

MARCH 2024 // אדר א'-אדר ב' תשפ"ד



Upcoming Trainings

MARCH 5 AND 6:

EFT Tapping with **Robin Bilazarian, LCSW**, at **1720 Ave J**

MARCH 16 AND 17:

Core Belief Training, given by **Roy Keissling, LISW**, at **1720 Ave J**

MARCH 19 - 23:

Somatic Intervention Level 3, given by **Ricki Bernstein, LMSW**, on Zoom

Yarn and an Artistic Outing for Holocaust Survivors

In mid-January, our inspiring Geriatrics team hosted a joyful outing for Holocaust survivors. They went to the Hobby House to paint ceramic items — the attendees

loved it. They also had lunch together, which was an opportunity for friendship-building and togetherness.

Additionally, the Geriatrics team did a yarn distribution to the survivors who knit or crochet. They distributed beautiful yarns, as well as gartel yarns in black in white. Thank you to the Geriatrics team for bringing so much light and love to Williamsburg's community of survivors.

From the Executive Director's Desk

Our Executive Director, Yerachmiel Stern, would like to recognize the following staff members for extraordinary work:

- **Chanie Schindler, Israel Tropper, Joe Bistricher, and Diana Masri:** The ICF endured two audits, the DQI Audit and the general OPWDD Audit, and did so with flying colors.
- **Zack Teper:** Thank you to Zack for preparing the DQI audit.
- **Shaindy Strulovitch:** She deserves recognition for skillfully maneuvering through both audits.
- **Lipa Werczberger:** Construction has begun to allow for more extensive on-site trainings as we create a very upscale multipurpose room on the 4th floor. Construction has also begun on the 3rd floor to create space for Health Homes and the Article 32 Program, Hearts of Minds. Lipa has coordinated the logistics of the construction projects, ensuring that the engineering and construction are perfect.
- **Rabbi Grunwald:** Rabbi Grunwald has brought about great growth to the School Satellite Program, whose numbers are surpassing pre-pandemic levels. He is growing and maintaining excellent connections to the schools.

School Satellite Program Hosts Successful Event for Principals

On February 15, the School Satellite Program hosted an event for girls' school principals from schools in Borough Park, Flatbush, and Staten Island. The event's purpose was to connect with the schools and offer support for the issues that come up with school-aged children. Pesach Tikvah made excellent connections with the principals. The principals spoke with Pesach Tikvah staff and heard about how our programs could help them. The principals showed a keen interest in learning about our programs and connecting with Pesach Tikvah.

The event was organized by Rabbi Grunwald, the School Satellite Program Director, and was co-hosted by School Satellite Program Supervisor Lea Scharf, our Executive Director of Operations Yerachmiel Stern, and the Director of the 926 Family Center Aaron Zev Herbstman, who all spoke at the event. The guest speaker was Chaya Henchy Friedman, LCSW. She spoke about bullying and shame in the school setting.

In his speech, Mr. Stern discussed that Pesach Tikvah is approaching 40 years of service to the community, and that the School Satellite Program has been serving the schools for 15 years. All these years later, Pesach Tikvah is more than just an organization – it's a commitment to a set of values of catering to the Chasidische, Chareidi, and Yeshivish population with the utmost of cultural sensitivity. It's a set of values grounded in personal

connection. All these years later, high level employees from newer organizations still come to work for us because of our long-standing reputation for excellence. He also recalled a famous story from the Gemara of Rabbi Yehoshua ben Levi's son falling ill; when he woke up Rabbi Yehoshua ben Levi asked him what he saw. His son said that he had seen a world in reverse where all the downtrodden people were elevated. Mr. Stern analogized this to Pesach Tikvah – we are here to elevate and be there for the downtrodden.



Kudos to everyone involved in this event – excellent work!

Dialectical Behavioral Therapy Training

In January, the clinics offered a Dialectical Behavioral Therapy Skills Training, given by Dr. Charlie Swenson, M.D. 55 clinicians attended. The attendees 1) gained an understanding of the foundation of DBT; 2) understood the goals, stages, and targets of treatment when using the DBT model; 3) gained an understanding of problem-solving strategies and changing behaviors; 4) differentiated between problem-solving strategies, validating strategies, and dialectical strategies; 5) understood the importance of and relevance of mindfulness in DBT; 6) understood how to apply DBT to the diagnosis of Borderline Personality Disorder.

