

DECEMBER  
2024

כסלו  
תשפ"ד



א פרייליכן  
חנוכה



We'd like to wish a  
שנה הצלחה to all our  
staff with December  
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.

## Chanukah Greetings from Our Executive Director

When we want to speak about wisdom, goodness, and hope, we often use light as a metaphor. We are encouraged by the fact that a tiny flame can illuminate a whole room, and that the sun – millions of miles away – can warm the Earth. As Shlomo HaMelech says in Mishlei, our own neshamos are “candles of Hashem.”

Once a year, we as a people celebrate the power of light, kindling the Chanukah menorah for eight nights, recalling the miraculous victory of the Maccabees over the Yavanim and the triumph of light over darkness. The Chanukah miracle reminds us that we each have the power to transform darkness into light, and we see that every day at Pesach Tikvah.

Inside our Family Centers and at our participating Yeshiva Satellite Program schools, our therapists are revealing the light inside over 2000 people. Our clients come to us with trauma, anxiety, broken homes, and all manners of hardship. With great heart and kindness, all of you bring out the best in them, helping each one to come to know his own inner light. I want to thank every single one of you for approaching your work with so much love and personal commitment.

I want to acknowledge our clinic directors and School Satellite Program director for leading the way. Esther Deutsch's sophisticated brilliant systems continue to elevate our agency. Aharon Fink's excellent hands-on clinical acumen continues to raise the quality of our clinical work. Aaron Zev Herbstman's astute daily Daf shiur dazzles us with chidushim, and his leadership abilities continue to raise up our organization. Rabbi Avrum Grunwald has expanded the School Satellite Program into Crown Heights, which has been prominent, valuable, and meaningful. Additionally, Lea Scharf has brought us enlightening trainings. We have had record-breaking enrollment in the trainings, drawing over 70 participants per training. A special thank you also goes out to Hedy Roth, who accomplished our groundbreaking CCBHC Demo certification, which will allow the clinics to flourish like never before.

Kesher Connection, led by Jacob Lichtman, is another example of Pesach Tikvah's ability to turn darkness into light. Kesher Connection has been thriving magnificently, reaching very far and wide. Kesher Connection's Care Managers stand out as beacons in the lives of their clients,

always ready to lend a helping hand and make order where there is chaos.

Our CORE program, led by Pearl Ostreicher, goes beyond the boundaries of a clinical setting to empower those with chronic mental health conditions. That empowerment through employment placement, skills-building, and educational and daily living support allows each client to shine his or her own unique light out into the world.

Simpatico, led by Bruchy Endzweig and Gitty Kahan, who are assisted by a small army of highly skilled and dedicated young women in the office and hundreds of providers out in the field, is transforming children's difficulties into strengths – a true revelation of light. They are thinking brilliantly and innovatively about how to serve the 5 Boroughs, the Five Towns, Rockland County, and most notably Crown Heights. Simpatico is serving these communities better than anyone else.

The ICF, led by Chanie Shindler and Izzy Tropper, has been a beacon of light in the lives of developmentally disabled people and their families for decades. They recently filled their 14th bed, and morale and cohesion in the ICF are at an all-time high. Diana Masri is always a shining ray at Pesach Tikvah. She has been lending her expertise to rekindling Respite and the Dayhab. The same can be said for our fundraiser, Rabbi Hershkowitz, who has brought sparks of joy to developmentally disabled children and their families through Orlando trips and Camp Beis Chana.

We cannot forget Senior Services, led by Zalman Kotzen who is assisted by his wonderful team members Rochie Weinberger, Shoshie Soibelman, Sarah Blima Gestetner, and Pessy Grunwald. Senior Services is literally bringing the light to the lives of Holocaust survivors in Brooklyn, providing opportunities for meaningful social connection infused with Yiddishkeit.

This Chanukah, I express my heartfelt gratitude to all of you. The work you are doing for the community is transformative work, creating small and big miracles for those who use our services. You are revealing the potential, the small cruse of oil inside all our clients that has the power to bring Hashem's light into the world.

