



Menifa Activity Report

2023-2024



Menifa
Leverage for Life

Tel: +972-2-582-9425, Israel Charity No. 580434272



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Jewish National Fund



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**Yated
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Municipality**



**Jerusalem
Municipality**



Lod Municipality



**Or Akiva
Municipality**



**Kiryat Malachi
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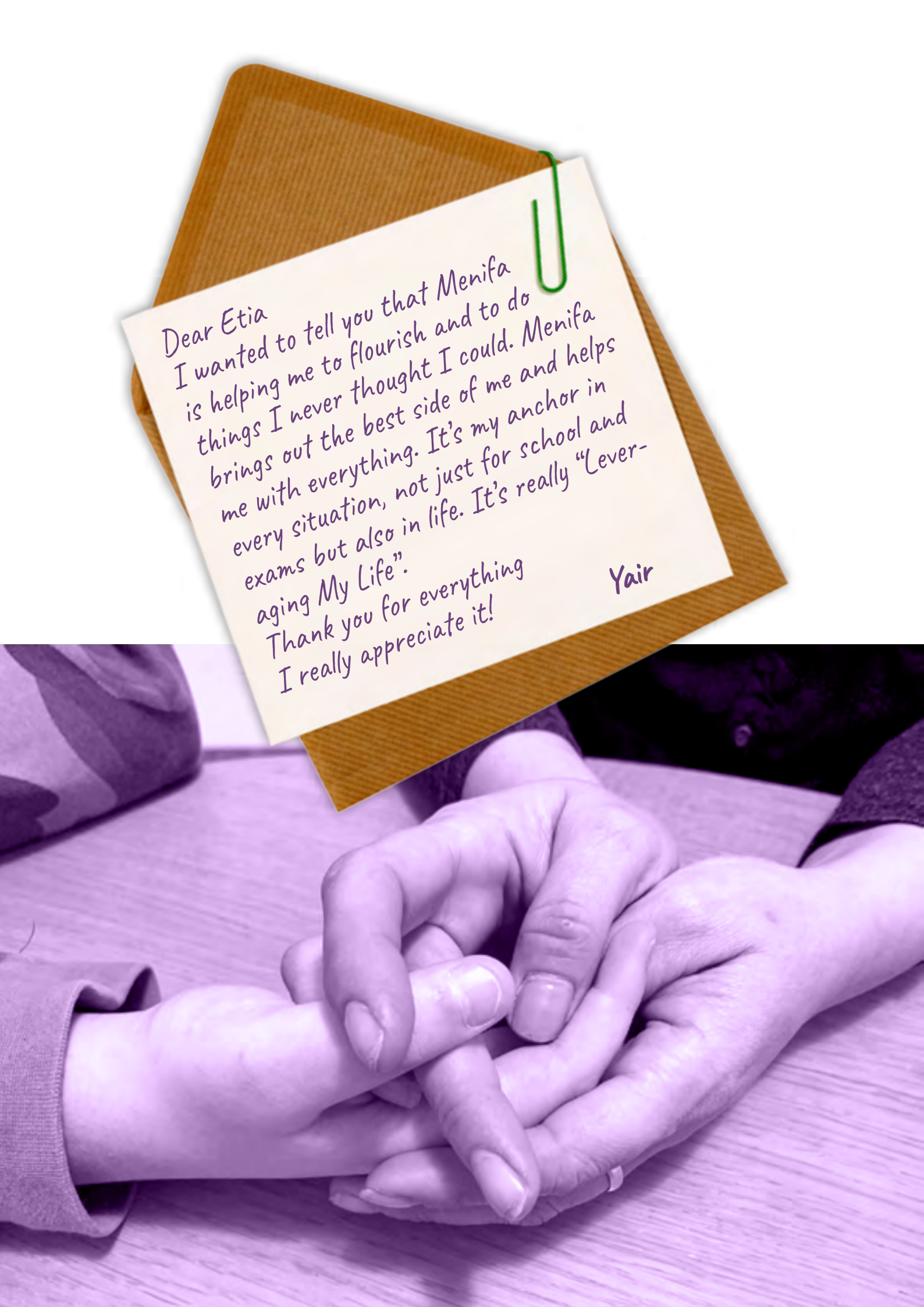
Donors in Israel and Worldwide



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Please note: All funding opportunities are in US dollars (USD-ILS exchange rate: 3.7 ILS)



Dear Etia
I wanted to tell you that Menifa
is helping me to flourish and to do
things I never thought I could. Menifa
brings out the best side of me and helps
me with everything. It's my anchor in
every situation, not just for school and
exams but also in life. It's really "Lever-
aging My Life".
Thank you for everything
I really appreciate it!

Yair

Introduction



For the past 20 years, the Menifa organization has been providing Leverage for Life to help children and young people return to normal functioning from situations of breakdown, trauma, dysfunction, truancy, and other at-risk scenarios.

Since October 7 2023, we are experiencing a shared national trauma. The horrible massacre affected thousands of people, and the “Swords of Iron” war in Gaza, have forced us to rethink our organizational priorities.

As soon as we realized the enormity of the situation, we decided to adapt our “Personal Dreams” program – an innovative and mobile resource for educating for strength and excellence – and create the “Wheels of Resilience” project, using our customized activity truck. Our goal is to help people to recover, by starting to process their trauma, through our program of personal empowerment and group dynamics. Our program, tailored according to the ages and needs of the participants, uses virtual reality headsets, and activities that diagnose strengths, develop teamwork, and encourage discussion circles.

We have taken our “Wheels of Resilience” truck to visit civilian evacuation centers throughout the country including Eilat, Ein Bokek, Ofakim, and Shefaiim. Since the beginning of the war in October, we have welcomed over 2,000 children, youth and adults into our activity truck. In 2024, we anticipate serving a target audience centered around victims of the war – their families and children - and also teams of professionals. Of course, we are also continuing with all our regular Menifa activities in our family centers, mental health facilities and programs for disconnected youth.

In every Menifa program we take a holistic approach, combining content relating to personal welfare, education and treatment. Since opening in 2004, we have organized more than 800 programs around Israel, reaching every sector and embracing mixed populations, including 30,000 beneficiaries defined as impoverished and in a state of dysfunction. Our methodology has been proven with groups of immigrants, children and youth experiencing trauma, student dropouts (both open and hidden), imprisoned soldiers, and other sectors.