"Thank you so much, this training was incredibly valuable," said Fayga Zellermaier, LMSW.

A social work intern said, "I found the skills to be really interesting and easily adaptable to lots of settings."

"Loved the training and found Charlie to be extremely knowledgeable and well spoken," said Abby Ehrlich, LMSW.

Credit is due to Lea Scharf and Gitty Applebaum for coordinating this successful training for clinicians.

Good News from Pesach Tikvah's Programs

926 Clinic: The number of clients using the 926 Clinic's services has increased to pre-pandemic levels. The clinic's director, Aaron Zev Herbstman, deserves much credit. The clinicians also have done a tremendous job delivering the kind of high-quality mental health care that keeps clients coming back and attracts new clients.

Boro Park Clinics: Groups are accepting new participants. For example, the Interpersonal Process Group for Women is meeting at the 5309 Family Center on Mondays from 10-11 AM and Wednesdays from 8:30-9:30 PM. This group is a place where women can talk honestly about their lives while increasing their awareness of their own feelings. Participants gain support and new perspectives from others with similar feelings. They develop insight into their relational patterns and experiment with new ways of interacting with others in a supportive and safe group environment.

CORE: CORE welcomed two new staff members: Suri Kohn has joined as a PSR provider. Suri is based in Flatbush and is providing psychosocial rehabilitation services to CORE clients, with her high degree of cultural sensitivity and awareness. Alexa Newman, Mental Health Counseling Intern from Brooklyn College's graduate program in Mental Health Counseling has joined our staff and is doing her practicum with Pesach Tikvah's CORE program. Alexa joins Aaron Hahn, another Brooklyn College Mental Health Counseling Intern, who is currently doing his second-year internship with CORE, and who has demonstrated excellence in his provision of services to CORE clients.

Pesach Tikvah's CORE program is proud of the connection that has been made to Brooklyn College's graduate school of Mental Health Counseling.

COMHAB: COMHAB continues to successfully deliver services to its clients. A great thanks goes out to Mrs. Masri and the COMHAB team for consistently delivering excellent service.

OPWDD: FSS Reimbursement applications are being accepted. Eligible families can receive funds for extracurricular activities to be delivered this summer. For more information, contact dmasri@pesachtikvah.org.

CFTSS/Simpatico: Registration for Simpatico groups is open. These groups are a great resource for clients who can use a creative outlet in a safe space. They provide opportunities to enhance social skills, boost confidence, and calm space in which to regulate. Please see the schedule of groups posted in this newsletter. Reach out to Goldie Moskovitz at x.1479 to refer clients.

For mothers: Simpatico is offering an art group for mothers to express themselves, recharge, and connect with self and others. It's Wednesdays at 1:30 here in the 926 Family Center.

Also for mothers: Simpatico has started family peer support, which is mentoring for mothers of registered clients, or for other mothers who need support.

For boys: Simpatico is running a boys social skills group using music as a creative outlet to improve their self-esteem and relate to others in a group.

We'd also like to say a big mazal tov to CFTSS employee Tzirel on her wedding!

Empowering connection through skilled direction.

Give your child the chance to learn a new skill, forge connections and form friendships all while having a great time.

Girls Sunday Groups

Dancing
4 Slots Left

Drawing
Class Full

Food Decorating
3 Slots Left

Zumba
New Group Grades 4+

Painting
4 Slots | Grades 5+

Baking
New Group Forming Now

Guitar
1 Slot Left

Haircutting & Styling
New Group Grades 5+

Girls Monday Groups

Dance & Movement
New Group Forming Now

Girls Wednesday Groups

Painting
2 Slots left

Guitar
4 Slots Left
Grades 7+

Piano
1 Slot Left

Hairstyling & Cutting
New Group
Grades 5+

Boys Groups

Painting
2 Slots Left

Music
New Group with
Male Provider

We now have a licensed Davis* facilitator to help with your child's reading/k'riah and academic needs in a 1:1 setting.



