



achieving peace of mind™

17 evidence-based interventions 5 DBT groups 10 play therapists 19 clerical onsite
 3 parenting groups 1,351 Children serviced monthly 7+ couples therapists 94 male clinicians
 2 process groups 8 culturally sensitive psychiatrists 13 Simpatico activity providers 11 languages in geriatrics
 2,433+ sessions monthly 10+ clinical supervisors 291 Simpatico providers 10 play therapists 116 female clinicians
 4 clinic locations 2,433+ sessions monthly 10+ clinical supervisors 291 Simpatico providers 10 play therapists 116 female clinicians
 5 boroughs 3 parenting groups 1,351 Children serviced monthly 7+ couples therapists 94 male clinicians
 10 programs receiving CORE services 2 process groups 8 culturally sensitive psychiatrists 13 Simpatico activity providers 11 languages in geriatrics
 10 supervision groups 6 supervision groups 11 languages in geriatrics 247 clients in geriatrics 74 clients receiving CORE services
 19 clerical onsite 94 male clinicians 13 Simpatico activity providers 10 play therapists 116 female clinicians
 10 play therapists 19 clerical onsite 94 male clinicians 13 Simpatico activity providers 10 play therapists 116 female clinicians
 7+ couples therapists 94 male clinicians 13 Simpatico activity providers 10 play therapists 116 female clinicians
 8 culturally sensitive psychiatrists 13 Simpatico activity providers 10 play therapists 116 female clinicians
 10+ clinical supervisors 291 Simpatico providers 10 play therapists 116 female clinicians
 13 Simpatico activity providers 10 play therapists 116 female clinicians
 19 clerical onsite 94 male clinicians 13 Simpatico activity providers 10 play therapists 116 female clinicians



LEADING THE WAY.

Our Mission

Pesach Tikvah was established with the goal of helping people achieve peace of mind. By providing a wide array of therapeutic services for behavioral health and developmental disabilities, Pesach Tikvah aims to help every person reach a state of complete wellness. The growth we've seen over the past 40 years, is a testament as we continuously strive to reach our goal.



A Message from Executive Director Yerachmiel Stern, LCSW

Forty years ago, Pesach Tikvah was founded by people who wanted to change the way the Heimishe community related to emotional struggles. Back then, people in our community brushed their emotional struggles under the rug and lived with pain and shame. Our founders wanted to offer our dear community a resource for health and healing that was sensitive to our culture, and in 1983 Pesach Tikvah was born.

Their mission was simple: to give people hope by showing them that they didn't have to live with ongoing emotional pain. Forty years later, our founders have seen thousands of people walk through the doors of hope at Pesach Tikvah and go on to live healthier, happier, and more meaningful lives.

As Executive Director, I am continuing to fulfill the vision of our founders. My mission is to deliver the highest level of mental health care in a way that honors the humanity of every person who encounters Pesach Tikvah. What I care about most is the dignity of the individuals who comprise our communities, that everyone should fundamentally know their immeasurable worth and have the emotional tools to cope with life's challenges.

I believe that the foundation of excellent mental health services is to hire and retain excellent staff. One of my greatest priorities is to build on our foundation of

licensed, qualified, dynamic, and culturally-sensitive staff. When hiring, I look for clinicians – both therapists and psychiatrists – who are not only qualified but who are compassionate and understand our unique culture.

Great staff starts with great leadership. From our Board of Directors to our Clinic Directors and Program Directors, Pesach Tikvah is led by people whose commitment to our mission is personal. Each one wants Pesach Tikvah to provide the highest quality, sophisticated services in a gentle manner.

I envision a future where all children and adults in our community get the help they deserve. From our School Satellite Program, which provides therapy to students in more than 35 schools, to our Simpatico program bringing pre-therapy intervention to children in all five boroughs, to our CORE and Health Homes programs that provide mental health support at home and in the community, to our four Family Centers – Pesach Tikvah is always here to help.

I want you to know that our services are available to everyone. All insurances are accepted, and we don't turn anyone away due to inability to pay. If you are experiencing emotional difficulty, know that you are not alone. Pesach Tikvah has been here for you for 40 years, and is always striving to do more for the community.



“When you
choose
hope,
everything is
possible.”

Mental
Health
Services



Child Wellness

There is nothing more important than providing our children with emotional wellness so that they can grow up to be strong, healthy, and functional adults. Children face so much that is beyond their control, but early intervention is the best course of action. When treated young, children can enjoy bright futures.

Pesach Tikvah's four Family Centers treat children of all ages. Our School Satellite Program provides therapy inside of more than 35 schools. Simpatco offers children pre-therapy intervention. Health Homes offers treatment management solutions for children as well as adults.



School Satellite Programs

The Right Fit

Pesach Tikvah understands that all children are unique, as are the cultures of their upbringing. Pesach Tikvah understands that all children are unique, as are the cultures of their upbringings. All children in the School Satellite Program are matched with therapists who understand their way of life so that they feel comfortable and understood by them.

Joint Effort

Pesach Tikvah and the schools cooperate synergistically to support children's emotional health. The fact that the School Satellite Program is located within the school ensures that everyone is on the same page and that consistency is maintained in every aspect of the child's life.