Yerachmiel Stern



## Senior Services Hosts Biggest Ever Holocaust Survivor Luncheon

On Tuesday, November 5th, Senior Services hosted its biggest ever Holocaust survivor luncheon. It was held at Park Manor in Williamsburg. There was a sophisticated ambiance in the large event space, and the tables were set elegantly. The food was delicious. 30 survivors came with their aids or family members. A five-person singing group sang beautifully, and the attendees were enamored with them. Sarah Blima Gestetner told a heartwarming Chasidische story. The survivors enjoyed time to socialize with each other. Each attendee was gifted an umbrella, apropos for the month of Cheshvan, with a poem written by Rochie Weinberger. It was an enchanting afternoon that brought great joy to all involved. Thanks and praise are due to the Senior Services team.

## CFTSS Begins Functional Family Therapy

OMH has begun requiring CFTSS programs to incorporate a brand-new program, Functional Family Therapy. The implementation process has been highly competitive – only five agencies across NYC have currently implemented the program. Pesach Tikvah is in the second cohort of agencies that will be trained in FFT. Six of our current providers will be trained in FFT, as well as CFTSS administrators.

FFT is an evidence-based practice designed to service children and youth between the ages of 11–18 who have emotional or behavioral struggles. It is therapy for the whole family together. The premise is that doing this specific form of family therapy will create a home environment where the child can be emotionally supported. FFT also aims to mitigate relational patterns in the family that foster unhealthy behavior.

FFT draws from family systems theory and behavioral approaches. It is based on the theory that problem behaviors serve a function in the family. FFT improves family interactions and develops family member skills that are directly linked to risk factors and issues leading to the need for formal intervention.

Services are provided ideally in the home, though they can also be provided in community settings. It is a short-term program that ideally lasts for each family for 3–5 months. Following completion of the FFT program, the family can continue therapy in a clinic or through the CFTSS program.

The services will begin in mid-February. CFTSS's designated providers will be trained, and then as soon as they receive their certifications, they will begin seeing clients. CFTSS is currently working on building up the caseload so that they can begin FFT as soon as they are trained. After the program has run smoothly for a year, CFTSS administrators will train providers in FFT, thus expanding our FFT provider base.

Credit is due to CFTSS directors Bruchy Endzweig and Gitty Kahan for a successful application to be in the second cohort. We wish them much hatzlocho in this endeavor.

## New Logo Signs Adorn 365 Willoughby Wall

On Monday morning, November 18th, when Pesach Tikvah's fourth floor staff members arrived, they saw a brand-new installment of full color program logos on the wall between Finance and CFTSS. The three-dimensional signs of each program's logo create a sensational wall honoring our programs. Pesach Tikvah's main logo, the 640 Family Center logo, the 926 Family Center logo, the Borough Park Family Centers logo, the Yeshiva Satellite logo, the Hearts and Minds logo, the CORE logo, the Keshet Connection logo, and the Simpatico logo all are included in the installment. Stop by if you haven't seen it yet; it's impressive! Kudos to everyone involved in this project.

## The Training Institute Hosts Huge CBT Training

Pesach Tikvah's Training Institute, gamely led by Lea Scharf, hosted its first training of the 2024–2025 season on November 13th and 14th. It was a massive success. The CBT training was taught by Dr. David Miller, who was the chief psychologist at Maimonides hospital for 28 years and currently holds a private practice in the Upper West Side. His unique approach and new perspective on CBT are informed by Psychodynamic therapy as well as classical CBT.

The training was held at a large space on Avenue J and 18th St, which was necessary to accommodate the 70+ clinicians who attended. Attendance of 60–70 people is expected at the next two upcoming trainings – Baruch Hashem the program is very successful.

The clinical supervisors have been instrumental in suggesting the right trainings to their supervisees. The trainings have been well supported by the clinics' directors and by our Executive Director, Yerachmiel Stern.