Simpatico

Child Health Plus & Medicaid Approved
Reach out to enroll: 718.305.5077 X1430

A Pesach Tikvah
Program

Focus On: Isser Rosenberg, CFO

Q&A



Each month, we will feature an unsung hero of Pesach Tikvah – someone who contributes something indispensable to the organization. This month, we spoke with our CFO, Isser Rosenberg, about his work. *Mr. Rosenberg has been with Pesach Tikvah for almost four years.*

Q: What does the CFO do?

A: I oversee the finance, accounting, and payroll departments and get involved with anything that could impact the financial health of the organization. I oversee the annual audit and any regulatory audits that have any financial aspects to them. I'm responsible for the financial reporting, budgeting and projections, for approving invoices, for approving contracts, approving salaries for new hires and raises. I work on the CFR (Consolidated Fiscal Reporting – a complex report required by government agencies such as OMH, OPWDD, DOH, and OASAS). There are reports that need to be sent to the IRS and to a host of other regulatory bodies and funders. I need to stay on top of new regulations and developments related to billing and accounting. One way I do that is by attending IAC meetings, which is the forum for OPWDD, and the New York State Council, which is the forum for OMH, where I listen to my peers discuss new developments and how to tackle them.

Q: What has been your most interesting project recently?

A: What I really enjoy is setting up systems based on computer solutions for mundane, repetitive tasks. I'm very much into the new Microsoft Business Intelligence platform. Since 2010 Microsoft has expanded Excel to

include several powerful business intelligence tools such as Power Pivot, Power Query and Power BI – new platforms inside and outside Excel, which leverage technology for financial analysis. That's one of the aspects that I really enjoy.

Q: What new technology have you implemented?

A: I set up an efficient way of checking payroll to quickly highlight possible errors. Using Power Pivot and Power Query I was able to automate the task of generating weekly and monthly statistics for each of the clinics as well as the CFTSS and CORE programs. And, of course, tracking how much we've been collecting from different payers and the rates that we have been getting paid along with other important financial metrics.

Q. What do you like about Pesach Tikvah?

A: The special Yiddishe environment and the special people who work here. I like the diversity of the programs; it makes it much more interesting. Here you have clinics, the ICF residence, Geriatrics, COMHAB, CFTSS, HCBS/CORE, Health Homes, as well as various grants. Each program is a little different and requires a different understanding of the way things work, so it makes it more interesting.

A great thanks goes out to Mr. Rosenberg 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 to make a suggestion.

