



HOPE & HEALING
ISRAEL & GAZA'S CHILDREN

Mission Statement.

Children are the future.

It is our responsibility to ensure that children in both Israel and Gaza have tools to address the traumas of war: the air-raid sirens, rockets and missile fire; fear, grief and confusion that are tragic realities in their childhood. It is our duty to support healing for all children. To help the next generation process these difficult experiences, build their resilience, and tap into hope for a more peaceful and prosperous future. It is the only way forward.



HOPE & HEALING

Our Need for HOPE

Since 2001, citizens of Israel and Gaza have faced escalating violence. War is the only reality many children have known.

In the recent 11-day conflict, children once again experienced relentless rocket attacks and missile strikes – this time during a global pandemic. Each time it happens, the trauma deepens. Hope is harder to find.

We see and feel the immediate impact of these events: fear and anxiety, depression, aggression and withdrawal. The long-term impact of this kind of extreme and prolonged stress on children, called “toxic stress,” can be even more dangerous. Children who experience overwhelming stress may have significant developmental challenges and face lifelong health struggles.

Teachers, school staff, and mental health professionals in Israel and Gaza are overwhelmed with the magnitude of the challenge. They need our help.

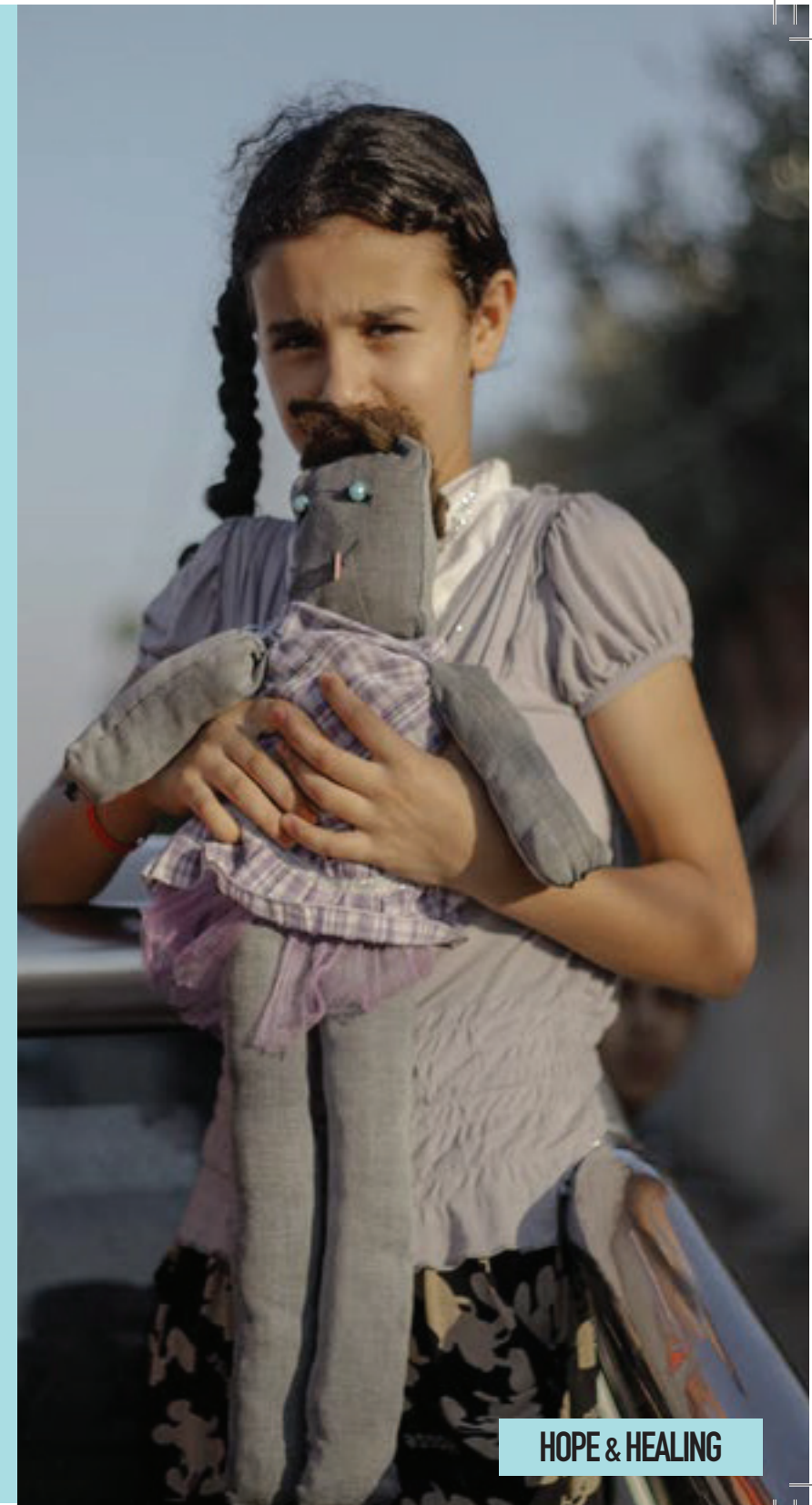


The Center for Mind-Body Medicine (CMBM) delivers some of the world's most effective programs for alleviating population-wide psychological trauma and increasing resilience.

CMBM has implemented successful, large-scale programs of self-care, group support, and community building with Conflict-affected populations in Kosovo, Gaza and Israel; Syrian refugees in Jordan; native communities in the US facing suicide epidemics; and communities that have experienced natural and climate-related disasters in Haiti, Louisiana, Houston, Northern California and Puerto Rico.

CMBM is now also implementing model programs with US Veterans and with communities devastated by school shootings and the opioid epidemic.

CMBM programs have been funded by and coordinated with US government agencies and the governments of Great Britain, Kosovo and Israel, as well as dozens of international aid agencies and non-pro



HOPE & HEALING

Research on CMBM's Programs:

25 scientific studies document the efficacy of CMBM's small group model with traumatized children, adolescents and adults.

Impacts include, statistically significant:

- Reduction in diagnosable Post-Traumatic Stress Disorder by 80%, and decreases in depression, hopelessness, anxiety, anger and sleep disturbance,
 - Increases in mindfulness, self-efficacy, and quality of life.
- Research also shows decreases in burnout, secondary traumatic stress, anxiety, and personal distress among the trainees