## Focus On: Zalman Kotzen, *Senior Services Director*

# Q&A



Each month, we feature an *unsung hero* of Pesach Tikvah – someone who contributes something indispensable to the organization. This month, we spoke with Zalman Kotzen, LCSW about his work.

### Q: What is your position at Pesach Tikvah?

**A:** I'm the Director of Senior Services.

### Q: How long have you been the Director of Senior Services?

**A:** For 25 years. For 12 years I was a clinical supervisor in Boro Park and Williamsburg. Prior to that I saw clients in the day program and the clinics.

### Q: Can you describe what you do in your position?

**A:** In my current position I supervise the activities of my staff who provide emotional support and concrete services to Holocaust survivors in Williamsburg. I also oversee a popular mental health education program for younger seniors in Williamsburg.

### Q: Can you describe what it means to give emotional support to Holocaust survivors?

**A:** It's personal contact with my staff. My staff have their own caseloads of Holocaust survivors who they're very close with. They visit them in their homes. We have a monthly luncheon and small group events

for them such as taking them to Hobby House or on a picnic. It's a connection. We get to know who they are and what's going on in their lives, what their challenges are. We relate to them in a very warm, loving, caring way.

### Q: What are you doing with the children of Holocaust survivors?

**A:** We've supported the children of survivors for about ten years. We have done big events for them, and we have done two overnight trips, one to south Jersey shore and one to the Baltimore/Washington area. They were very successful. We had 100 women coming to each one. We had speakers, entertainment, singalongs, some educational talks on caregiving, sessions on Holocaust survivors and what it's like to be a child of Holocaust survivors. It was an immense amount of support. Many of them were isolated in their work with their parents. They weren't necessarily aware that there were hundreds of children of survivors who were doing very similar things. They were able to compare notes, and that was very informative and helpful to them.

### Q: What do you like about working at Pesach Tikvah?

**A:** I've always felt more comfortable working together with other people. I do have a successful private practice, but it can get lonely. If you want to do anything important in life, it's very difficult to do it on your own. If you want to do something meaningful in the world, you need to work with other people as part of a team. I work

together with my staff on our various projects. We're quite democratic. We have staff meetings where everyone is free to express their opinions and ideas, and we try to find a consensus. My staff are extremely devoted to the cause of helping survivors and their families. Pesach Tikvah as a whole is geared to helping the community in myriad different ways and has attracted many talented and motivated individuals over the years.

### Q: What are you looking forward to in the future at Pesach Tikvah?

**A:** I'm hoping to expand the programs for seniors in the community. We currently have a grant that allows us to do group therapy and that's very exciting. It's taking shape. We have two years to do that program with the possibility of renewal. Through our work with Holocaust survivors we have been working with their families, especially the daughters of the survivors, and we've found that the second generation also has social and emotional needs. We are in a position to be able to really help them and if necessary, refer them to the clinics and other Pesach Tikvah programs.

*A great thanks goes out to Zalman Kotzen for his dedication to Pesach Tikvah, and the vital work he does. Would you like to suggest an unsung hero of Pesach Tikvah for next month's newsletter? Email [ckurtz@pesachtikvah.org](mailto:ckurtz@pesachtikvah.org) to make a suggestion.*

## Good News from Pesach Tikvah Programs

As autumn draws to a close and segues into winter, Pesach Tikvah's programs are all flourishing. Every single person in this organization is contributing something special that makes our phenomenal services available to the public.

**Clinics:** The clinics have been maintaining and growing our incredibly high standard of care. We are so glad to share all their good news.

- 640: Therapists, psychiatrists, and the 640 Family Center director Aaron Fink have been having interdisciplinary meetings to collaborate on solutions for clients with complex family situations. This has yielded excellent results for the clients.
- 926: **מזל טוב** to Yosef Weber on the birth of a baby boy!
- 926: **מזל טוב** to Rivka Kamin on her engagement!
- 926: **מזל טוב** to Chaya Lichtman on her son's wedding!
- 926: **מזל טוב** to Chaya Lilove on her wedding!
- 926: **מזל טוב** to Henya Okounev on bris and pidyon haben of her grandson.
- 5309: Goodbye to Riki Fried. We thank her for her many contributions.
- 5309: Welcome to Malky Zakarin, who is working at the front desk.