Another of our organization’s goals is the training of students and trainee teachers, providing professional development for experienced teachers, and re-thinking existing models of education. Within this framework, we have already impacted over 3,000 new teachers, exposing them to our innovative methods and training them to teach using our inclusive thinking ecosystem. Each of our programs is subjected to a detailed evaluation study by the program team, which helps us continue to improve our programs and provide better and more appropriate support to our beneficiaries.

As I write these lines, my heart is full of prayers - for peace for all of the citizens of Israel, for the return of the hostages, and for the safety of our soldiers.

Am Yisrael Chai!


Etia Dan
 Founder & CEO of Menifa

I am motivated by the hope that my grandchildren will grow up in a healthy society, with equality of opportunity for children and youth at risk. I was influenced by my mother who always gave to others. I am fortunate that my husband, Avraham, is my full partner in actualizing my dreams. I am proud to serve as Chair of this organization that is leading the way in helping Israeli youth, in the belief that through treatment and education, we can promise them all a better future.

Nurit Fox
 Chair of Menifa



January 2024
Dear Friends,
I wanted to thank you most sincerely for the fantastic and uplifting activity that you brought to Ofakim. You should know that you made the kids very happy.
Thank you!
Inbal,
Federation of Local Authorities in Israel





Hi Etia,
 November 2023
 I wanted to thank you from the bottom
 of my heart for the program you ran
 for the evacuated children of Otef Aza
 who are staying in our hotel. Eight kids
 from each age group joined each of three
 activities, and they all said it was a great
 program. They said it helped them to
 overcome different challenges and to work
 together successfully. It was empowering
 and important, and a very worthwhile
 activity. Thank you!
 Sigal,
 Culture Coordinator at the Ein Gedi Hotel



The Cherna Center

Post-Hospitalization Treatment Center



Center Director:
Goni Shem-Tov

Master of Social Work (MSW), qualified psychotherapist, DBT and the treatment of eating disorders.

Contact:
+972-2-5340482

The Cherna Center is an out-patient framework for young women who have been struggling with mental health issues. We take a holistic approach, offering treatment and rehabilitation in partnership with the Welfare Ministry.

The goal of the Center is to help the girls to get back on track, through personal and group therapy, counseling for parents, advice on social integration, and complete rehabilitation.

Established in 2012, the Cherna Center started as a pilot program designed to return adolescent patients to community life following psychiatric hospitalization. Today, our framework allows them to sleep at home and continue with their studies, treatments and social activities, supported by a customized program of rehabilitation.

Number of participants: 20 young women aged 13 to 18

Professional staff includes: Social workers, psychiatrists, psychologists, counsellors, house mother, art and drama therapists.

Partners: Government ministries. Fox-Wizel Ltd and private donors.



Help us develop new facilities:

For details call Eia Dan **+972-52-429-5196**

Treatment Center for Young Men

New building and equipment: USD 1.1 million
Initial period of activity: USD 400,000

Menifa LaGova

Religious Special Education School for Students with Mental Health Issues



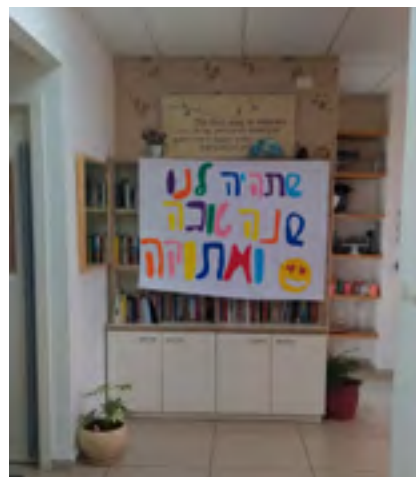
School Principal:
Hodaya Yahav

Masters in Special Education and Education Management, with extensive experience in running programs to support youth at risk.

Contact:
+972-52-8119895

Within the Cherna Center, we operate a special high school for girls with mental health issues. The students learn at a high level leading to matriculation exams or vocational subjects, together with social and enrichment activities. Some of the students also receive additional treatments not usually offered in schools. The school accepts students from the Jerusalem area.

Number of participants: 20-30 adolescent girls





Center Director:
Hodaya Yahav

Masters in Special Education and Education Management, with extensive experience in running programs to support youth at risk.

Contact Menifa:
+972-2-5829425

Menifa-Amit Religious Technology Academy

Acclimatization Classes for Disengaged Teenage Girls

Normative schools do not help youth who are disengaged to return and resume meaningful academic studies. Our classes cater for young women who have left school and want to return to learning in a regular school.

Our program was established in 2004 and has helped hundreds of young women to return to full functioning and personal excellence. It gives them emotional support, teaching them life and learning skills in an atmosphere of cultural sensitivity.

This framework takes them through a process of returning to regular learning which includes:

- Treatment options
- Individual support with studies
- Holistic approach to the needs of each student and her struggles
- Suitable for young women from religious or haredi homes

Number of participants: 15-20 young women each week

Since 2021, our acclimatization classes in Jerusalem have been designed for a religiously oriented population and run in partnership with the Amit Religious Technology Academy.

Partners: Amit Education Network (academics) with Menifa providing treatment and emotional support.

Fox Center for the Community

Center for Parents & Children in Lod



Center Director:
Hagar Arditti

Social Worker and
Qualified Couples' &
Family Therapist

Contact:
+972-8-6619622
hagar@menifa.org.il

The Center for Parents & Children and the "Paths to Parenting" program for parents of teenagers operates a full schedule throughout the year. The Center staff are multi-disciplined professionals, including social workers and therapists from different disciplines.

The Center serves a mixed population in terms of cultural diversity, religiosity and family structure.

Number of participants: 120 per week

Therapeutic services provided to families include:

- Parenting guidance
- Dyadic therapy (parent-child and family)
- Individual emotional therapy for children & adults
- Therapy groups (for parents / dyadic parent-child)
- Individual activities for children & adults and family activities (cooking / baking)

The therapy journeys with the families are intensive and effective, with noticeable progress observed in the majority of cases.