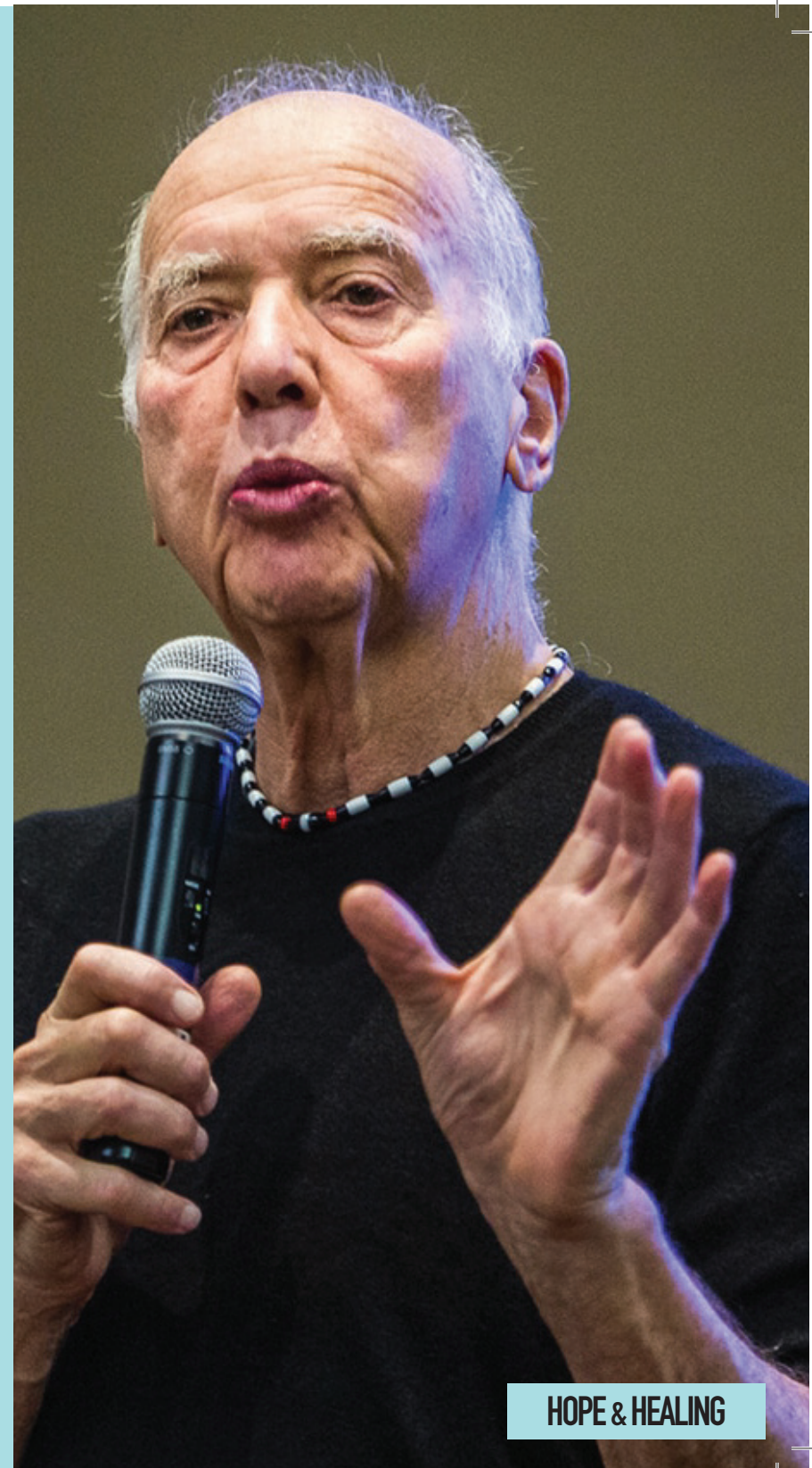
James S. Gordon, MD

Founder and Executive Director

James S. Gordon, MD, also known as Jim, a Harvard-educated psychiatrist, is internationally recognized for using self-awareness, self-care, and group support to heal population-wide psychological trauma. He is founder and executive director of the nonprofit Center for Mind-Body Medicine in Washington, D.C., a clinical professor at Georgetown Medical School, and was chairman (under Presidents Clinton and GW Bush) of the White House Commission on Complementary and Alternative Medicine Policy.

In 1991 Dr. Gordon founded The Center for Mind-Body Medicine. He wanted to create a healing community and community of healers; to make self-awareness, self-care, and group support central to all health care and the education of our children. He understood, even then, that all of us, regardless of age or educational level, have a great and largely untapped capacity to help and heal ourselves and heal one another.

Dr. Gordon leads an international faculty of 130 who have trained more than 6,000 clinicians, educators, and community leaders. They in turn have brought CMBM's therapeutic and educational program to many hundreds of thousands of traumatized and stressed adults and children, as well as people confronting the challenges of anxiety, depression, and chronic and life-threatening illnesses.



HOPE & HEALING

The Partnership

We have been working with Dr. Gordon and his team at The Center for Mind-Body Medicine since 2018. Working hard to pilot a scalable trauma-relief program for schools in Gaza & Israel.