How Health Homes is Collaborating for Success

By Chaya Moskovits, *Health Homes Care Manager*

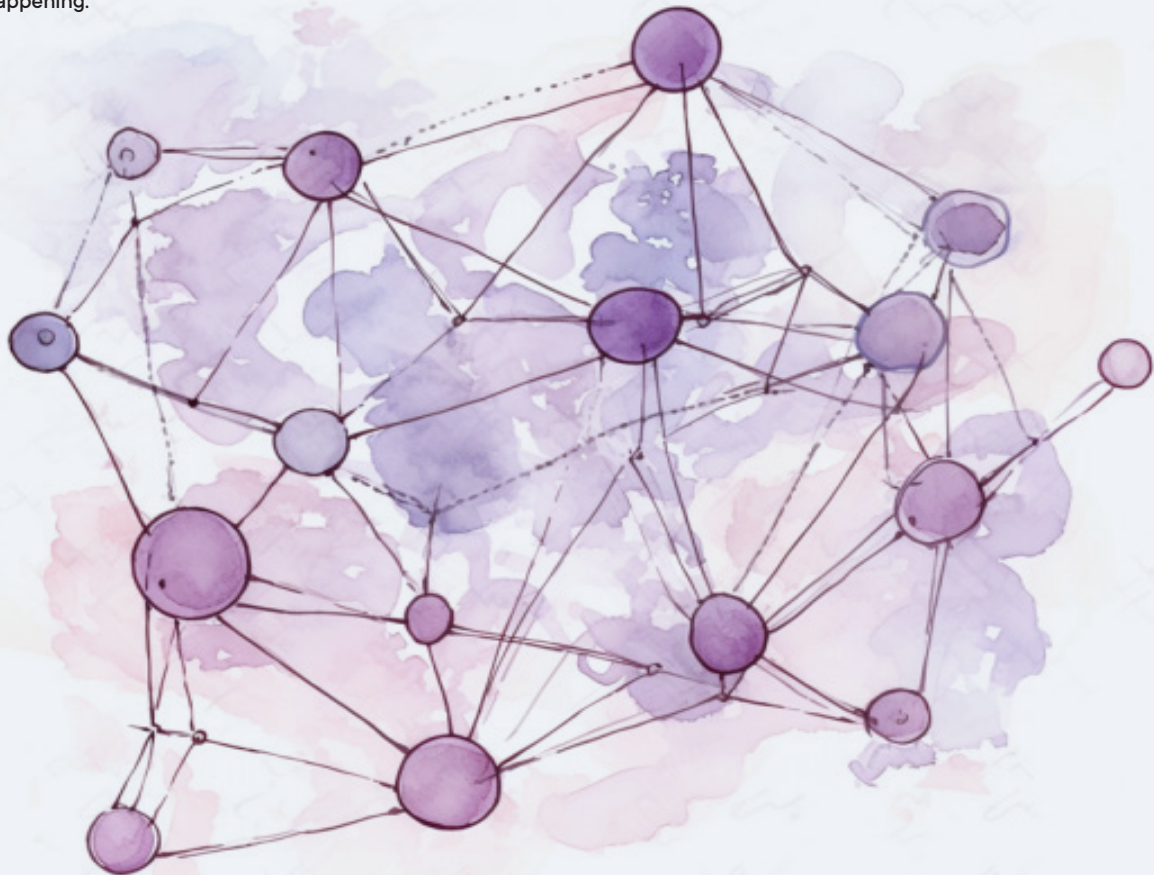
Health Homes is collaborating with therapists, families, schools, social services, mentors, and friends to create a stronger support network for our clients. We put in hard work to get everyone up to date on the information others are holding. That greatly impacts the care the members receive since the collaboration leads to much more proficiency.

When community resources know who you are through collaboration as a referral point, they are more passionate about the cause. An example would be collaborating with a homecare agency: all our clients that call say "XYZ" referred me to you and automatically it leads to more proficient results because everyone in the process feels more seen and therefore cares more about what is happening.

The new website of resource collaboration at Pesach Tikvah that Yisroel Len set up will help the entire organization to collaborate – especially us care managers.

The more we collaborate the better the results for our clients. We give positive feedback to the organizations we collaborate with, which really helps. For example: Health Homes dealt with a Domestic Violence Agency. We told them, "Rena was so amazing in supporting our client through the process of a restraining order. It's amazing how you balance that." This type of feedback ensures that the next time we reach out to an organization, they are more likely to help our client in the way that he or she needs.

Unfortunately, sometimes the systems get flooded when too many people need limited resources. We want to make sure to have the sort of collaboration that whoever comes to us automatically has an easier way getting through to the available resources. We want any organization, social service, or school we collaborate with to feel like we appreciate and see their work. The direct impact this has on the support we can give our clients is priceless.



2023 Stress in America Survey Results Point to Post-pandemic Trauma

The American Psychological Association reported statistics from their 2023 Stress in America survey. They found that since the pandemic, stress levels in Americans have greatly increased. They conclude that the pandemic resulted in collective trauma for Americans, and as a society we are still reeling from it. They also cite money, the economy, and health-related stressors (especially mental health) as primary stressors.

- The APA perceives a rise in chronic illnesses as an indication of rising stress levels, especially among those between the ages of 35 and 44, which increased from 48% reported in 2019 to 58% in 2023.
- Adults ages 35 to 44 also experienced the highest increase in mental health diagnoses — from 31% reported in 2019 to 45% in 2023 — though adults ages 18 to 34 still reported the highest rate of mental illnesses at 50% in 2023.
- More than one-third of adults (37%) said they have a diagnosed mental health condition — a 5 percentage point increase from pre-pandemic levels (32% in 2019). Most cited anxiety disorder (24%) or depression (23%).
- Nearly half (47%) of adults said they wish they had someone to help them manage their stress. Some adults (36%) said they don't know where to start when it comes to managing their stress, and a third (33%) said they feel completely stressed out

no matter what they do to manage their stress.