A and M, divorced parents with a son aged 11, came to us because they felt that their son was socially isolated with low self-esteem. A (the father) writes: "It's a great Center. Our son started to open up to me more. We saw him change. My meetings with him here were different from the times he came to my place. Suddenly I saw a different side of him, and we could talk. I feel that I know him better now, and I can see it has done him good." M (the mother) writes: "Our son got a great deal of emotional support here. He connected with the therapist and I can see that he feels comfortable and loves coming here with me."

D and R, parents of three children aged 6, 9 and 13, came to the center because of suicidal statements made by their oldest son. D (the mother) writes: "We were in a desperate situation and the school recommended that we try the Center. Our therapist there knew how to analyze the causes of the problem and to identify what we needed to treat and to change. She knew how to point us in the right direction. When our son expressed suicidal thoughts, we had no idea what to say, but she knew how to calm us and give us confidence. She was the therapeutic professional who knew how to guide us." R (the father) writes: "We felt we could come to her with any problem and receive support and solutions. We can see the change in our son thanks to this family therapy."



Help us develop new facilities:

For details call Eia Dan +972-52-429-5196

**Fox Center
for the Community**
in Lod

Music Room: USD 30,000



Center Director:
Keren Admon Livni

Social Worker
& Integrative
Psychotherapist

Contact:
+972-8-6217058
Keren.a.l@menifa.org.il

"If the children of your community are important, you must nurture their parents."
John Bowlby

Fox Center for Community & Family

Kiryat Malachi

The Center gives therapeutic support to families around the challenges of parenting using various tools: Individual treatments, dyadic therapy, and family, group and parenting therapy. The families undergo long and significant journeys that help to improve the connections between members of the family.

The center supports up to 40 families at one time, and this year has broadened its activities to include teenagers, and will be opening a center for couples' and family therapy.

The Center offers the following programs:

Parent & Children Center: We offer individual emotional support, dyadic therapy and group therapy to elementary school-age children and their parents.

Family Games: Interactive activities for parents and children in individual family or group frameworks, in order to strengthen the connections between parents and children. These activities are open to all sectors.

Therapy Groups on Various Issues including divorce, violence in the family, parenting and fatherhood.

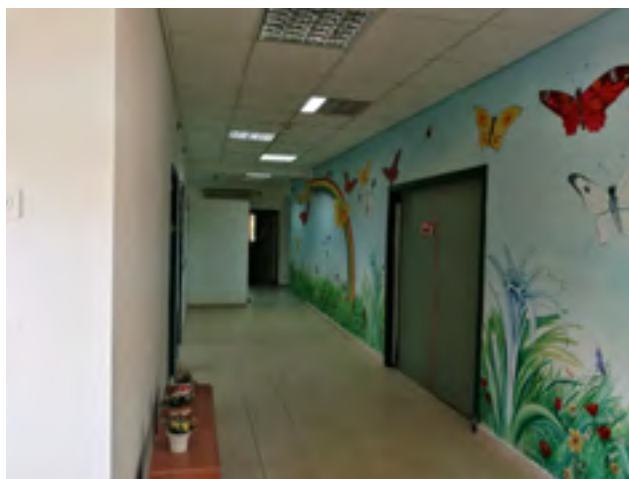
Paths to Parenting of Teens (haredi Youth): We give culturally appropriate support to the ultra-orthodox community. We offer individual emotional support, dyadic therapy and group therapy to youth and their parents.

Paths to Parenting - "A New Path": We give culturally appropriate support to members of the Ethiopian community. We offer individual emotional support, dyadic therapy and group therapy to children, youth, and their parents.

Center for Couples' & Family Therapy (in development): We will offer subsidized family therapy and couples' therapy.

Number of participants: 150 beneficiaries

Partners: The Fox-Wizel Ltd., Kiryat Malachi Municipality, Ministry of Welfare & Social Security



Dear Keren

September 2021

It's impossible to summarize in a few words. We have learned and experienced so many things during the past 18 months. You were a listening ear and a pillar of support, a helpful signpost and a shining beacon.

Spending time with you, we learned many different ideas and skills that we now use.

Keren means horn. Just as a horn is the strong and prominent bone of an animal, so you managed to bring out the strength and abilities in each child, and to find the most appropriate way for them to express them. To strengthen the kids and also me, according to our connections. To worry that the children should only express themselves in positive ways and not use negative traits to stand out.

Keren means a straight line stretching into infinity. You showed us not to focus on a problematic point but to broaden our perspective and to see what is really happening, and to continue with the appropriate treatment and see it through. Because the solution is often not a one-time thing, but requires continuous investment of time.

Keren means corner. Because there are times when we need to stand in the corner and reflect. You helped me to choose the moments when to stand still for a quiet moment and ground myself, allowing the surrounding noises to fade instead of fighting them.

Keren means the value of a property after deducting the profits. Again and again, you emphasized the value of a mother, the value of the children, and the value of being together as a family. Choosing what values we want to instill in them, after ignoring the chaos, the riots and the fights.

Keren means light. It's impossible to miss your bright smile and the calm that you bring to every situation.

For all this and more, we thank you with all our hearts!

I will end with a quote from the Mishnah: "There are things that a person enjoys in this world but the rewards (keren) will also be enjoyed in the world to come: respect for parents, kindness, bringing peace between people." I believe that your holy work will earn you great reward.

As a giver, may you only see blessing and success in all your efforts, in good health and happiness for you and your family.

Wishing you a happy and sweet New Year and only good things.





Program Director:
Keren Admon Livni

Social Worker
& Integrative
Psychotherapist

Contact:
+972-8-6217058
Keren.a.l@menifa.org.il

“Walking Together” Project - Kiryat Malachi

Preventing Elementary School Dropouts

This emotional and therapeutic support program is designed to deal with situations of non-attendance in elementary schools. The program prevents truancy and enables kids to return to normative functioning.

The target audience is 45 students in elementary schools in Kiryat Malachi in hidden dropout. The students receive emotional and social reinforcement and support services from a social worker or art therapist. The structure of the program involves individual or group therapy, including meaningful contact with the parents. We provide tools to the student and to their family to support them within the school framework, designed to suit the individual needs of each child.