"Sam Ben-Avraham's commitment to children in Israel & Gaza is visionary, passionate, and in harmony with the world's great religious and ethical teachings. Sam knows that The Center for Mind-Body Medicine's programs help transform fear, anger, and despair into compassionate understanding and life-affirming, peaceful action. Sam is an ideal partner for us in the region."

- Dr. Gordon

THE PROGRAM

The Center for Mind-Body Medicine is committed to scaling a trauma-relief and resilience-building program for schools across Israel and Gaza.

Our objective is to launch a full-scale program in Israel with the start of this school year, in parallel to one currently underway in Gaza, and to and continue to grow each semester, reaching as many students as possible.



HOPE & HEALING

Overview of Activities

The Center for Mind-Body Medicine program integrates evidence-based self-care skills into schools' ongoing curriculum and counseling services, providing life-changing support to thousands of students and parents.

- CMBM trains and mentors a critical mass of teachers to integrate mind-body medicine skills into their daily classroom activities, serving all school children.
- CMBM trains and supervises a dedicated cohort of counselors, teachers and local service providers to implement CMBM's intensive Mind-Body Skills Groups for the most traumatized children and parents in each school

The Center for Mind-Body Medicine Skills

1

Concentrative, mindfulness, and expressive meditations to quiet anxiety and anger, release tension, enhance energy, and gain perspective on traumatic experiences and troubling memories



The Center for Mind-Body Medicine Skills

2

Guided imagery to explore problems
and visualize solutions



The Center for Mind-Body Medicine Skills

3

Biofeedback and Autogenic Training to gain awareness of and control over physiological responses



The Center for Mind-Body Medicine Skills

4 Genograms to help participants explore and share vulnerabilities, and discover sources of healing and hope in their families The Center for Mind-Body Medicine Skills



The Center for Mind-Body Medicine Skills

5 Self-expression through words, drawings, and movement to discover, share, release, and gain perspective on difficult memories and the emotions that accompany them, and to create hopeful alternatives to limiting or self-defeating thoughts and perspectives.



Pilot Results: Evaluation of the Program with 5 Schools in Gaza (2019–2020)

School-Wide Changes

- Violence among students decreased by 54%
- Corporal punishment decreased by 68%
- Attendance improved by 58%
- Students passing their exams increased by 15%

Outcomes for Students in Mind-Body Skills Groups (the most traumatized/troubled children)

- Statistically significant improvement in:
 - Post-traumatic stress disorder (PTSD)
 - Behavioral and emotional problems
 - Prosocial behavior (how helpful or considerate student are toward others)

Outcomes for Parents in Mind-Body Skills Groups (the most traumatized/troubled parents)

- Statistically significant improvement in:
 - Post-traumatic stress disorder (PTSD)
 - Depression, anxiety, stress and resilience.

CMBM Programming: What's Happening Now

- In Israel: Emergency Support & Launching Full-Scale Program
- Workshops for 300 teachers, school counsellors and psychologists throughout the South who will start using skills in their work with thousands of children and families
- Finalizing partnerships for comprehensive program with 5 committed schools in the South
- In Gaza: Demonstrating the Potential to Scale
- Training and initial implementation for 10 more schools, serving 3,000 additional children and 400 parents

