



2023 Program Report

As 2023 came to a close, headspace Israel navigated through a complex and challenging reality, carrying with it a sense of optimism for better times ahead. The global pandemic had already tested our collective resilience for three years, and 2023 posed further challenges to our physical and emotional defense systems. The complicated dynamics of the ongoing situation have impacted the entire population, particularly affecting youth and young adults. This highlights the vital need to maintain robust defense systems that can adapt and provide effective responses in the face of challenging circumstances.

Throughout the year, headspace has observed the remarkable resilience and adaptive efforts of youth and young adults. Simultaneously, there were heightened levels of distress and a notable need for connection and support. Many parents, teams, and professionals dealing with the challenges posed by adolescents and young adults also grappled with a sense of helplessness, emphasizing the challenge of identifying emotional struggles and the need for expanded capabilities. These experiences guided us in developing and diversifying our resources, and we take pride in sharing some of them with you.

Expanded Resources and Partnerships

headspace Tel Aviv-Yafo: This year, we inaugurated a new headspace center in Tel Aviv Yafo in collaboration with the Municipal Social Services Administration of Tel Aviv-Yafo. Notably, this is the first headspace center to incorporate a municipal unit dedicated to treating youth and young adults along the continuum of substance use. Research emphasizes that a substantial number of youth and young adults engage in psychoactive substance use or addictive behaviors. However, only a fraction advance to the level of dependence that meets addiction criteria, despite the potential for significant harm resulting from their usage.

Our center's unique approach eliminates a major barrier to seeking assistance at the early stages of usage or during any crisis situation. headspace Tel Aviv-Yafo exemplifies important and extensive collaboration with the local municipality and the Ministry of Welfare - and the Yated - national program for young adults at risk.

headspace Online: In accordance with our work plan and with the support of the National Insurance Institute (The Fund for Children and Youth), we introduced an additional team to headspace's online services. This expansion allows us to broaden the reach of service recipients, along with increased service offerings and the inclusion of online therapy groups. These are welcomed with clinical effectiveness and satisfaction. We are delighted to see and share that the online service facilitates access to therapeutic responses nationwide, especially in peripheral communities where accessible services are currently limited.

headspace Academy: Over the course of the year, headspace has made a significant effort to disseminate knowledge, tools, support, and professional guidance nationwide. Additionally, we were reminded that anyone interacting with youth and young adults has the potential to assist, influence, and initiate change, as long as they possess the necessary knowledge and tools.

In the cities of Rosh Ha'ayin and Nahariya, we undertook impactful initiatives this year, formulating a comprehensive work plan that incorporates a diverse range of responses. This includes collaboration with education and informal education teams, therapists, professional teams, and social and community services. These efforts are complemented by numerous workshops designed to expose youth, teams, and parents to new concepts, enhance capabilities, and fortify resilience.

The Social, National, and International Arenas

Once again this year, we underscored the importance of actively participating in policy changes and anticipating future trends on the social, national, and international levels. Our involvement extended to participation in Knesset committees, such as the Labor and Welfare Committee and the Committee for the Rights of the Child. Additionally, we joined roundtable discussions and a program organized by the Government Coordination Unit for the Rights of Children and Youth. We are grateful to have continued our tradition of hosting dignitaries at the headspace center in Bat Yam, with this year's guest being Dr. Ralph King, the Australian Ambassador to Israel.

As always, we were delighted to welcome partners who have consistently supported us, believed in our mission, and witnessed the ongoing impact of our work. We express deep gratitude to all our partners and contributors for their generosity and commitment, both in ordinary times and during moments of crisis. A heartfelt thank you to the field teams, both employees and volunteers, who dedicate themselves tirelessly with passion, love, and creativity.