Gefen Project Number: 7356

45 students from 8 schools will participate in the project.

During the year, a total of 500 meetings with children, and 115 meetings with parents will take place.

Number of participants: 45 children

Partners: Kiryat Malachi Municipality – Education Department and Social Services Department, The Fox-Wizel Ltd.



Help us develop new facilities:

For details call Eia Dan **+972-52-429-5196**

Menifa Center
in Kiryat Malachi

Ceramics Studio: USD 15,000 • Music Room: USD 30,000
Drama Studio: USD 15,000

Menifa Excellence Center – KKL House



Pedagogy Coordinator:
Yedidya Zisberg

Master of Social Work (MSW) & psychotherapist

Contact:
+972-50-6133114

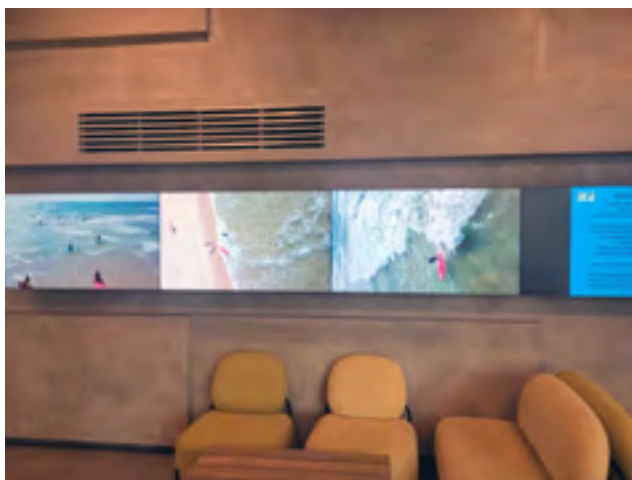
KKL House in Kiryat Malachi offers a “Home Away from Home” for high school students, encouraging them to complete their studies and aspire to personal excellence.

This is the second year that Menifa has operated this center for learning, enrichment and activities for high school students, in partnership with KKL (JNF).

Every day, there are supplementary classes in different subjects, including art, science, math, English, computer science and physics, plus enrichment activities such as surfing, hiking trips and volunteering projects. The Center is open every day from early morning until 8:00 PM. Our team of leading teachers and coordinators are there for the students, and support them by monitoring their achievements, talking with them, and assisting their families.

Number of Participants: 120 young people

Partners: Fox-Wizel Ltd. and KKL (JNF)





Center Director:
Tali Leon



Unit Director:
Shira Almog

Master of Social Work
(MSW) & qualified
family therapist

Contact:
+972-54-8008123



Unit Director:
Hadas Yagen

Master of Social Work
(MSW,) specializing in
clinical, group therapy
and DBT therapy

Center for Children & Families

Or Akiva

Menifa operates the Or Akiva Center for Children & Families since 2023. The center comprises a suite of four units providing a series of services under one roof.

Beit Yahav: Regional Family Center for Children & Parents

This is the first regional center in Israel to give focused support to the Or Akiva welfare department and to the local welfare offices of Binyamina, Givat Ada and Harish, and the regional councils of Menashe and Hof Carmel. They support families with children aged between 5-12 who have emotional or behavioral problems that are based on their parents' functional challenges or the relationships between parents and children.

Beit Yahav offers a basket of unique services under one roof, with the goal of supporting the entire family. They design a therapy program for each family according to their needs, using a range of different approaches and treatment modalities. The center services approximately 100 children and their parents, and their treatments can last for 12-18 months and are given by a multi-disciplinary team.

Number of participants: 100 beneficiaries

"Waves" Unit for Family & Teen Therapy

This unit offers therapy support to high school students who are struggling with emotional issues such as: functional difficulties, gender and religious identity, parent-teen relationships, etc. They treat the teens as an integral part of the family, while also giving them personal space to process their emotional issues. The approach is chosen according to the problems presented – dynamic, oppositional or family therapy.

Number of participants: 50

The unit team includes social workers and family therapists specializing in the clinical treatment of teenagers, plus student and intern social workers, and specialists in animal-assisted therapy.

Psychiatric Support: Three years ago, we added a psychiatric service to the unit, providing comprehensive and in-depth diagnoses and follow-ups for teens who require specific diagnosis to aid the therapeutic process. This service is open to all the youth in the city.



Unit Director:
Tali Leon

Master of Social Work (MSW) specializing in children & youth, and qualified family & couples' therapist and counselor

Contact:
+972-77-4200481
+972-50-6312557
tali@menifa.org.il



Unit Director:
Idit Vizel

Master of Social Work (MSW), qualified family & couples' therapist and counsellor, and EMDR therapist

Contact:
+972-54-7762681

Family & Couples Therapy Station

This facility, offers family and couples counselling to all the residents of Or Akiva and the surrounding area. They offer a unique treatment approach that regards the person as part of a framework of relationships that is broader than the couple or the family. In addition, the station offers parental divorce coordination, bereavement therapy and a program designed for the haredi population.

The Station staff consists of MSW-qualified social workers with additional specializations in family and couples' therapy. It is also a training facility for interns and students.

Number of participants: 150 beneficiaries

"Young Parents" – Paths to Parenting Young Kids

This unit was established in 2010 to provide broad emotional treatment support to families with young children aged 5 and under, referred by the welfare department.

The unit staff includes social workers, therapists, occupational therapy clinicians, and house mother. The unit's therapists participate in "Play & Experience in the Library" – a program for parents and children to enjoy experiential meetings with professional guidance. The building is designed and equipped for young children. It also offers counselling to groups of parents on different topics.

Number of participants: 50 families at any one time



Help us develop new facilities & initiatives:

For details call Eia Dan **+972-52-429-5196**

Or Akiva Menifa Center

A New Family Training Institute: USD 10,000
Professional Regional Conference on Families: USD 15,000
Music Room: USD 30,000
Arts & Crafts Studio: USD 10,000

“In My Brothers’ Company”

Mentoring Program for Soldiers Throughout their Military Service



Program Manager
Shiran Nagar

Contact:
+ 972-53-3402526
mentorim.achay@menifa.org.il

Regional Coordinators:
Central Regio
Maoz Inbram

Northern Region
Eden Maryam

Jerusalem
Meirav Roth

Southern Region
Boaz Igra
Impact Scholarship
Coordinator
Aviv Ben Sira

This mentoring program supports male and female soldiers who are struggling with complicated life issues.

