

NATAL:

*CREATING A MORE
Resilient Israel,*

*ENSURING A
Strong Future*



Ido Lazan,
Terror Attack Survivor
Owner of I am Bullet Proof Gym



Dearest Friend,

It is my pleasure to share with you this update on some of the current work at NATAL: Israel Trauma and Resiliency Center. Within this report, you'll be able to learn more about our efforts to build a more resilient Israel, for a better tomorrow. You'll read the story of Ido Lazan, a survivor of a terror attack in Tel Aviv who is overcoming his physical and emotional wounds to show the meaning of perseverance and "Post-Traumatic Growth". You'll also learn more about NATAL's exciting and groundbreaking programs that offer resiliency training together to both Jewish and Arab female educators, as well as our "Helping the Helpers" program that provides support and training to first responders and medical staff to strengthen their ability to cope and support others in times of crisis. Moreover, you'll get a snapshot of some of our other efforts to help those struggling to overcome the effects of trauma related to terror and war in Israel.

While we are thrilled to send you this update, we are saddened to say that the need for our programming is greater today than ever before. The cumulative impact of years of conflict and vigilance against rocket and other terror attacks, now coupled with the increased regional

tension and random stabbings and car rammings across the nation, Post-Traumatic Stress is as prevalent as it has ever been. Our work to help those who have been traumatized while simultaneously building strength and resiliency across the nation to better withstand future events must continue, and grow, and we are only able to do this thanks to your support.

Thank you for standing with Israel through NATAL in the past and it us our hope you will continue to support and stand with us in the future!

All my best,



Jeremy Chwat
Executive Director
American Friends of NATAL

PS: Please let us know if you plan on visiting Israel and would like to visit our center in Tel Aviv. We'd love to show you around!

a Survivor's Story: Ido Lazan

In an instant, on January 1, 2016 a typical birthday party celebration in Tel Aviv turned tragic for Ido Lazan, his friends and his dog Django.

The festive afternoon was quickly marked as yet another shooting attack in Tel Aviv, when a gunman opened fire at the Hasimta Pub on Dizengoff Street, killing two, Alon Bakal z"l and Shimon Ruimi z"l, in addition to wounding 7 others. Ido was one of those wounded.



In the chaos of the shooting, Ido's dog, Django, bolted from the scene and became separated from his owner as he struggled to survive the two gunshot wounds he had just endured. Ido was quickly rushed to the hospital where he underwent several operations, all while worrying about the fate of his beloved companion Django. Ido's story and his search for Django quickly went viral, and the two were later reunited to much media coverage – and Ido's delight.

With Django by his side, Ido faced the long path of recovery ahead of him. A former combat soldier in the IDF, Ido had always been athletic, though the permanent physical limitations that resulted from his injury quickly became apparent and devastating.

Beyond the physical struggles, Ido realized he also needed to heal those scars that were invisible. He picked up the phone and called NATAL.

Ido first became acquainted with NATAL several years earlier as a student at Sapir College, near Sderot. Though he never anticipated he himself needing NATAL's services, fortunately Ido already understood the potentially debilitating emotional impact of surviving a terror attack. NATAL is proud to have played a role in Ido's recovery and in helping him share his experience with the hope that it will encourage those with similar stories to turn to NATAL for emotional help.

In the year and a half following the attack, Ido's recovery – both physical and emotional – has been nothing short of remarkable. Through persistence, commitment and the guidance of NATAL's Clinical Treatment, Ido has come to face his experience of terror, now allowing it to propel him forward to help others.



Recently, Ido returned to the site of the attack, to open up "I AM BULLETPROOF", a gym in testament to his belief that physical strength supports mental health. The story of Ido is the story of Israel. NATAL is proud of Ido's spirit, resilience and the part we have been able to play in his inspirational story of healing.