Just as some children get reading help, and others require math assistance, some children visit a therapist. This normalizing approach ensures that there's no stigma attached to the therapy sessions, resulting in a win-win situation. The child is getting the necessary mental health care without feeling stigmatized by his or her peers.

“When we work together,
our children have bright futures.”



Emotional Wellness

Reaching out for mental health care takes courage. Once you make that decision you should have access to the best service. By surrounding your therapeutic experience with an ambience of warmth and professionalism within state-of-the-art facilities, Pesach Tikvah ensures an optimal experience.

All forms of insurance accepted

Confidentiality

Our Family Centers were built with your privacy in mind. We know that embracing therapy can be tough and we understand your need for complete confidentiality. At Pesach Tikvah, all your information and disclosures will be handled with complete discretion.

Experienced Therapists

Every therapist hired by Pesach Tikvah is carefully selected. Therapists are matched to clients based on their specialty, cultural preference, and location. With over 200 therapists on staff with a broad range of expertise, you can be sure that your therapist will be able to quickly and effectively help you work through your struggles.

Our therapists are trained in up-to-date therapy modalities including:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Psychodynamic/Psychoanalytic Therapy
- Eye Movement Desensitization Reprocessing
- Somatic Therapy
- Internal Family Systems
- Theraplay
- Sand Tray Therapy
- Parent Child Interactive Therapy
- Gottman Method
- Trauma Focused Cognitive Behavioral Therapy
- Emotionally Focused Therapy
- Sensorimotor Psychotherapy
- Addiction Counseling

Group Therapy

Pesach Tikvah offers a variety of skills-based groups, using empirically proven modalities to aid individuals to reach their goals. Individuals build effective coping skills and improve their mental and emotional health.

We offer group therapy in the following areas:

- Dialectical Behavioral Therapy
- Parenting
- Social Skills
- Post-partum
- Addiction Recovery

Supervision and Training

Pesach Tikvah is known for supporting our therapists so that they can provide the highest level of care to our patients. Our therapists don't work alone - they have access to expert supervision. Every therapist on Pesach Tikvah's staff has the opportunity to broaden his or her skills through the professional trainings we provide.



926 Family Center

The 926 Family Center is Pesach Tikvah' s flagship Williamsburg location, where we offer a full array of warm, caring individual and group therapeutic services. Our therapists come from inside the community and understand its specific needs. The 926 Family Center continues to represent the vanguard in sophisticated mental health care. This Family Center was built with personal dedication and love which clients still experience today.



640 Family Center

Our modern Williamsburg location is a boutique mental health experience where clients receive top-of-the-line customer service. This Family Center employs its own psychiatrist and is known for its high level of staff supervision. Its director pays attention to each case, ensuring successful therapeutic outcomes. At the 640 Family Center, you' ll have a high-end private therapy experience.



4111 18th Ave Family Center

Our recently renovated Kensington and Flatbush location is the original clinic serving Borough Park, Kensington, Flatbush, and Crown Heights. It brought a new dimension of high-quality mental health care to these communities and continues to be the leading source for sophisticated mental health care. This clinic employs therapists of many hashkafas so that people from each community can culturally relate to their therapists.



5309 18th Ave Family Center

The 5309 Family Center is a state-of-the-art built-to-suit outgrowth of the 4111 Family Center. It is now our flagship location in Borough Park, employing 60+ clinicians who benefit from its sophisticated learning environment. Evidence-based, modern, effective group therapy is a feature of this location, including Dialectical Behavioral Therapy and parenting groups. The 5309 Family Center has a group therapy room, serene individual therapy rooms, recreational space, and play therapy room. As always, therapy is culturally sensitive and confidential.



Hearts and Minds

Our addiction counseling program, Hearts and Minds, aligns with our values: we aim to help people attain a state of wellness in body and mind through high quality, confidential care from inside the community.

Holistic Approach to Recovery

Recovery from addiction is a new way of life. Outpatient recovery at Pesach Tikvah is based on evidence-based practices, customized for each person. Not everyone starts in the same place – we all have different backgrounds, strengths, and struggles. Every story matters, every story counts, so the approach to each person is specialized.

Pesach Tikvah treats the whole person. We know that alcoholism, substance use, misuse of the Internet, and gambling are connected to mental health and family issues. Our approach is to nurture our clients with one-on-one counseling, education and skill building, group counseling, and mental health support for both the client and the client's family. If medication is appropriate for a co-occurring mental health condition, our on-staff psychiatrists are available to guide each person toward a path of healing.

What Heart and Minds Clients Receive

Hearts and Minds clients receive a suite of compassionate, private, client-centered therapies. These therapies include:

- Individual recovery counseling
- Group recovery counseling
- Individual psychological therapy
- Group psychological therapy
- Medication support if applicable
- Therapy for family members

Pesach Tikvah accepts Medicaid and almost all insurances. No one will be turned away due to inability to pay. We believe that high quality care should be available to everyone in the community, at all levels of income.

