

JANUARY 2024 // שבט - שנת תשפ"ד

Upcoming Trainings

JANUARY 11, 14, 15, 21, 22:

DBT Skills Training, given by Dr. Charlie Swenson, M.D.

- Part 1: January 11, 14, 15 on **Zoom**
- Part 2: January 21, 22 in person at **1720 Ave J**

FEBRUARY 12, 13, 14:

IFS Level 2, given by Dr. Alexia Rothman, Ph.D. at **1720 Ave J**

MARCH 5, 6:

EFT Tapping with Robin Bilazarian, LCSW, at **1720 Ave J**

MAY 16, 17:

Core Belief Training, given by Roy Keissling, LISW, at **1720 Ave J**

MAY 19 - 23:

Somatic Intervention Level 3, given by Ricki Bernstein, LMSW, on **Zoom**

Festive Chanukah Event for Holocaust Survivors

Our wonderful Geriatrics team hosted a beautiful and festive Chanukah party for Holocaust survivors. Approximately thirty survivors and their aids attended the event, which was a luncheon at Le Chateau. The attendees enjoyed a paint

class and an uplifting talk by Sarah Blima (Sandy) Gestetner, a beloved member of our Geriatrics team. Everyone socialized and engaged in camaraderie. The attendees were gifted small crock pots – perfect for cold winter weather. These monthly luncheons are a highlight of the month for everyone involved. Kudos to the Geriatrics team for creating another meaningful event.

New Executive Director of Operations Welcomed at Chanukah Celebration

Thank you to Zack Teper and Shlomi Helwa, our caring, dedicated, and always accessible Human Resources team, for the lovely Chanukah party at the administrative office. They went above and beyond to create an elegant atmosphere with excellent food. The menu was curated by Mr. Teper, Mr. Helwa, and Aaron Zev Herbstman. We're so grateful for their effort in bringing the joy of Chanukah into the office. The event made everyone feel appreciated. Mr. Teper and Mr. Helwa are always working hard to make Pesach Tikvah a great place to work, and the Chanukah party is just one example of their commendable efforts.

The highlight of the Chanukah party was when our new Executive Director of Operations, Yerachmiel Stern, delivered speeches to both the male and female cohorts. Mr. Stern discussed his vision of uniting Pesach Tikvah with its original

vision of long-term friendships and a positive workplace culture. He discussed our history as the trailblazers in Chassidische/Chareidi mental health services, and how he envisions us fulfilling that mission. His speech was met with a standing ovation. We're excited to work under Mr. Stern's leadership to bring even more dynamic mental health services to the communities that we serve.

Mr. Stern has taken Pesach Tikvah by storm, setting in motion an inspiring list of projects, including an Article 32 (a substance use program that is part of the CCBHC requirements) program launch, a marketing plan, and space-maximizing construction plans, which will widen the footprint of the 926 Family Center and provide expanded office space for Pesach Tikvah's growing and evolving programs.

Mr. Stern is working with the Board on the construction project, and we are so grateful for the Board's strong leadership. Likewise, a big thanks goes out to Lipa Werczberger for his supervision of the construction project. Mr. Stern's leadership is already yielding great results, and the future of Pesach Tikvah looks exciting. The staff is enthusiastic about collaborating with him to do fantastic things.

Super Success: Recent Trainings for Clinicians

The clinics recently offered four enriching trainings to Pesach Tikvah's clinicians. Pesach Tikvah's clinical trainings are one thing that stands out about us, and we extend great thanks to Lea Scharf and Gitty Applebaum for coordinating these workshops.

- **Crisis Oriented Recovery Services and Assessment and Treatment of Suicidality:** This training was facilitated by Elan Javanfard, M.A., LMFT. Thirty people attended. A social work intern said, "I like how he broke down working with suicide patients and made it seem less daunting. Something he said that I really liked was every behavior is a coping mechanism."

"Many things I learned are valuable. One idea I will implement right away is dealing with clients diagnosed with Borderline Personality. Although not in crisis, they very often perceive they are. The assessment through the four lenses and interventions that focus on those needs will probably be very helpful. Thank you!" said Freidy Schwartz, LMSW.

- **How to Apply CBT to the Treatment of Common Disorders Such as OCD, Anxiety, Depression, and Personality Disorders:** This training was facilitated by Dr. David Miller, Ph.D. 68 people attended. A LMSW said, "The presenter was

well prepared and extremely relatable to the audience. I am looking forward to the next time he presents."