For enlisted youth, especially for those who are the first generation of their families to serve, new immigrants or lone soldiers, who left their families abroad, soldiers who lack a home front or others who experience financial and other crisis situations, the rigid, intense, hierarchical framework can sometimes pose significant challenges.

To help these soldiers and offer a guiding hand throughout their military service, the “In My Brothers’ Company”, a mentoring program aimed to provide them with resilience, life skills and tools, was founded in 2014 by the Menifa – Leverage for Life.

The program helps them by promoting positive behavioral patterns helping them to adapt, by prevention of negative behavior patterns, imprisonment and dropping out. Each soldier is assigned a personal mentor who is a “responsible adult” providing warm and personalized support for the soldier throughout his or her military service, and often even after their discharge. Today the program provides mentorship to 300 male and female soldiers, all over the country. The mentors are a highly engaged cadre of 300 civilian volunteers from all walks of life. The program recruits, trains and supports the mentors throughout their involvement.

Partners: The program is run in full collaboration with the IDF and the welfare authorities.

Number of participants: 300 soldiers and 300 volunteer mentors



We invite you to help us expand this life altering program:

For details call Eia Dan +972-52-429-5196

To double its capacity to 600 soldiers and 600 mentors:

USD 200,000

To develop and run post-war resilience workshops:

USD 110,000

After-School Programs

in Tirat Carmel



Program Director:
Bat-El Amar

Contact:
+972-52-4777237

Menifa has operated after-school programs in Tirat Carmel since 2017. Our goal was to provide an educational support service for children from the end of the school day until the evening. We provide assistance with school work, enrichment activities, social activities meals and more. The program is run in coordination with their parents. The activities are designed for children from kindergarten until 6th grade who attend the Tzemach (national religious) and Deganya (general) state schools.

The uniqueness of our after-school programs is the parental involvement in everything we do, through the parents' committee and including parents in the entire educational process.

Number of participants: 110 children

Partners: The Fox-Wizel Group, Ministry of Education, the Municipality, and parents.



Help us develop new initiatives:

For details call Eia Dan +972-52-429-5196

**Financial Support
for Families in Need**

Grant per child: USD 3,000



Program Director:
Etia Dan

Menifa's founder & CEO

Contact:
+972-52-4295196

HEMED Dropout Prevention Program

(For State Religious Schools)

Program to Prevent Hidden Dropouts

This program is run within schools for youth who are struggling to learn for different reasons. It is run in partnership with the youth-at-risk division and the legal department of the Education Ministry in 20 schools around the country. Its goal is to prevent students who are experiencing crisis, functional failure and learning difficulties, from disengaging from normative frameworks, and to return them to a path of educational excellence.

Number of participants: 250 young people

The project is led by a full-time life-skills teacher, who designs intensive programs for each student and accompanies them on their educational, academic and emotional journey.

Dialog Apartments for Female Students with Mental Health Challenges

For Students in Ariel



Program Director:
Etia Dan

Menifa's founder & CEO

Contact:
+972-52-4295196

Apartment for young women who are traditionally religious and keep kosher. The apartment is located within walking distance of Ariel University and the commercial center. The residents host weekly meetings with "Open Dialog" professionals. The apartment is fully furnished and has 4 bedrooms, three bathrooms, a kitchen, living area, and seating area for activities.

Number of participants: 4-8 young women



Help us develop new initiatives:
For details call Etia Dan **+972-52-429-5196**

Support for Women at Risk

Scholarships per university student per year: USD 5,000

Youth & Parents Center

Jerusalem



Center Director:
Yedidya Zisberg

Master of Social
Work (MSW) &
psychotherapist

Contact:
+972-50-6133114

This Center is designed for families of teenagers, providing support and treatment for 18 months. Families who are interested in support apply through the Welfare department and request a referral to the Center.

The Center is located in Beit HaKerem as part of our therapy center serving young women experiencing emotional and mental health problems (Cherna Center). The Center's therapeutic vision is to inspire and motivate family members to turn their challenges into strengths, creating opportunities for the transformative growth of each family.

Adolescence creates difficult challenges for parents, when their teenagers are going through significant changes, searching for their identity, developing independence and experimenting, which may be perceived as extremely destructive behaviors. The parents' role is to be the solution and the anchor for teenagers, during this difficult period of their lives. Our role as therapists is to explore and develop the intense connections between parents and teenagers.

The Center began working in partnership with the Jerusalem Municipality in 2024.

Number of participants: 120



Help us develop new facilities:

For details call Eia Dan **+972-52-429-5196**

**Opening a Social Enterprise
Café on the premises:**

USD 15,000

Stepping Stones Program

for Bnei Menashe



Program Director:
Yaniv Vifhai

BA in Criminology

Contact:
+972-54-6786053

History

Following the conquering of the Northern Kingdom, the 10 Tribes were exiled from Israel. The tribe of Menashe headed east and settled in the area of the Himalayas, and later in India. They lost contact with the other tribes and did not develop an Oral Torah, but they kept their connection with the Jewish religion.

The Amishav organization led by Rav Eliyahu Avichayil z"l, who worked to find the lost tribes of Israel, connected the Bnei Menashe community with the rabbis of Israel. They converted to Judaism and were recognized by the State of Israel, with the support of Amishav and later the Shavei Yisrael organization.

Today, there are over 1,000 Bnei Menashe families living all over Israel. Most are first or second generation immigrants, and they experience many challenges in terms of their social, occupational and developmental integration.

The Stepping Stones Program (named in Hebrew in memory of Rav Eliyahu Avichayil) was established to assist the youth of the Bnei Menashe community and help them to integrate well into Israeli society, through a civil society framework designed to suit young men from the community. Through interaction with a personal mentor from their community with experience of Israeli society, they are given meaningful support and strong family backing.