Recovery Support Services

Pesach Tikvah's recovery services are designed to get individuals on the road to recovery, and to help them to stay on that path. We offer ongoing help for maintaining long-term sobriety and emotional well-being. One-on-one therapy and medication management are the cornerstones of our recovery support services.

Support for Families

Alcoholism, substance abuse, Internet misuse, and gambling affect the whole family, so Pesach Tikvah offers support to the loved ones (parents, children, siblings, caregivers) of people who struggle with these issues. Our compassionate and empathetic therapists are here to provide confidential support for the whole family. We offer individual and couples counseling, as well as play therapy for children. All our family services are completely confidential.



Home-based Mental Health Services

These services integrate the therapeutic process into the home and provide support to clients and caregivers. Professionalism within state-of-the-art facilities, Pesach Tikvah ensures an optimal experience.

Care Management Services: Health Homes

The Health Home Care Management Department is a team of experienced care managers who guide and provide a shoulder to lean on to support the chronically mentally ill with their personal and health related goals. Care managers make care plans that may include goals such as finding better housing, a better job, better treatment (psychological and physical), addressing family needs, legal needs, and other goals.

Adult HCBS and CORE Programs

For eligible Medicaid clients with a history of mental health diagnoses, Pesach Tikvah's CORE program (Community Oriented Recovery and Empowerment) and HCBS program (Home & Community Based Services) offer a customized array of services based on each client's needs. Providers can meet with clients in their homes or community settings. Services provided include: job counseling and ongoing workplace support, educational support, daily living skills support, peer support, in-home counseling, and social skills counseling.

Children and Family Support: Simpatico

The Children and Family Support Services are a unique suite of pre-therapy rehabilitative services. Simpatico offers mentoring and creative expression groups for children in all five boroughs of New York City, and Long Island. This program focuses on teaching your child to connect to himself or herself, so that he or she can connect to others. Simpatico takes place in school, at home, or out in the community. This program offers a holistic and creative approach.



“

Learn, grow, and
reach for the stars.





OPWDD
Services

Kochvei Tikvah Seminary

Through an enriching program that promotes independence, fosters community inclusion and provides the skills for gainful employment Kochvei Tikvah empowers developmentally delayed women ages 18+ with the tools they need to become productive members of the community.

- ★ Judaic & Secular Education
- ★ Emphasis on Hashkafa
- ★ OPWDD Eligible
- ★ Computer Training
- ★ Culinary Training
- ★ Budgeting Skills
- ★ Social Skills
- ★ Community Inclusion
- ★ Recreational Activities
- ★ Summer Sleepaway Camp







The Talent Center

The Talent Center is a hands on program that leverages innate talent to hone the skills of high functioning children and teens with developmental disabilities . This program takes an innovative approach to skill building for the children and teens fortunate to attend.

- **Music**
- **Art**
- **Photography**
- **Hair Styling**
- **Sewing**
- **Dancing**
- **Food Decorating**
- **Nutrition**
- **Crafts**
- **Social Skills**

Family Reimbursement

PesachTikvah aims to alleviate families with special needs children of any additional financial burden that may arise. We provide funding towards summer camp programs and any other expensive medical equipment that your child requires.

Time to Recharge

Raising a child with special needs requires endless reservoirs of time and energy. Pesach Tikvah's respite programs are designed to keep your child stimulated while giving you a much needed break.



**After School
Respite**



**In Home
Respite**



**Sunday
Respite**



**Pre & Post
School Respite**



**Legal Holiday
Respite**



**Community
Habilitation**

66
The golden
years of our
geriatric
population
should be
just that:
golden.

Geriatric
Services



Assistance for Seniors

Senior Services was launched to service Holocaust survivors and their family caregivers. This program is supported by the Claims Conference, the NYC Council, and the Jewish Federations of North America.



Supportive Community

Pesach Tikvah employs the unique “Supportive Community” model to maximize the physical and emotional well-being of the many Holocaust survivors residing in Brooklyn, New York. Trained staff and volunteers make hundreds of visits to Holocaust survivors each month. They provide much needed emotional support and stimulation, telephone support, group activities, social events, one-on-one art, drama, and music therapy, behavioral health support, advocacy, case management, and activity packages. The Supportive Community also provides light handyman services to survivors, free of charge. This includes changing light bulbs, adjusting heat and air-conditioning, and minor repairs.

Home-Based Geriatric Mental Health Services

In order to ease the pain of Holocaust survivors, Pesach Tikvah sends Yiddish speaking counselors to the homes of these seniors, assisting them with the traumas that still affect them.

Experts in the mental health field are consulted, as needed, to help deal with depression, and the long-term effects of post-traumatic stress disorder.

Friendly Visits

Maintaining independence is crucial for the morale of the seniors. Pesach Tikvah coordinates a group of devoted volunteers who make a minimum of one weekly visit to the home of a local Holocaust survivor. The volunteers chat, check on their welfare, run errands for them, and assist them with hobbies or other special interests.

Outings for Holocaust Survivors

Pesach Tikvah sponsors group outings and events for Holocaust survivors. These outings and events offer the survivors and their caregivers an opportunity for camaraderie and friendship.

achieving peace of mind™