

Pesach Tikvah Impressed the Crowd at the Nefesh Conference

Pesach Tikvah was an attendee and prominent sponsor of the Nefesh Conference, the largest gathering of Orthodox Jewish mental health professionals. In short, we took the event by storm.

Pesach Tikvah had a large well-situated booth with magnificent merch, ingratiating the other attendees of the event. Our cohesion emanated very strongly throughout the event. People were sharing their feedback of how magnificent and positive they perceived our agency.

A huge thank you is owed to the people who organized and produced the booth. Shloime Feldman made sure all the materials got there. Devorah Deutsch was the lead booth operator over a two-day period along with Rachel Friedman and Shana Weiss. Thanks to Aharon Fink for being one of the event hosts, helping us coordinate there, and advocating for us throughout the event.

Thank you to our cohort who came to the event in addition to those already mentioned: Aaron Zev Herbstman, Rabbi Grunwald, Yerachmiel Stern, Hendy Roth, Lea Scharf, Esther Deutsch, Bruchy Endzweig, and Dovid Lichtenstater.

Much accomplishment and networking took place at this event. Pesach Tikvah yet again was able to shine very bright and very proud amongst other mental health agencies and mental health professionals.

Pesach Tikvah Had Private Audience with Gadol at the Nefesh Conference

Pesach Tikvah staff had the tremendous opportunity to have a private audience with the great leader and pioneer in the halacha of mental health and halacha at large, Rabbi Dovid Cohen shlit"א. Pesach Tik-

vah's Nefesh Conference attendees all signed up for a private audience with him in which they asked for a personal bracha for their own wellbeing as well as the agency's well-being. They were all able to spend quality time with Rabbi Cohen, just sharing insights about our agency and hearing his deep well wishes back.

They most importantly asked him for a bracha for a good positive outcome for our audits and asked him to keep us in his tefillos. He gave us reassurance that the auditors are being scrupulous with us to show that they're doing a good job, and it's absolutely undoubtful that we will pass the audit and be proven to be the proud, well-performing agency we always were. Everyone got signed seforim with brachas written into the seforim.

DBT Training Was a Huge Success

Dr. Charlie Swenson gave a two-day DBT training through the Pesach Tikvah Training Institute. He taught mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance. He taught the therapists how to use these skills for children, teens, and adults whether it's for people who have Borderline Personality Disorder, high risk clients, or even people just struggling with day-to-day life issues.

When Lea Scharf, LCSW, Director of Pesach Tikvah's Training Institute, introduced Dr. Swanson, she said that a lot of the supervisors owe him gratitude because he trained them. He has been a real big part of the clinics in the sense that some of the people who run DBT groups were trained by him. We were so honored and privileged to have him come back.

Attendee feedback on the DBT training:

- Amazing training! Very down to earth. Real-life examples that made the techniques taught user-friendly.

- The presenter was wonderful, explained DBT clearly & looking forward to learn more & applying this model with clients.
- Overall, it was a great training. Charlie was so knowledgeable and interesting, and I really came out with tools to use. Thanks!!
- I loved the mindfulness and a lot of other skills that I hope to use for myself as well.
- This was my first introduction to DBT, so I learned a lot! I work with suicidal teens a lot, so this gave me so much hope that there are concrete ways to help them get better.
- The practical skills that can help are there as a guide for struggling clients.
- I appreciate Dr. Swenson's skill to stay within DBT yet use what works for the client.

A great thank you goes out to Lea Scharf for organizing this event.

Upcoming: Principals' Conference

On February 19, Pesach Tikvah's Training Institute and the Yeshiva Satellite Program will be co-hosting a gathering for principals. Due to popular demand, after the last principals' conference, we are doing another one. We are really excited about keynote speaker Chani Jervel, who was a principal for over two decades, and now is a licensed clinical social worker. She has a lot of experience in both spheres of chinuch and mental health.

The response to the announcement of this event has been overwhelming and positive. We are so happy about how the schools in the NYC area are responding. We're going to have schools from Monsey, Monroe, Williamsburg, 5 Towns, Staten Island — Chasidishe, Litvish, Sefardi — the schools do not have to be members of the Yeshiva Satellite program to attend.

Thank you to Lea Scharf and Rabbi Grunwald for organizing this event.

Announcement from Data Department: Daily Email Digest

We are excited to announce our new Daily Email Digest, a simple and reliable way to help you start each day with clarity and confidence. The Daily Email Digest is scheduled to begin rolling out in mid to late February and is currently limited to the Clinics and School Satellite Programs.