Dr. Hilla Hadas
CEO of Enosh



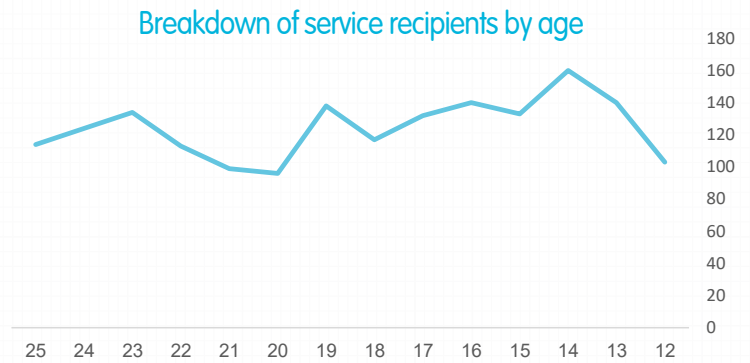
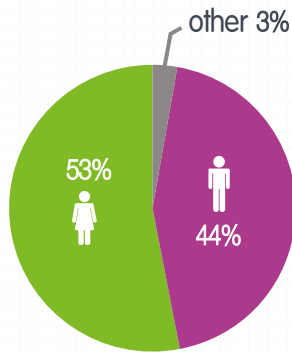
Noa Cahana Buskila
Director of headspace Israel



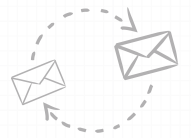
Summary of Activity in headspace Centers



*Some service recipients utilize more than one service.

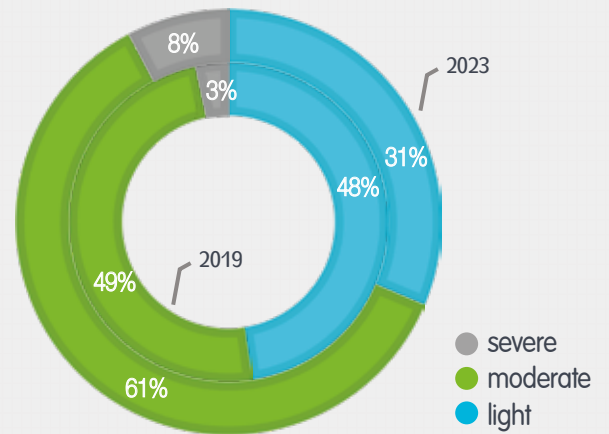


Summary of Activity in headspace Online



Assessment of Severity

As part of our objective to comprehend the situations of youth and young adults, we monitor the severity of their condition through assessments conducted by the treatment team. The assessment takes into account symptom severity, functional levels (academic, social, occupational, family), and active risk factors. This year, we noted that over half of the center's clients are categorized as having a moderate severity level. This data reflects a deterioration in the characteristics of the centers' clients compared to previous years.



What Occupied the Minds of headspace Youth in 2023?



headspace Academy

1250
service recipients

Workshops promoting resilience and mental health for youth

Workshops providing mental first aid to teams

Lectures

Open Door - short consultation sessions with a professional

Training and professional guidance for teams



Where Have We Been?

Youth Centers

Pre-army service preparatory programs

Youth villages

High schools and middle schools

Youth movements

The IDF

Main Topics Addressed

Transitions

Coping with uncertainty

Anxiety and blocks

Mindfulness and self-compassion

Suicidality

Decision-making

Close communication

Resilience

Test anxiety

Nationwide

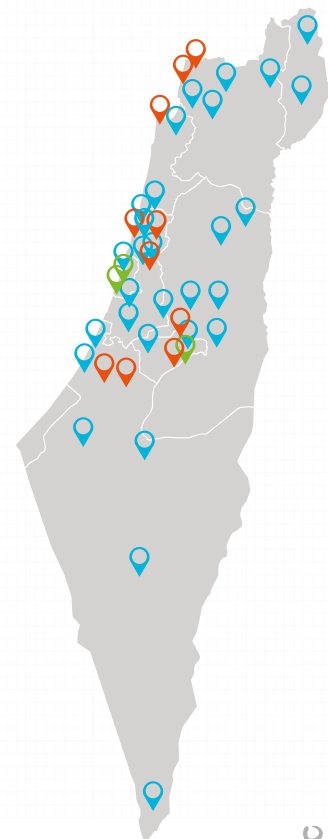
Centers: Tel Aviv-Yafo, Bat Yam, Jerusalem

Online: Ramla, Rishon LeZion, Be'er Sheva, Ma'ale Adumim, Kiryat Yam, Ashdod, Netiv, Baruchin, Beit HaShita, Ein Zivan, Yirka, Tzfat, Ma'alot, Acre, Haifa, Eilat, Yerucham, Ashkelon, Ma'ale Adumim, Efrat, Yavne, Holon, Rehovot, Rishon LeZion, Netanya, Pardes Hanna, Hatzavah, Kiryat Shmona, Katzrin, Ramat Magshimim

headspace Academy: Modi'in, Ramat HaSharon, Hod HaSharon, Nahariya, Kiryat Yam, Kiryat Malachi, Haifa, Kiryat Gat, Netanya, Jerusalem.