PROGRAM SPOTLIGHT:

Resiliency training for Jewish, Arab and Bedouin teachers all across Israel

For several years, NATAL has been training Jewish, Arab and Bedouin elementary school teachers and educators in various communities across Israel to help their young students cope and manage with the ongoing trauma of living in a conflict zone. Trauma knows no color, religion or background, and often teachers are faced with classrooms of scared and anxious children and require NATAL's help in providing them support.

Research suggests that the most effective help to an individual in need is delivered not by professionals, but rather by people in their close surroundings who they know and trust. When not with their families, children spend a majority of their time at school and have trust in their teachers who hold positions of enormous potential influence.

With NATAL's training, teachers from diverse backgrounds are empowered with tools to become advocates for trauma awareness and resiliency, with the ability to influence schools, families and their local communities. In the north of Israel, Arab teachers have been trained as well as Jewish teachers all over the country. Safe Place, NATAL's online resiliency platform has also been introduced to 80% of Jewish schools in Israel.

NATAL's Community Outreach Unit holds a series of tailored meetings with teachers which take into deep consideration any specific concerns they have, as well as cultural/religious differences and language needs. Meetings cover a wide range of material including how to identify trauma symptoms in children, different trauma interventions, building trauma resiliency using creative psycho-educational tools and resources, how to speak to parents and families, and how to lead in times of emergency.

For example, Bedouin communities are particularly in need of this support as many southern villages and towns lack the necessary infrastructure (safe rooms/shelters) to protect from rocket attacks. The result is that many have experienced direct hits, causing acute traumatic reactions in children and adults alike.

Hundreds of Jewish, Arab and Bedouin teachers have already benefited from this program and continue to use their positions in schools and society to ensure a stronger and more resilient future for Israel's next generation. The success of the training is indicated by an ever-increasing demand from schools across the country.



Stress balls and other special tools like biofeedback cards are a great resource to help teachers teach trauma resiliency.

PROGRAM SPOTLIGHT:

Who is Helping the Helpers? NATAL's Response to Our First Responders

Doctors. Nurses. Emergency Medical Technicians. Police. Firefighters. We all look to these figures for help in our times of crisis, be it health or safety. But we must remember that, by being there for us, these first responders and front-line caregivers put themselves in danger every day; not just physically, but emotionally as well.

This reality results in "compassion fatigue" for those who struggle to provide us support, while themselves remaining resilient. Nowhere is this more prevalent than in Israel, where the stress is compounded by living under the very real threat of violence or terror.

One might ask, "who is helping our helpers" or "how do they cope"? In Israel, the answer is NATAL: Israel Trauma and Resiliency Center.

Since 2013, NATAL has been able to provide essential training workshops to nurses and social workers in over 20 hospitals across the nation. These training modules are intended to give much needed emotional support, as well as coping tools for helpers faced with emergency situations daily. Participants receive information on psychological responses to trauma, learn practical tools to improve their resilience and coping, and go through a process that strengthens interpersonal support within their group. Additionally, the workshops' content is dedicated to training in delivering bad news to patients and families.

In all, thus far NATAL has trained over 1,000 nurses and medical staff for a total of over 2,032 hours of resiliency training.

NATAL has also been working extensively with Police and EMTs, including Haztolah and Zaka in recent years, training over 8,000 Israeli National Police and Border-patrol active service, including members from nearly all operational and HQ units. In typical two-day trainings, NATAL seeks to enhance the unit's cohesion, while

providing knowledge and exercises working with various stress coping protocols. Following these sessions, participants responded that they felt:

- *more confident in their ability to work professionally as helpers during a crisis situation;*
- *more satisfied and happy with their work as helpers;*
- *less "burned out" and less affected by their patients' traumatic or adverse experiences; and,*

When crisis strikes, whether manmade or by natural disaster, we are thankful for the brave men and women who stand of the frontlines to pick up the pieces in the most dire of times. It's NATAL's great privilege to take care of these individuals, so they may do the important work of taking care of us.