### School Satellite Program:

- **מזל טוב** to Rabbi Grunwald on the wedding of his son.
- **מזל טוב** to Malky Ganz on her engagement!

### Senior Services:

- Senior Services hosted a group therapy event for senior women. 50 women attended, a larger turnout than expected. Word had spread from participants in the previous group therapy event, who were very impressed by the event. Susan Weinberger LCSW gave a class on DBT as it pertains to communication in family relationships. The attendees absolutely loved the talk and learned a lot. Delicious food was served, and the talk was followed by paint night led by Rochie Weinberger. Everyone who attended wants to come back for the next group therapy event.
- Senior Services had an outing to the Hobby House for Holocaust survivors. The women ate a lovely lunch together and painted ceramic items. It was very relaxing and therapeutic. The event was led by Rochie Weinberger, Sarah Blima Gestetner, and Shoshie Soibelman.
- There was a paint night for Holocaust survivors at Pesach Tikvah on Wednesday, December 4th.

**Keshar Connection:** Keshar Connection's Care Managers have been getting immensely positive feedback from the health care providers who they connect their clients to. The providers have noticed that the clients are the most comfortable with their Care Managers and the providers request that the Care Managers be present for things like psychiatry sessions. It's a testament to the impact that Keshar Connection's Care Managers make.

### COMHAB:

- **מזל טוב** to Ruchy Wurtzberger on the birth of twin girls!
- A special **מזל טוב** to Susan Basch, Ruchy Wurtzberger's mother, on the birth of her twin granddaughters.

**ICF:** The ICF has filled its 14th bed! This means that the ICF is now functioning at full capacity. A great thanks goes out to Chanie Shindler, Izzy Tropper, Joe Bistricher, and Diana Masri.

**CORE:** CORE continues to fulfill its vital mission of bringing support and building skills to those impacted by mental illness.

CORE director Pearl Ostreicher gave a talk to Chazkeinu, a support group for women with mental health challenges, on the topic of the Peer support service that we provide. Peers are individuals who themselves have had mental health challenges and at this time are in a good place in their recovery. Peers have "lived experience", have completed a course of trainings, and have become credentialed by OMH (Office of Mental Health). Because of their shared experience, peers can offer unique support to their clients; modeling strategies that have worked for them. She also outlined for those in attendance the pathway toward becoming a certified Peer.

The talk received great feedback. A representative from Chazkeinu said, "You brought so much empowerment and validation. The topic is something we can all learn from, and you presented it with such clarity, wisdom, and warmth."

**CFTSS/Simpatico:** CFTSS is now serving Borough Park with groups! It's a huge expansion and Bruchy Endzweig, Gitty Kahan, and their amazing team deserve credit.

- **מזל טוב** to Libby Eidlisz on her engagement!
- Simpatico has started groups in Borough Park for children and teens: Baking with a mentor; movement groups with a therapist focusing on emotional regulation using your body and reconnecting with their internal selves; a DBT group in a school for at-risk teens which also uses movement and music to help the students regulate and reconnect; an art group with a therapist that's trauma focused; two art groups with therapists are starting for cancer patients; and a social anxiety group with a therapist.
- In Williamsburg, Simpatico now has a group for parents of children that struggle with anxiety and social phobia.
- Simpatico is looking for a space in Crown Heights to start support groups and after school mentor support for the children.
- Simpatico is taking referrals. If you know a family or child who could benefit from services, please call or email **Bruchy Endzweig: 718-305-5077 x.1407 / bendzweig@ptsimpatico.org**

### Data Analysts:

- **מזל טוב** to Alex Gursky on his engagement!
- Alex Gursky and Yisroel Len have built a dashboard to track depression in clinic patients as part of the CCBHC Six Month Depression Remission Measurement.