- A third of adults (33%) said they have too much stress in their day-to-day lives to think about the future.
- A quarter of adults (24%) rated their average stress between eight and 10. This is up from 19% in 2019, before the pandemic. This increase is mirrored across all age groups except those 65+.
- When comparing pre- and post-pandemic survey results, parents were more likely to report having a chronic illness today than in 2019 (63% vs. 56%) and were more likely to say many stressors cause them significant stress — including money (79% vs. 71%), family responsibilities (77% vs. 71%), the economy (75% vs. 56%), and health problems affecting their family (59% vs. 51%) — today than in 2019.
- Younger adults report the effects of stress the most: 55% reported that when they are stressed, they can't bring themselves to do anything, and 47% said that most days they are so stressed that they can't function.
- Younger adults also reported that 71% of them do not talk about their stress because they do not want to burden others.

Pesach Tikvah is pivotal in helping people in our community manage their stress and related conditions including depression and anxiety. Our therapists deserve recognition for the work they do to stem the tide of stress in America. Thank you, clinicians, for giving clients a listening ear and productive strategies for managing stress.



The Psychology of Scrolling Addiction

Harvard Business Review recently published a study on “the social media rabbit hole” by professors at Cornell’s SC Johnson College of Business and UPenn’s Wharton School. These two professors polled 6445 U.S. students and working adults. Through their research, they discovered three reasons why people continue to look at videos and photos rather than switch to another activity, namely work.

1. **The number of videos people watch:** The study found that watching five videos made people more likely to continue to watch videos than only watching one video.
2. **Similarity of videos:** 21% of participants in the study were inclined to watch more videos when the subsequent video was related content, meaning marked as belonging to the same category (i.e. sports videos, music videos).
3. **Watching videos consecutively:** People who watch several videos uninterrupted were more likely to click on the next video than people who alternated watching videos with other activities.

They also noted accessibility of social media content as a factor, meaning how familiar a piece of video or photo content feels to the viewer. When something feels familiar, people anticipate enjoying more of it — it “feels right.” When something feels right, people are inclined

to continue doing it even if rationally they know they have other tasks at hand. The social media companies know this — platforms like Instagram and TikTok offer consecutive, automatic play of related videos and photos that are suggested based on the user’s previous viewing patterns.

Pesach Tikvah’s clinicians face the challenge of treating clients with Internet/social media addiction. We anticipate our new addictions counseling program, Hearts of Minds, will treat many people with Internet addiction. We salute our clinicians’ efforts to combat this difficult modern compulsion.



We’d like to wish a **שנת הצלחה** to all our staff with March 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.

Group Therapy at 5309 18th Ave

The Borough Park clinic's therapy groups offer excellent opportunities for mental and emotional healing; clients find them extremely supportive and quite useful in their everyday lives. These groups offer real opportunities to learn emotional regulation and authenticity — they are an example of the multifaceted, dynamic work of our clinical staff. To enroll in groups, contact Abby Erlich at [646.801.3045](tel:646.801.3045) or email: aerlich@pesachtikvah.org. Here is the schedule of therapy groups at the 5309 Family Center:



DBT Groups:

- Mondays (Adult Women): 1-2 PM with [Esther Deutsch, LMSW](#)
- Mondays (Adult Women): 8-9 PM with [Susan Weinberger, LCSW](#)
- Tuesdays starting in January (Teen Girls): After school with [Esther Deutsch, LMSW](#) and [Abby Erlich, LMSW](#)
- Wednesdays (Adult Women): 10:45-11:45 AM with [Rochy Willner, LMHC](#)
- Wednesdays starting in January (Adult Men): 7-8 PM with [Yechiel Lichtman, LMSW](#)

Process Groups:

- Mondays (Adult Women): 10-11 AM with [Miriam Plutchok, LCSW](#)
- Wednesdays (Adult Women): 8:30-9:30 PM with [Miriam Plutchok, LCSW](#)

Parenting Groups:

- Tuesdays (Adult Women): 10:30-11:30 AM with [Rachel Brezel, LMHC](#)
- Tuesdays (Adult Women): 8:15-9:15 PM with [Rivky Weiss, LCSW](#)
- Wednesdays (Adult Women): 12-1 PM with [Rochy Willner, LMHC](#)