Help us expand this program:

For details call Eia Dan **+972-52-429-5196**

Program Coordinator:

USD 60,000

Welfare Support for Families in Need:

USD 4,500

Scholarship for Student:

USD 11,000

“Personal Dreams” Program

Education for Strength and Personal Excellence



Program Director:
Saar Afory

Organizational Consulting
& BA in Humanities and
Social Studies

Contact:
+972-53-5212449
+972-2-5829425

The Hebrew word for dreams is an acronym for the goal of this program: education for strength and personal excellence. Our aim is to raise awareness of the importance of personal excellence, individual uniqueness, the language of empowerment, and improving self-esteem.

The program creates sensory experiences using VR headsets and includes interactive empowerment workshops using positive psychology techniques to encourage personal confidence. Elements of the workshops take place in our specially designed “Dream Truck”.

This unique program encourages children to feel that they are seen, and to focus on strengthening their unique abilities rather than the challenges that they have to deal with. The project team leads the conversation and teaches participants how to utilize these skills.

Our aim is to develop suitable methodologies to help children, youth, and adults to broaden their horizons, promoting entrepreneurship and creative thinking. At the same time, we encourage them to contribute to their community, by enabling them to take personal and social responsibility through experimentation, experience, and familiarity with the environment. The workshop is led in a fun and experiential manner by a highly experienced professional team, and works with a wide range of populations.

Target audiences: The program can be adapted for different populations including: students, teachers and parents. The workshops can also be customized for people experiencing crisis or trauma.



Help us reach new communities

For details call Eia Dan **+972-52-429-5196**

“Personal Dreams”

One-Day Workshop: USD 1,800

Resilience Workshop (10 therapeutic sessions): USD 5,500

“Wheels of Resilience” Program



Program Director:
Rakefet Mossek

MA in Communications
& BA in Psychology

Contact:

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rakefet@menifa.org.il

Since the October 2023 events, Menifa – Leverage for Life, has developed workshops for empowerment, mitigation and therapy, utilizing its “Personal Dream” mobile truck for those suffering from trauma and post-traumatic symptoms.

Based on this mobile platform and its experience with many sectors of the Israeli society, Menifa was able to respond quickly and offer evacuees residing in hotels all over the country as well as reserve soldiers and their families, fun and effective relief workshops in its mobile truck.

This special program was named “**Wheels of Resilience**” and includes two elements:

- ◆ Short-term empowerment and relief workshops in our specially designed mobile truck, on the topic of finding one’s inner strengths and promoting altruistic behavior (using VR headsets, computerized diagnosis methods, ODT activities, etc.)
- ◆ Long-term therapeutic emotional treatment and empowerment processes

Number of participants: By January 2024 we had worked with 2,000 beneficiaries.

Target audience: Children, youth and families evacuated from the South and North of Israel, families of IDF Reserves, professional teams and others affected by the October 7 events.



Help us develop new
initiatives with this program:

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One-day workshop: USD 1,800

Cost of one month: USD 33,000

Cost of one year: USD 330,000

Menifa Programs

Authorized by the Ministry of Education

Menifa office

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info@menifa.org.il

“Personal Dreams” Program – Gefen # 6767

Education for strength and personal excellence. A sensory experience using VR headsets and workshops to enhance participants' abilities, self-image and self-confidence.

Acclimatization Class (Kelet Class) – Gefen # 6766

Acclimatization class for disconnected youth, teaching technology and personal excellence. The classes train students for hi-tech professions at an advanced level and enable an optimal military service and civilian future.

Emotional Learning – Gefen # 6764

Professional development for teachers and principals, providing tools to manage youth who are failing, uncommunicative, or vulnerable. This therapy toolkit for educators encourages the development of creative and critical emotional approaches to dealing with challenging students.

Meaningful Learning – Gefen # 9014

Practical techniques and alternative approaches to diversify methods of teaching, using bespoke professional methodologies. Includes tailored assessments for both gifted and struggling students and everyone in between.

The Lone Eagle Program (HaNesher HaBoded) – Gefen # 1164


An emotional / therapeutic / educational methodology to prevent hidden dropouts.


Menifa Center for Personal Excellence – Gefen # 17241


A learning center in the geographical or social periphery, designed to strengthen students in two ways: preparing them for matriculation examinations, and developing their skills and competency in the fields of technology, science, English and math.


Teachers as Tomorrow's Leaders – Gefen # 17672


Professional development and support for school principals and teachers, with emphasis on the development of skills including: listening and empathy, conflict management, inclusion and mentalization.


- 

Menifa Institute – Gefen # 18554
Teaching relevant therapeutic tools for educational staff: open dialogue, DBT, ACT, psychodrama, phototherapy, music, bibliotherapy and more...
- 


Menifa – A Breeze of Creativity – Gefen # 13540
The development of creative thinking to promote personal excellence among students in educational institutions, through creative workshops, in which each student discovers their own strengths and their abilities by collaborating and giving opportunities to those struggling with academic difficulties.
- 

“Wheels of Resilience” – Personal Dreams Program – Gefen # 9921
Empowerment and relief workshops for mapping and diagnosing strengths using escape rooms, ODT activities and VR headsets, plus long-term therapeutic processes.
- 

Emotional Skills for Schools – Gefen # 7356
Providing therapeutic tools and solutions to both teaching staff and students: coping with crisis situations, preventing deterioration into dysfunction, providing emotional treatment by social workers and individual therapists, and delivering personal and group support within the educational institution.
- 

Navigation for Life Program – Gefen # 16787
A series of field workshops to develop skills connected with emotional and social enrichment therapy.
- 

Opening a Table (Potchim Shulchan) – Gefen # 16843
A weekly support group accompanied and guided by an educator. This mainly involves recreational leisure activities, modeling methods to strengthen relationships between educators and students in a holistic way.



Meeting on the ground

Meeting on the ground Bring Me Under Your wing, Be My Mother, My Sister

The Menifa Program

Etia Dan¹

Some personal words

In 2004 I was busy with preparations for my doctoral thesis and teaching in academic frameworks. At the same time, I also worked as a teacher.

In that year the phenomenon of dropping out was increasing. As a resident of Jerusalem, I was surprised to see the existence of this phenomenon and the high level of risk that also affected teenagers from middle and higher socioeconomic backgrounds, of a high social and educational level. In those days in Jerusalem the phenomenon of "Zion Square youth" was increasing – teenagers from all classes of the population were involved in damaging behavior, abused dangerous substances and some became disengaged youth.