Our Goal

Raise \$470,832

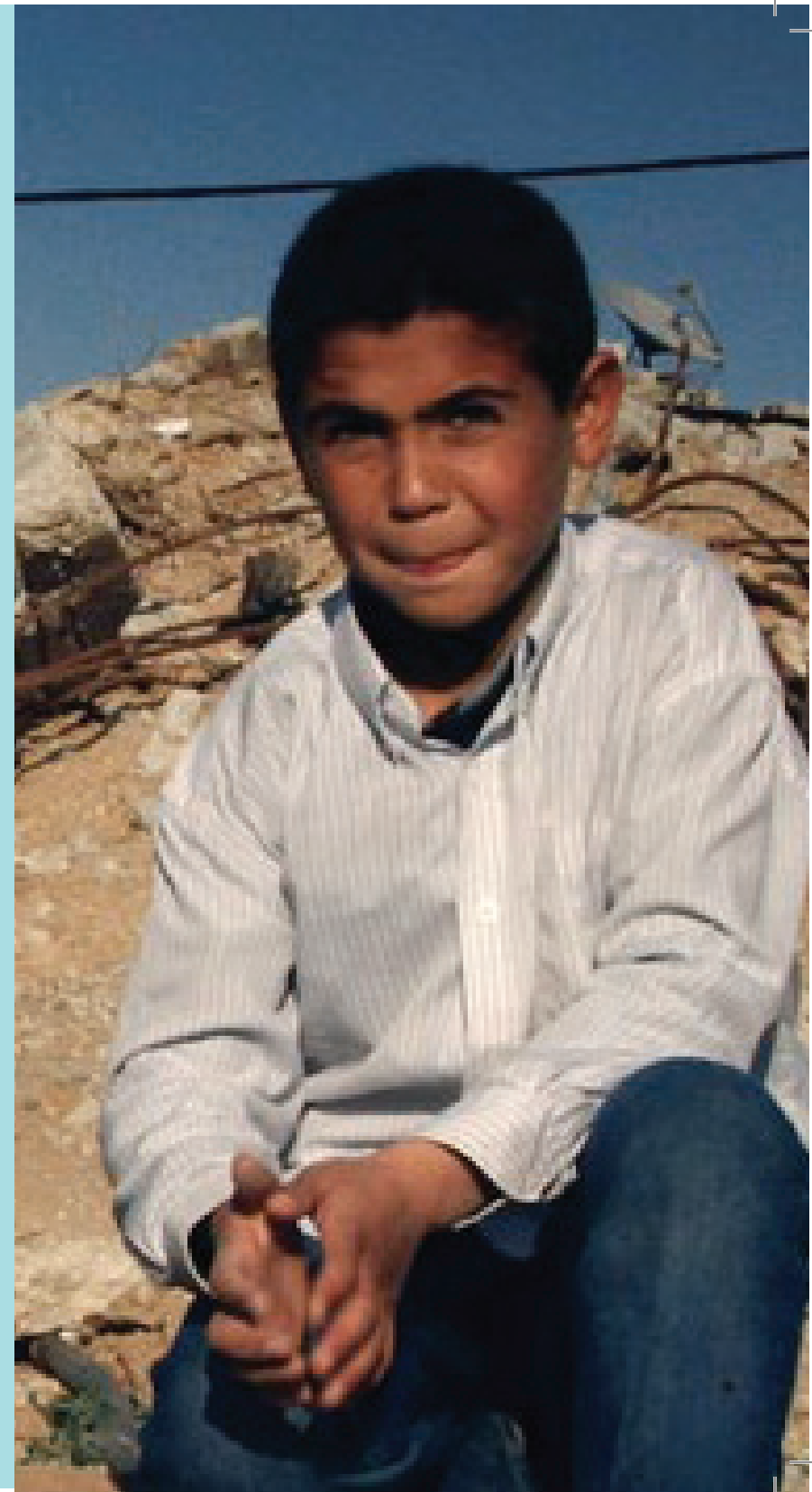
Provide urgently needed services to those most affected by the recent war

Support & accelerate implementation of this groundbreaking program: a model for addressing trauma in war-affected areas around the world



Funding will support:

- Israel - Complete the 1st Comprehensive Schools Program
- Training and support for 50 Teachers & Counselors in 5 schools in the South, serving 2,500 Students
- Intensive Mind-Body Skills Groups for 500 students
- Evaluation and media to demonstrate impact
- Gaza -Demonstrate Capacity to Scale throughout Gaza
- Serve an additional 3,000 students
- Full integration of CMBM's trauma-relief model in a total of 15 schools
- Evaluation and media to demonstrate impact

