue to face the ongoing challenges presented by the COVID-19 pandemic, as did the team members assisting the youth in various areas, who dealt with their own distress and burnout. The headspace team continues to reach out to young people in the early stages of crisis, in order to prevent the development of emotional and mental distress. We are pleased to share this report of our work and achievements in the past year.

## headspace Online and the expansion of responses and partnerships

Throughout 2022, we worked to provide direct services to adolescents and young adults in the headspace centers and expanded our services offered outside these centers. headspace Online, which operates with the support of funds from Bituach Leumi (National Insurance), expanded its services to reach all areas of Israel, offering responses to emotional needs in an accessible and professional manner. This service functions in collaboration with pre-military preparatory schools, national service year programs, the Yated program, youth centers and more. We worked extensively with teams in the fields of welfare and education to provide them with additional tools and knowledge, as well as to support and guide them in meeting the challenges they face.

We opened within headspace Jerusalem a unit specializing in the Ultra-Orthodox education sector of the Ministry of Education. We were recognized as an authorized provider in the Ministry of Education's Geffen system (Flexible Pedagogy) program, offering a wide range of meaningful programs. We have continued our activities with the Pishgah (teaching staff development) centers. We launched an additional stage of our fruitful collaboration with the Israel Center on Addiction (ICA).

## The socio-political arena

In this past year, representatives of Enosh, in general, and headspace, in particular, participated in modifying legislation and policy, by taking part in Knesset committees, round tables, and coalitions of numerous organizations. We met with government ministers and representatives, and had the privilege of hosting individuals holding important roles who were willing to talk, listen, discuss, and learn. This promoted varied forms of action and created meaningful collaborations with various government ministries and entities. We are grateful for the heartwarming visit of President Herzog's wife, Michal Herzog, at headspace Jerusalem. We see great value in various offices and entities thinking and working together. We would like to thank everyone willing to participate.

We would also like to thank all our partners and donors for their generosity and involvement, as in addition to their willingness to take part in innovative activity in the field of mental health in Israel.

We wish to thank all of our employees and volunteers from the bottom of our hearts, for their investment and dedication, as well as their loving and compassionate actions.

## We are ready to begin another year of work!

### Activity in the headspace centers



1557

Service recipients



1057

Focused therapeutic treatments



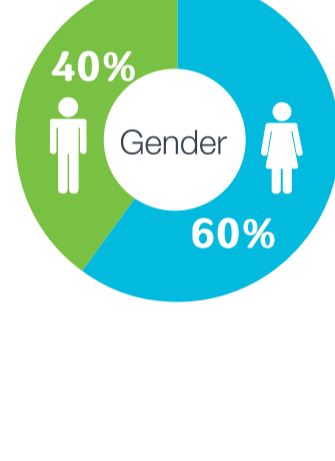
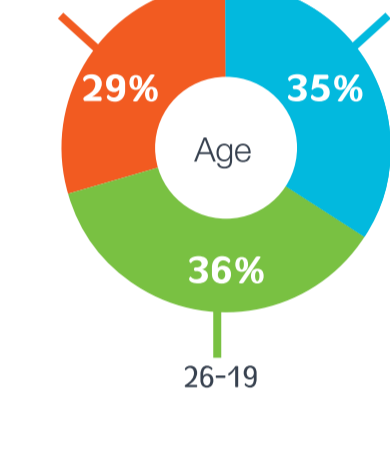
320

Therapy groups



180

Counseling, guidance and mentoring sessions



### Major issues facing the youth who participated in headspace programs in 2022:

- Sexual identity
- Self-image
- Social skills
- Relationship crises
- Anxiety
- Depression and sadness
- Social anxiety
- Crises related to adolescence
- Employment
- Body image
- Use of psychoactive substances
- Violence
- Behavior problems
- Challenges due to problems with attention and concentration
- Adaptation acclimatization
- Self-harm
- Suicidal thoughts
- Coping with a traumatic event

### Nationwide distribution



**Type of Center**

- Physical Center
- Online Services

### Knowledge Development

#### Internal training for organizations

Throughout the year, we were active in developing professional knowledge, training teams, conceptualizing the available information regarding mental health, and presenting it to the whole team. Four clinical instructors guide the treatment teams. Additionally, individual training sessions were given to students in therapeutic professions during their practicum, and to volunteers in mentoring projects. Alongside these professional training sessions, weekly group training was provided to the staff members, to support their development and learning process, improve their practice, and expand their familiarity with new realms of knowledge related to working with adolescents and young adults. The training sessions offered during 2022 included training in various intervention models and tools adapted to work focused on adolescents and young adults, such as Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), short-term therapy, working with victims of sexual abuse, healthy sexuality, addiction and the spectrum of substance use, and more.

#### headspace Academy – an external knowledge source for organizations

As a source of professional and high-quality knowledge in the field of mental health for adolescents and young adults, we worked hard throughout the year to make this knowledge accessible in a way that is adapted to the target audience of youth in middle schools and high schools, pre-military preparatory schools, youth movements, national service year programs, and youth centers. At the same time, we conducted training and workshops for professional teams in educational, social, and academic entities, as well as among delegations in Israel and abroad. As a recognized and authorized provider in the Geffen system of the Ministry of Education, we have developed six programs in accordance with local needs, making headspace services available to youth throughout Israel, and supporting educational teams. We gave over 200 hours of workshops, training, and lectures on various topics, including: identifying signs of distress, providing first aid, body image, and eating disorders, targeted treatment, non-violent communication, and more.

### What do we have planned for the coming year?

Over the next year, we will expand and develop innovative services, offered physically and virtually. We will begin using a Core Support system for therapy and patient-caregiver relationship. We will open a headspace center in Tel Aviv and a therapeutic unit in Jaffa, in cooperation with the local authority and the Yated program, to help adolescents and young adults deal with the challenges of their age and the spectrum of substance use. We will expand the Big Brother/Sister mentoring program. To further promote health, we will move into more locations, offering open-door services, lectures, and workshops for the promotion of health, as part of our collaboration with the Israeli Center on Addiction.