For four years running, I went into town on Thursday nights to meet these teenagers. embracing them with a cup of coffee or a pizza. Four fascinating years in the university of life. These youngsters taught me everything; how to educate, how to teach, how to care for them and above all – how to listen, to respect, and not to judge, but to love. N., who had undergone sexual assaults and rape for years, said to me: "Look, 80% of the girls who wander around the city have undergone sexual abuse," and this is only one example of many.

I saw with sadness the great gaps between theory and practice and between academia and the field. I asked myself – do the students in the colleges manage to introduce a fresh spirit into the system? To create change? How can a teacher prevent dropping out and disengagement or prevent students from deteriorating into harmful behaviors?

¹ Etia Dan is the founder and CEO of Menifa (NGO), a lecturer on history and education, a social entrepreneur.

In collaboration with Talpiot College, we wrote a position paper in which we formulated a program to prevent dropping out. The program combines therapy and teaching. It trains teaching interns to teach students who face multiple difficulties in the class's margins and hidden dropouts, in order to prevent dropping out. Happily, the request was approved by Limor Livnat, then Minister of Education, and her advisors, and thus Menifa was born.

The background to dropping out

As of 2019, more than 70,000 students each year are open or hidden dropouts (National Council for the Child, 2020).

The first studies since the beginning of COVID-19 report a worsening situation and an increase of tens of percentage points in dropping out (see Malchi, 2020, on dropping out in the Haredi population). Dr. Malchi points to a 20% rise of dropping out of students in Haredi education. There are studies that indicate that for every open dropout in the system there are two more hidden dropouts that the education system has not identified (Cohen-Navot et al., 2001; Ben Rabi et al., 2014, and updates from a Brookdale Institute study; Lahav, 2012).

These are the invisible students who are registered in school, but do not study. In all matters connected to scholastic and cognitive difficulties, the main solution is in the answer to the question "What did the student learn?" and not "What did the teacher want to teach?". There is no place for force or punishment, as learning is inherent in the internal will of each child. This and the motivation to learn must be retained.

Learning is an adventure full of inspiration and meaning. Therefore, each student with difficulties needs to be accompanied in their learning in order to close the gaps, regardless of their reasons. Students who accumulate scholastic gaps disengage from the collective learning process, and they give up and drop out. When they come from disadvantaged populations or a weak socio-economic background, it is very difficult for the

parents to create a solution for these gaps. That is to say, the education system has to take personal responsibility for each student's learning. It needs to create a system of orderly tutoring and completion of studies for students who have not kept up with the pace of learning.

I want to emphasize dropping out of studies as an expression of a wider problem – of students who are "present but absent" – students who do not function in the educational framework due to emotional or psychological vulnerability that makes things difficult for them. This is a crisis situation that is manifested in destructive behavior or increasing psychological sensitivity. Thus, for example, we know from the professional literature that a high percentage of dropout teenagers report emotional or psychological problems, use of alcohol or drugs, and problems in communication with their parents. All these, in addition to learning difficulties and gaps, create a cycle of dropping out. Therefore, it is important to research situations of dysfunctioning, regardless of the school, when these are manifested in dropping out of studies.

A study carried out in 2012 dealt with patients dropping out of emotional or psychological therapy and found that every year approximately 170,000 children and teenagers need therapy (approximately 10% of the children and teenagers in Israel) but only 12% of them complete it (see Weissblei, p. 2). There is a case for researching the connection between dropping out of studies and dropping out of therapy, and also increasing knowledge on the causes of dropping out, in everything connected to emotional and psychological difficulties.

The numbers dropping out of studies should be compared with the numbers of those who are emotionally or psychologically damaged and the teachers should be reinforced with therapeutic tools, advice and training.

In crisis, children and teenagers who have undergone abuse deteriorate to situations of dropping out and dysfunction, and from there, the distance to vagrancy, criminality, violence, destructive behavior and psychological problems

is a short one. Studies show that most prisoners were school dropouts. It has also been found that the school in the community is an optimal model for preventing suicide.

During the period of COVID-19 many families were exposed to instability, existential anxiety and poverty. In addition to the emotional difficulties that the children experienced – continued social isolation, communication problems and lack of stability made the risk is several times greater.

One of the frequently-voiced sentences among teachers is We don't have tools to look after the different child.

Educators and teachers are entrusted with the child's wellbeing: they have to establish deep relations of trust with the child, listen to their internal world and teach each child according to their individual capabilities.

We have touched on two main issues – scholastic and emotional difficulties. If these difficulties are not treated, they become chronically dysfunctional or even ill, and disengage from the framework, disengage from the home and the community and from there to a cycle of high longterm risk.

It is difficult to point an accusing finger at one factor that is responsible for the fact that the children and teenagers who drop out fall between the cracks of the government ministries. The parents and the education, welfare and health systems all need to see all aspects of the child and to prevent deterioration and dysfunction.

Dropping out by the gifted child

When Sir Patrick Stewart (of Star Trek) visited Israel, the well-known actor said: "I was a teenage dropout, until a teacher discovered me and helped me to study drama." Since then, the British actor who began as a dropout has become one of the world's leading actors. The researcher Ken Robinson gives many examples of famous artists who were dropouts as children and did not get along until their skills were discovered. As soon as there is a significant adult who identifies the child's unique abilities, it emerges that there

is general growth, in all fields, not only in their special talent (Robinson, 2011).

Identity groups

The social impact of dropping out and disengagement causes people to connect to social identity groups that are characterized by destructive or non-normative behavior, due to emotional or psychological distress, such as casual use of drugs or alcohol, mental disorders, uncontrolled sexual behavior, prostitution, or criminal behavior. However, this "street gang" is a warm, nonjudgmental identity group that accepts the boy or girl who has been marked out by normative society and placed in the category of "children at risk."

The work in Menifa always takes place in the community, in familiar surroundings and with the family. Social belonging is an important and essential therapeutic tool. During the work process we create a support group, empower the positive parts of the gang, use the strength of the group to strengthen the individual and develop internal and external limits. Menifa's program operates in the community, in the existing social group, and leads the group to deeper understanding of the concepts of social and personal identity.