Leading Online Communities: Ramla, Rishon LeZion, Be'er Sheva, Ma'ale Adumim, Kiryat Yam, Ashdod

New Communities: Netiv, Baruchin, Beit HaShita, Ein Zivan, Yirka, Tzfat



Iron Swords War

On October 7th, we were collectively confronted with the pain of the unforeseen terrorist attack, bringing terms typically associated with the battlefield into everyday conversation. Our teams demonstrated flexibility, creativity, and adaptability, enabling us to stay attuned and responsive to the community's needs. Despite moments of tension, we effectively met targets, continued our operations, identified distress and needs, made adjustments, and responded quickly. Both current and past service recipients view headspace as an anchor and a home. Throughout this period, we designed customized initiatives in line with the evolving needs in the field, ensuring that our services are accessible and creating a therapeutic continuum.

Continuation of Treatment

Immediately with the outbreak of war, we adapted the treatment system to align with the needs of our services recipients. We offered online, telephone, and written responses tailored to the needs of each individual, serving as a reliable anchor and source of support. While maintaining the existing treatment continuum, we remained attentive to emerging needs and addressed them accordingly.

Online Forums for Open Expression

We initiated open sessions for young individuals led by a therapeutic professional, offering a platform for dialogue, normalization, and the open expression of emotions and feelings. We established a supportive environment with an inclusive and empathetic internal discourse. We are pleased to have received feedback from service recipients who consider our spaces a comforting haven where they even invite additional friends.

Educational Teams

We met with educational teams to discuss the impact of the adolescents' experiences of uncertainty, particularly concerning various behaviors during times of conflict. We offered different ways to observe and understand the common challenges faced by youth and young adults during conflict, offering tools to identify signs of distress and strategies for intervention.

Crisis Intervention

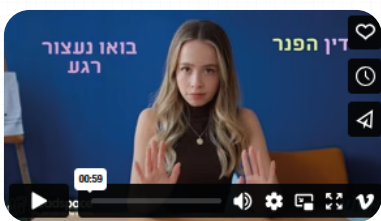
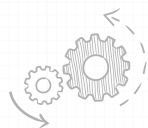
In response to appeals from youth and young adults experiencing mental, emotional, physical, or behavioral distress, we provided focused and brief crisis interventions, ranging from a single meeting to four sessions. These interventions played a crucial role in restoring the bio-psycho-social balance of the youth and facilitating their return to normal functioning.

Parent Support Groups

Parent support groups are an important service, especially during difficult times. With the outbreak of the war, we met with parents of adolescents primarily to offer crucial support for their parenting roles within the context of an uncertain reality. We normalized various behaviors that parents encountered with their children, providing a space for dialogue, compassion, a range of strategies, and insights for their parenting journey.

Open Studio

As part of our objective to offer youth and young adults a range of emotional coping strategies, we created an open studio where we foster a creative process using diverse art materials as a therapeutic catalyst. The studio allows for individual work within a group space, providing a designated time and place for creative expression and emotional exploration. This structure empowers each participant to choose their level of connection to others, with the therapist's support and mediation available as needed to facilitate the evolving process.



Supportive Content and Explanatory Videos

Led by film students collaborating with leading professionals in the field and teen media influencers, all generously volunteering their time, we produced a range of supportive content in an accessible and empathetic language. These materials offer practical tools for support and self-help. This added an additional dimension to our capacity to connect with young people, providing accessible and tailored professional responses.

The videos were distributed on social networks to the general public, gaining exposure and wide engagement.

The videos can be found on the headspace website and social media channels.

[For videos on the website >>](#)

What Awaits Us in the Coming Year?



We set forth in 2024 with a firm commitment to continue our efforts with determination, humility, and careful attention to the evolving needs in the field. Our plans include the expansion of supportive therapeutic content; exploration of ventures into the world of virtual reality; deepening our focus and expertise in the areas of trauma, grief, and mourning; extending the reach of headspace Academy to new regions; and cultivating synergistic collaborations with new initiatives within Enosh. These collaborations aim to provide supplementary and complementary support programs.