"I found it really interesting how Dr. Miller points out to his clients the difference between them and their depression or anxiety," said Rivka Brackman, social work intern. "It creates a sense of agency and can be empowering."

- **How to Create and Use the Genogram in Session:** This training was facilitated by Rivki Jungreis, MS.Ed, LCSW. 24 people attended. "This was such an informative training. I learned so much. I will definitely be using the Genograms with my clients. I used it already and I see how incredible and useful it is," said Miriam Chazan, social work intern.

"The Genogram is a nice way to get a lot of information right from the beginning," said Shaina Bryski, LMSW, CASAC-T.

- **Helping Parents and Children Build Better Relationships Through Attachment Based Play:** This training was facilitated by Pesach Tikvah clinician Rochel Sandhaus, LCSW. 36 people attended. Bracha Weissman, LMSW said, "I was fascinated by the Therapy modality; I hope to integrate these ideas into my work."

"This workshop stressed the importance and highlighted the lasting impact we can have on our clients by creating a safe attachment," said Dov Sadowsky, social work intern.

Good News from Pesach Tikvah Programs

Credit where credit is due: Pesach Tikvah is always pushing forward to bring life-changing services to the communities that we serve. Here is good news from the past month. All of our staff deserve **א גרויסע דאנק** for their phenomenal work.

Clinics: The wait time between intake and getting assigned to a therapist has been reduced by 30%.

CFTSS/Simpatico: There is so much good news from CFTSS/Simpatico! Thank you to Bruchy Endzweig, Gitty Kahan, and the CFTSS team for their dedication and effort.

- First, a **טובל טובל** to Gitty Kahan on the birth of a baby boy.
- Simpatico has expanded groups into Bensonhurst, Borough Park, and Staten Island.
- CFTSS has started peer groups for women in Williamsburg: one group using creative arts, and a second group on homemaking skills on a budget.

CORE Program: A new employment initiative is being offered by OMH to CORE providers. This initiative may enable CORE to hire an employment specialist to build out a network with local employers/businesses in order to create employment opportunities for CORE members interested in finding employment. Our CORE program is exploring taking part in this initiative.

Health Homes: Thank you to Jacob (Menachem) Lichtman and the Health Homes team for their crucial work. Here's some of their good news:

- Health Homes has started serving children and now provides services to 150 kids.
- The Health Homes adult program has been receiving a lot of new referrals from clinicians across Pesach Tikvah's Family Centers.
- We'd also like to welcome Sheva Meyers, LCSW to Pesach Tikvah. She is the new Health Homes adult supervisor.

Women's Residence: Things are going well at the ICF. Three new staff have been hired, and Mr. Tropper is training them. The ICF is actively engaged in interviewing potential patients to fill the one remaining bed.

Health Homes Addresses Housing Crisis

By Chaya Moskovits, Health Homes Care Manager

As Care Managers in the Health Homes program, there is a vast array of challenges we get to witness and help clients through. Some of the issues are: Mental illness, poverty, single motherhood, domestic violence, physical limitations, developmental disabilities, loneliness, and lots of confusion and pain.

One of the pressing issues we face, which impacts all other areas of many clients' lives, is the housing crisis. According to Maslow's hierarchy of needs, housing is categorized under Physiological needs; it is part of the basic human need for survival.

Part of the vulnerability of the clients who face challenges on multiple fronts is not knowing what their basic rights and resources are. That is where our roles as Care Managers come in. We genuinely care to help our clients access all available resources. Additionally, we will advocate for them when needed.

We appreciate our Director, Mr. Lichtman, constantly arranging different presentations to keep us up to par on the various issues we face. The housing presentation by Mr. Hershkowitz was truly amazing in helping us understand what our available resources are to help these clients.

One of our successes in our team this month was when our amazing Care Manager, Diego, finally got through with CAMBA, and his homeless client successfully got housing vouchers. This made us all truly grateful and hopeful.

On another note: we all got hold of a Section 8 open waiting list and assisted many of our clients to apply. Many get so excited just dreaming about the new safe haven that they'll potentially be able to live in. While we are truly happy for them, we gently remind them that this is a lottery, and if it doesn't go through we'll continue trying.

Seeing the results of the work we do is a true joy. Yet, some of the work we apply towards housing leads to no results at all. That does not stop our amazing team from continuing to try with the resources we do have, because we understand and care, and want our clients to at least have that safe haven called home.