In 2021 we initiated two projects

1. Education of Social Workers, a course retraining therapists for teaching.

The course awards a teaching diploma to social workers, who retrain as educators and teachers, in order to enrich the figure of the educator, the concept of education and the ability of the teaching staff to deal with students with multiple problems (in partnership with the Ministry of Education, the Teaching Workers Division, Beit Berl College and Mifal Hapayis.

2.2. An integrative post-hospitalization day center for teenagers and young adults was established to prevent mental illnesses, to restore functioning and for recovery. The center is a multiservice space for rehabilitation, education

and employment from the age of 18, in order to facilitate normative functioning in the community and strengthen the connection to the normative community and the family (in partnership with the Ministries of Education, Welfare and Health, and also the 360° national program for at-risk children and youth, the National Insurance Institute and WIZO).

Success rates

Every program is accompanied by measurement and evaluation, in order to learn and draw conclusions both from the failures and from the successes.

Measurement also serves the teenagers who learn to measure and evaluate their scholastic and emotional objectives.

The scholastic success rates are very high: **more than 90% of the teenagers manage to return to their schools, pass the matriculation exams and fit into society**, including teenagers with behavioral and mental disorders. Objective scholastic success (entitlement to a matriculation diploma) indicates a return to functioning and belonging to an achievement-oriented society; however, many of the children, teenagers and young adults have experienced extreme vulnerability and trauma. Even if the therapeutic process is long and complex, there is no doubt that scholastic achievement also points to a significant increase in emotional and mental health. The success of the rehabilitation and functioning indicates recovery, departure from the risk cycle and a return to quality of life.

Thoughts about the future

An organization's quality is measured in its implementational ability, where there is a uniform backbone in the organization's language, and therefore the majority of Menifa's resources are invested in its staff – in its quality, and in training, accompanying and expanding the staff. The programs built by the association are intended for assimilation in the partner authorities. The more the principles of the method are assimilated and

copied – the more Menifa's experience of success will increase.

We try to create comprehensive solutions using thinking that connects the fields of education, therapy and rehabilitation; however, these initiatives encounter many difficulties. The multidisciplinary orientation, which connects different fields, is usually spoken of as a vision and as something that is very difficult to implement. Sometimes it seems that government ministries are more concerned that the citizen might receive double benefits than by the fact that only 20%–30% of the disadvantaged populations in Israel receive a package of services. Many of the association's activities deal with making services accessible to the population.

The state of Israel needs to invest resources in preventative programs, both from an economic point of view and from an educational one. Prevention relates to all levels in all government ministries; however, it is an essential component in everything connected to those who are responsible for creating a healthy and advanced society. The more we deal with prevention, and comprehensive thinking that places the citizen in the center – the more we will manage to create a healthy society in Israel.

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About Menifa

Menifa is an NGO, which has operated since 2004 and runs programs for preventing at-risk teenagers and young adults from dropping out of normative frameworks, and also programs that help to restore young people who have become disengaged from normative frameworks to full functioning.

The association employs a comprehensive emotional-educational approach in its programs as well as objectives from the fields of education, welfare and society. It is active throughout Israel in all sectors – Jewish, Arab, Druze, Bedouin etc., and since it was founded more than 3,000 interns have been trained – young teachers who have managed to bring back dropout and disengaged students to learning and functioning, including students who had been outside the education system for more than a year.

The association sees itself as a pacesetter for the government ministries in everything connected to leveraging policy and new initiatives. Over the years, several models of work using a comprehensive approach have been established. Hundreds of programs for preventing dropping out throughout Israel in partnership with the division for education of children and youth at risk are up and running. An integrative post-hospitalization day center and many integrative and inclusive classes for disengaged youth that manage to reverse their tracks from disengagement, criminality and vagrancy to orderly normative learning and personal excellence are scattered throughout the nation. For several years the model was adopted by the Ministry of Education and operated in the framework of extending the Compulsory Education Law; operating learning centers for hundreds of children

in the geographical and social periphery in order to leverage these students to personal, technological and scientific excellence; empowerment centers for communities of olim (Ramat Eshkol, Lod); rehabilitation centers for children, which combine therapy and education; and the Mentors program that accompanies soldiers in danger of dropout and imprisonment, which has accompanied hundreds of soldiers throughout their service.

Goals and objectives

The association's vision is implemented in the light of these goals:

- Returning to functioning – preventing dropout in the fields of academic studies, employment, civilian or military service.
- Developing capabilities and uniqueness, for all children, teenagers and young people in the family and in the normative community.
- Training teachers to prevent dropout – the teaching staff, including trainee teachers (interns) participate frequently in workshops and courses, the goal of which is to improve ways of teaching in Israel. The training program relates to students – in a course for retraining therapists for teaching (Educational Social Workers), in internship training and in professional development for experienced teachers (teaching therapeutic tools, developing creative thinking).
- Acquiring benefits and making services accessible for disadvantaged populations – in an attempt to create a solution for those who have “fallen between the cracks.”
- Courses for parents (parent-child centers, Paths to Parenting).
- Creating comprehensive thinking about how to treat vulnerable children and teenagers,

and investing in prevention and thought about a different therapeutic system.

Menifa's program, which takes into account all the parameters that arise in these cases, is a comprehensive one that reinforces schooling, education and therapy and works with the parents to strengthen the social and community connection.

Menifa's principles

Each of the association's programs is built with the goal of creating a safety network around the child, a network that prevents disengagement from the **family**, from the **community** and from the **normative functioning framework**.

- The family is the focus around which the network is built which the child leaves and to which they return. Menifa emphasizes the family's strength and its abilities. If the child or youth has not experienced a model of a family that functions optimally, a "family" model will be built as part of the therapeutic program.
- The community – Menifa intends to keep youth within their communities while creating a synthesis between the languages of education, therapy and schooling and the team is a multidisciplinary one.
- A normative functioning framework – Menifa believes in a comprehensive work model, the goal of which is to bring disengaged youth back to a normative social framework. We believe in empowering teenagers, ensuring personal development and developing the teenagers' identity and giving them tools such as motivation, taking responsibility and trust, which will lead them to fit into society.





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