

Enosh - The Israeli Mental Health Association:

Founded in 1978, *Enosh – The Israeli Mental Health Association*, is the largest mental health organization in Israel, delivering comprehensive community-based rehabilitation programs at 75 centres nationwide. Enosh aims to promote the recovery, social inclusion and rights of people with psychosocial disabilities and their families by providing quality professional rehabilitation services, raising awareness to mental health and promoting the rights of people with psychosocial disabilities. We offer services to over 6,700 individuals and 16,000 family members in the domains of housing, employment, socialization, family consultation and youth treatment centres for early intervention. Additionally, Enosh promotes mental health advocacy and legislation and brings its expertise to the forefront of global mental health by holding a consultative status to the UN (since 2017) and promoting disability rights at the UN and the WHO.

Enosh during Covid-19

The outbreak of COVID-19 compelled Enosh to ensure the safety of the staff and service users. Thus, even before it became a requirement by the Israeli Ministry of Health, Enosh made it compulsory to wear masks. Additionally, Enosh adhered to all the Covid-19 requirements of isolation, social distancing and provision of personal protective equipment (PPE). Thus, Enosh purchased and distributed to all staff and service users face masks, gloves and hand sanitizer at centers nationwide. The impact of following Covid-19 protocol and PPE provision kept the rate of infection to a minimum, with only one staff member being infected at work and all service users remaining safe.

Due to social isolation, financial stress, physical distancing practices and general uncertainty, symptoms of anxiety and depression increased significantly among service users. These uncharted territories challenged methods of service provision resulting in a digitization of Enosh's social services. However, some staff and service users (especially the elderly, but not just) had limited access to devices. Therefore, Enosh purchased laptops for staff and additional TV screens and inverters for 6 hostels to keep everyone connected to the activities while remaining healthy and safe. The changes Enosh made to the provision of services to service users proved to be a blessing during a very challenging time and allowed to:

- **Ensure safety:** Offering and receiving mental health services remotely kept infection rates low and ensured the health and safety of the staff and service receivers.
- **Reduce loneliness & routine preservation:** Covid-19 restrictions forced isolation and social distancing, resulting in loneliness and an obstruction to routine. A digital Social-Recreational Community Centre provided access to social and professional rehabilitation services and created a routine.
- **Remove geographic and spatial barriers:** Moving onto a digital platform made mental health services more accessible and enabled the capacity and rate of service users to grow.
- **Eradicate shame and stigma:** Receiving mental health services often comes with shame and stigma. Joining a virtual space or community allows to partake in a variety of activities without the shame or fear being labelled.

Enosh Budget

The general budget has been attached in a separate PDF document.

Headspace- Youth Mental Health:

Adolescents and young adults frequently experience mental health issues, yet are reluctant to seek help. This is because public mental health services often have negative associations, are inaccessible or unfamiliar and do not meet their needs. In Israel today, the incidence of mental health issues amongst youth is similar to the rest of the developed world with approximately 14% of 12-17 year olds and 27% of 18-25 year olds experiencing mental health issues. However, Israel is a relatively young country in terms of the average age of its population. This means that compared to Europe and the US, there is a high probability of a greater need for mental health services for children and youth.

To try and mitigate this problem, Enosh in partnership with Headspace Australia has launched *headspace Israel*. The headspace model is based on a multi-disciplinary team of professionals, integration into a local city/town infrastructure and partnerships with additional service providers in the field of mental health. These centres are not designed to substitute existing services, but rather to increase awareness of and accessibility to municipal and national mental health services and encourage young people to approach an enhanced form of primary care as early as possible.

The first Headspace centre was established in 2014 in the city of Bat Yam, the second centre was established in 2019 in Jerusalem and the most recent centre launched is digital *e-Headspace*. The aim of headspace is to improve the mental, social and emotional well-being of young people by providing high quality and diverse mental health services which is evidence-based and continually researched. All headspace centres specialize in a short-term, multidisciplinary model of care catering to the mental and emotional needs of young people aged 12-25. This is accomplished by providing early intervention for mild to moderate mental health issues in youth friendly spaces with close links to local specialist services, schools and other community organizations. Thus, by offering an accessible and affordable entry point which is tailored to young people and their needs and does not “medicalize” the problem, young people feel like they have where to go.