*Faces have been blurred to preserve the identity of special police force members

NATAL in the US

Bringing Hope & Resiliency to Communities Across the Globe

Despite thousands of miles distance, many living in urban centers around the US share an unfortunate similarity with those living in Israel- the emotional devastation caused by violence. Trauma knows no borders and boundaries and does not specify its weapon; rocket, bomb or gun. NATAL, too, knows no borders when it comes to sharing knowledge on the important topics of resiliency and trauma treatment.



Members of the TURN Community Center with NATAL professional, Sigal Haimov, during the 2nd phase of training in Chicago.

The Urban Resiliency Network of Chicago (TURN) Training faith based leaders to be empowered in the face of trauma.

In collaboration with NATAL, The Urban Resiliency Network of Chicago (TURN) proudly launched the TURN Trauma Helpline on July 5, 2017.

The launch is the result of two years of intense collaboration and training, including the building of the necessary infrastructure, as well as training the first cohort of faith-based leaders to provide trauma informed interventions to their communities.

Over the next year NATAL is continuing training and supporting TURN as they lay the foundation and launch the TURN Center. NATAL looks forward to returning to Chicago in for the next phase of the training on community outreach efforts.

NATAL Global Impact

In June, NATAL was invited to present at the 'Israeli Social Innovation Chicago 2017' Summit. NATAL's Global Impact: NATAL and 3 other NGO's presented diverse perspectives on the Israeli 'Social innovation' ecosystem, and how Israeli Innovation makes a difference in the lives of people all over the world.

NATAL's inclusion on this prestigious panel speaks to the "ground-breaking" nature of our work and the value NATAL can bring to other communities in need. In recent years, NATAL has been called upon to export its expertise internationally to at-risk populations.

NATAL's Impact

NATAL's Helpline Support

- NATAL's Helpline has received 1,150 incoming calls since January 2017, with many calling back or being referred to NATAL's Clinical Unit for ongoing treatment.
- Over 300 veterans have received treatment since January 2017, with nearly 500 being treated in 2016.
- Over 35% of recent callers to NATAL's Helpline are in response to the recent wave of terror in Israel.
- NATAL's Helpline continues to have an increase in children callers, including many who are using the Helpline's new chat feature.

Treatment through NATAL Clinical Unit & Mobile Unit

- NATAL's Clinical Unit is currently treating 432 patients weekly, both in clinics and in people's homes.
- 32% of patients were treated in NATAL's center in Tel Aviv, while 68% were treated at locations nationwide.
- In 2016, over 1,160 hours of treatment were provided through NATAL's Mobile Unit, equaling 150 families in the south, Jerusalem and Tel Aviv.



NATAL Interdisciplinary Studies Center

- NATAL Interdisciplinary Studies Center entered its 9th year of collaboration with Tel Aviv University Medical School, with 34 mental health professionals enrolled in NATAL's 2016/17 trauma studies course.
- NATAL is in its 4th year of providing training for the IDF's Casualty Notification Officers with 75 officers in the 2016-2017 course.

American Friends of NATAL Spring Cocktail Event 2017

This past June the American Friends of NATAL was proud to host a successful cocktail event in New York's Lower East Side to benefit NATAL's work in Israel! It was truly an inspirational evening filled with hope and attended by hundreds of friends and supporters, all of whom came together in recognition of NATAL's important work. NATAL's Founder and Chairperson, Judith Yovel Recanati, as well as Executive Director, Orly Gal made the trip from Israel in order to speak and attend, in addition to Ido Lazan who also flew in to tell his story of survival and healing as the keynote address. Other speakers included Jeremy Chwat, CEO of AFN, David Kostman and Ran Eliasaf, both Chairs of AFN, and Yotam Dagan, NATAL's Director of the International School.



Orly Gal and Judith Yovel Recanati at the 2017 NYC Spring Cocktail Event

The evening successfully raised nearly \$100,000 in support of NATAL's programs and services in Israel! In addition to all those who donated and attended, we extend a special thanks to David Kostman and Ran Eliasaf who contributed enormously to the planning and coordination of the event, making it the great evening that it was. We look forward to holding similar events in the future!

NATAL

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ensuring a Strong Future*



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