From the Information Technology Desk: Data Security Part Two

Public devices pose a stark risk to your data. If your log in information is cached on a public device, the people who use the computer after you can access your data. What is considered to be a public device? For instance, an office computer which multiple parties use, a public library computer, or a public computer in a print shop are risky devices for your data.

There are a few ways to mitigate the risks to your data when using public devices:

1. Never save your password to a public computer.
2. Always log off from your accounts before leaving the computer.
3. Clear the cache before leaving the computer.

Another issue with public devices is the transmission of viruses. Many people will, for example, bring a flash drive to a print shop and plug that flash drive into a public computer. Should that public computer have a virus, the flash drive can carry that virus back to one's personal device.

HHS, SAMHSA Release 2022 Data on Depression and Suicide

The 2022 National Survey on Drug Use and Health has been published by SAMHSA. A few mental health statistics stand out. Pesach Tikvah plays an important role in the community in addressing and treating these issues. Thank you to our phenomenal clinical staff for your monumental work.

- In 2022, almost 1 in 4 adults aged 18 or older had any mental illness (AMI) in the past year (59.3 million or 23.1%).

- Among adolescents aged 12 to 17 in 2022, 19.5% (or 4.8 million people) had a past year major depressive episode (MDE).
- 1 in 20 adults aged 18 or older had serious thoughts of suicide in the past year (13.2 million or 5.2%), 1.5% (or 3.8 million people) made a suicide plan, and 0.6% (or 1.6 million people) attempted suicide in the past year.
- Over 1 in 8 adolescents aged 12 to 17 had serious thoughts of suicide in the past year (13.4% or 3.4 million adolescents), 1 in 15 made any suicide plans (6.5% or 1.7 million adolescents), and nearly 1 in 25 (3.7% or 953,000 adolescents) attempted suicide in the past year.

US Surgeon General Releases Report: 2023 Social Media and Youth Mental Health

US Surgeon General Dr. Vivek Murthy issued an advisory on youth social media use and mental health. Here is a recap of what he said:

- There is not enough evidence to prove that social media is safe for young people's mental health.
- There is growing evidence that social media use

is associated with harm to young people's mental health.

- Children are exposed to harmful content on social media, as well as bullying and harassment.
- For many children, social media use is compromising their sleep and their valuable in-person time with their friends and families.
- We are in the middle of a national youth mental health crisis, and Dr. Murthy is concerned that social media is an important driver of that crisis.

It is useful to note that social media use can have a detrimental effect on adults as well. While many of our clients do not use social media, some do, and we are grateful to our clinicians for skillfully addressing this issue.

Group Therapy at 5309 18th Ave

The Borough Park clinic's therapy groups offer excellent opportunities for mental and emotional healing; clients find them extremely supportive and quite useful in their everyday lives. These groups offer real opportunities to learn emotional regulation and authenticity — they are an example of the multifaceted, dynamic work of our clinical staff. To enroll in groups, contact Abby Erlich at 646.801.3045 or email: aerlich@pesachtikvah.org. Here is the schedule of therapy groups at the 5309 Family Center:

DBT Groups:

- Mondays (Adult Women): 1-2 PM with [Esther Deutsch, LMSW](#)
- Mondays (Adult Women): 8-9 PM with [Susan Weinberger, LCSW](#)
- Tuesdays starting in January (Teen Girls): After school with [Esther Deutsch, LMSW](#) and [Abby Erlich, LMSW](#)
- Wednesdays (Adult Women): 10:45-11:45 AM with [Rochy Willner, LMHC](#)
- Wednesdays starting in January (Adult Men): 7-8 PM with [Yechiel Lichtman, LMSW](#)

Process Groups:

- Mondays (Adult Women): 10-11 AM with [Miriam Plutchok, LCSW](#)
- Wednesdays (Adult Women): 8:30-9:30 PM with [Miriam Plutchok, LCSW](#)

Parenting Groups:

- Tuesdays (Adult Women): 10:30-11:30 AM with [Rachel Brezel, LMHC](#)
- Tuesdays (Adult Women): 8:15-9:15 PM with [Rivky Weiss, LCSW](#)
- Wednesdays (Adult Women): 12-1 PM with [Rochy Willner, LMHC](#)



We'd like to wish a **שנת הצלחה** to all our staff with January birthdays. We are so grateful to have you as a member of our staff. You should be blessed with everything you need materially and spiritually.