Headspace during Covid-19:

In the turbulent times of Covid-19, when physical distancing, isolation and lack of social interaction have become the new norm, the mental health of young people has been impacted resulting in a significant rise in mental health issues. During this time, the amount and urgent of inquiries looking for emotional support has been higher than ever before. Adolescence is known as a crucial period for mental well-being, when emotional disorders such as: depression, anxiety, eating disorders and substance abuse may emerge. The struggle is even greater for youth who come from marginalized families that do not have access to psychological services. This highlights the importance of providing accessible, high quality mental health services which can provide appropriate solutions in a timely manner. Accordingly, since the emergence of Covid-19, as Israel went in and out of lockdowns, headspace service provision remained uninterrupted as it moved to a digital platform. Consequentially, Enosh decided to establish a permanent digital service and e-headspace was born.

Headspace head office Budget:

Human Resources	\$	₪
National director (100%)	128,676	420,000
M&E coordinator (100%)	77,206	252,000
Total	205,882	672,000
Running costs	30,637	100,000
Consultation	18,382	60,000
Marketing	15,319	50,000
Total	64,338	210,000
Total Expenses	270,221	882,000

Special projects:

1. Emotional Regulation:

Emotional Regulation is a general name for a number of important skills which enable an individual to influence which emotions they have, when they occur and how they experience as well as express them. This skill set is especially useful when it comes to coping and tolerating stress or anxiety. The workshop teaches participants the skills to identify stressors, acknowledge the emotional state which arises as a result and cope by using internal resources. The advantage of this skill set is the psycho-educational characteristics it has, which allows to acquire and implement it relatively easily. Therefore, we are offering the emotional regulation workshops at schools to the educational staff and learners, which will provide the participants with proven tools and techniques for better emotional regulation. This will be done in order to build the participants resilience, expand the reach to populations who do not consume psychological treatment regularly, maximize the efficiency of psychological treatment (if it is taking place) and reduce stigma around mental health.

Emotional Regulation Budget:

Expenses	\$	₪
Unit coordinator	55,147	180,000
Development and promotion costs	36,765	120,000
Total Expenses	91,912	300,000

- According to \$=3.264 ₪

2. Therapeutic Support Network:

Most therapeutic frameworks, place an emphasis on the dynamics formed in the therapy room between a therapist and the patient. This dynamic is detached from the other elements of the individual's life, which often means that there is a disconnect between the support received in therapy and the outside world which can limit the effects of the therapeutic process. For this reason, the Bat-Yam center has placed great emphasis on creating and running the "Therapeutic Support Network" project- a holistic service which focuses not only on working with the individuals themselves but on working with the influential people with whom they come into contact on a daily basis (peers, teachers, youth group leaders, parents and other family members). This is done by working with the individuals support network and providing them with the guidance, training and tools needed to ensure that outside of the therapeutic process, there is a system in place which can continue to support and empower the individual. In the last two year the Support Therapeutic Network project has provided services to over 450 service users and meaningful connections have been established with over 20 educational institutions in the municipality, the "Ronen" unit at the social welfare services, the social and youth municipality department, the municipality absorption department as well as collaborations with other organizations working with youth in the city.

Therapeutic Support Network Budget:

Expenses	\$	₪
Human resources		
Clinical Director (50%)	35,515	115,920
Operations development manager (50%)	31,710	103,500
Office administrator (100%)	32,260	105,300
Technical Support (10% position)	6,100	19,900

Psychologists / Therapists (50% position)	31,710	103,500
Total	137,295	448,120
General Activity	\$	₪
Promotion and advertising	3,070	10,000
Training research and development	12,690	41,400
Staff training	6,020	19,650
Maintenance and Operations	18,080	59,000
Office Supplies	1,685	5,500
Miscellaneous activities	1,840	6,000
Total Expenses	180,680	589,670

3. Promotional Digital Content- e-headspace- Promoting Mental Health

Within the e-headspace activity platform there is a division which is responsible for creating and promoting mental health content to youth and young adults.

The content entails: Information, coping strategies and campaigns.

The aim: reduce stigma, raise awareness to mental health issues amongst youth and parents, reduce a deterioration in mental health issues amongst youth and encourage young people to take action by asking for assistance and going to therapy.

Tools and platforms: Videos, experience various therapeutic tools, coping mechanism workshops as a final product which may be utilized, campaign using young role models, online presence in a reactive capacity.

Promotional Digital Content-Budget:

Expenses	\$	₪
Digital Content Coordinator and online presence	55,147	180,000
Promotion campaign	64,338	210,000
Total Expenses	119,485	390,000