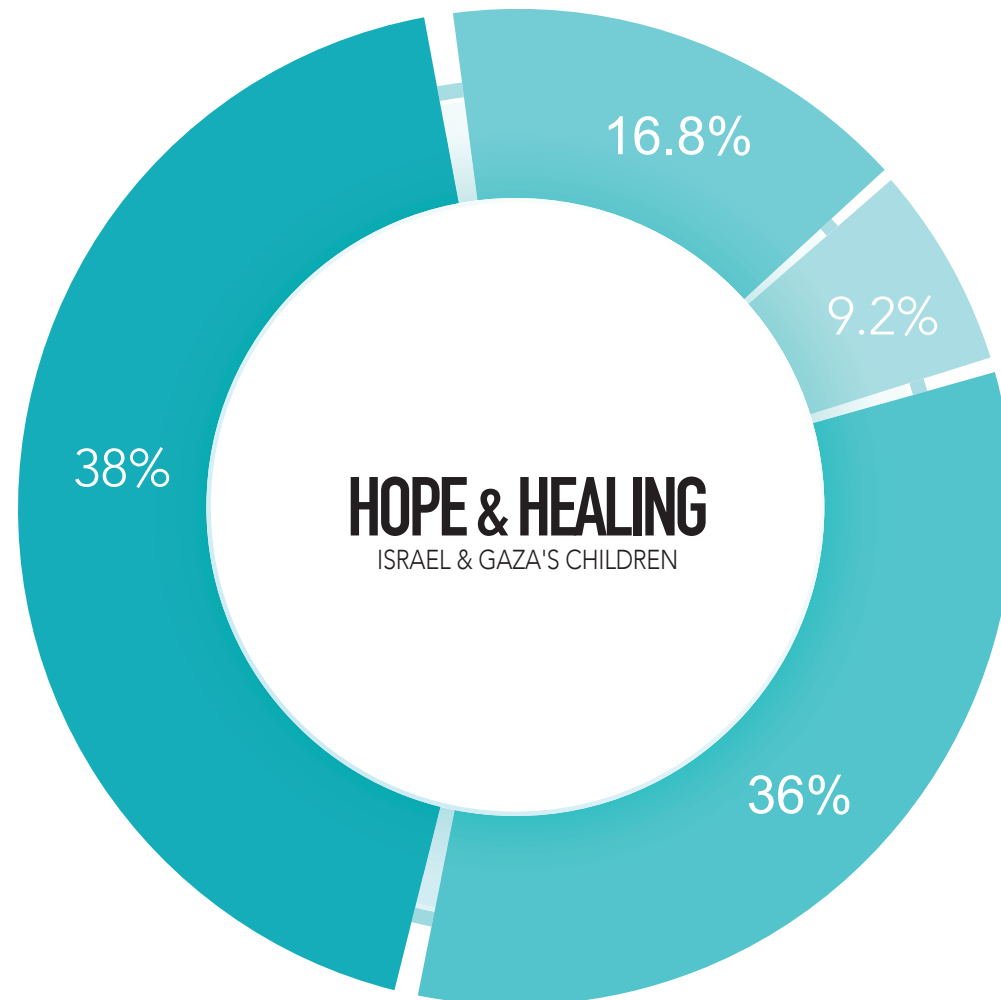


THE GOAL IS TO RAISE

\$470,832

to begin working with schools Southern Israel and continuing to expand the Gaza Program.

	Gaza	Israel	Total
Full Program Cost	\$235,416	\$235,416	\$470,832
Students served (does not include teachers or parents)	3000	3000	6000
Per Student	\$78	\$78	\$78



Program Management and Administration - 36%
Direct Training, Clinical Supervision, and Evaluation Costs -38%
Core Program Consultants - 9.2%
Indirect Operational Costs - 16.8%



Thank You

CMBM website for more information [link to direct donation](#)
[Paypal link for donation](#)

Wire and Checks please contact: Elizabeth Kaplan
ekaplan@cmbm.org