Each morning, you will receive one email that brings together the most important information you need at the start of your day, including your current tasks and priorities, as well as items that are coming due or already overdue. The digest will initially focus on treatment plans and will expand over time to include additional documentation and important updates.

Our goal is to give every provider a clear, reliable daily guide to their documentation responsibilities, so they can spend less time managing paperwork and more time focusing on their clients. In testing, over 90% of participants reported that the digest was easy to use and helpful in managing their daily responsibilities.

To receive the Daily Email Digest, you must have an active PT email address. If you do not yet have a PT email address, please contact HR, and they will help you get set up.

(Thank you to Yisroel Len and Sholom Fiorini for this endeavor.)

Simpatico and CCBHC Had a Blast at Their Cooking Show

In January, the Simpatico and CCBHC office staffs got together for a night of team building and fun. With the help of well-known cookbook author Chanie Apfelbaum, the staffs had their very own mystery box cooking competition.

They started the evening with a beautiful dinner on the third floor, which was a great opportunity for networking. They then came up to the 4th floor conference room, where the room was set up in stations. Everyone grouped themselves into teams of three. There was a beautiful pantry with all kinds of cooking essentials. Then the mystery box challenge started. Each group had to cook a pasta dish with their mystery box ingredients.

There was a lot of laughter, excitement, and team building. Two staff members judged, one from the Simpatico team and one from the CCBHC team. The winners of the competition got Jus By Julie gift cards.

Thank you to Bruchy Endzweig and Hendy Roth for organizing this event.

Focus On: Devorah Deutsch, Administrative Assistant

Each month, we feature an unsung hero of Pesach Tikvah – someone who contributes something indispensable to the organization. This month, we spoke with Devorah Deutsch about her work at Pesach Tikvah.

Q: What is your job at Pesach Tikvah?

A: I am the HR and Supervision Compliance Associate.

Q: How long have you worked at Pesach Tikvah?

A: Seven months.

Q: What does your job entail?

A: I manage the HR trainings on the HR portal. I ensure that people are in compliance. With the supervision team, I am doing quality assurance for supervision reporting.

Q: What do you like about working at Pesach Tikvah?

A: It is a relaxed and fun environment. Everyone is so sweet. I've made friends here. It's just a nice place. I also like that I know I am making a difference in how the company runs. I like being a friendly face who helps people with their trainings. I try to talk in a way that takes the edge off of compliance.

Q: Do you have any interesting projects right now?

A: We are streamlining the onboarding by switching to Docusign.

Q: What are your goals for the future at Pesach Tikvah?

A: I like to streamline processes to make things more user friendly. I like improving reporting.

A great thanks goes out to Devorah Deutsch for her dedication to Pesach Tikvah, and the vital work she 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.

Good News from Pesach Tikvah Programs

January was super productive at Pesach Tikvah. Our staff showed up and showed out! Our community is benefiting so much from everyone's hard work. You all are making a difference in the world!

Clinics:

- **926:** A new DBT group for women has started.
- **926:** There was a Narcan training for all staff. Narcan kits are available.
- **926:** Mazal tov to Chaya on the birth of a baby girl!
- **5309/4111:** Mazal tov to Esther Deutsch on her engagement!
- **5309/4111:** Tamar Itzkowitz got married. Mazal tov!

Yeshiva Satellite Program:

- Thank you to the Yeshiva Satellite Program for continuing to serve the community.

Senior Services:

- On January 20th, Senior Services held a luncheon for Holocaust survivors at Park Manor. Although it was freezing cold that day, there was a great turnout for the event. Everyone was excited to come, all dressed up and in great spirits. They enjoyed the entertainment immensely, which was a singing group with a guitar. The ladies sang along. Even the ladies who are usually grumpy were singing and clapping their hands. Each attendee was gifted a beautiful shawl.
- On the snowy Wednesday, 20 seniors attended group therapy at the Hobby House. They all got to paint a ceramic piece and had a delicious lunch. Susan Weinberger, LCSW spoke and played an educational game with the ladies.

Keshar Connection:

- Keshar Connection hired four new care managers.

CORE:

- Under the expert clinical supervision of Rabbi Dr. Aron Finkelstein, CORE staff have been exploring the topic of Motivation and Engagement. Staff have learned how to recognize the signs of low motivation in clients and how to implement

tools to bolster and support clients' motivation moving toward their personal goals.

- Under the expert clinical supervision of Leah Laufer, LMSW, staff have been learning how to maintain boundaries with regard to between-session communications, such as texting.
- Through regular clinical supervision, CORE staff continue to grow their skills, which ultimately translates into effective support and skill-building for the clients they serve.

COMHAB:

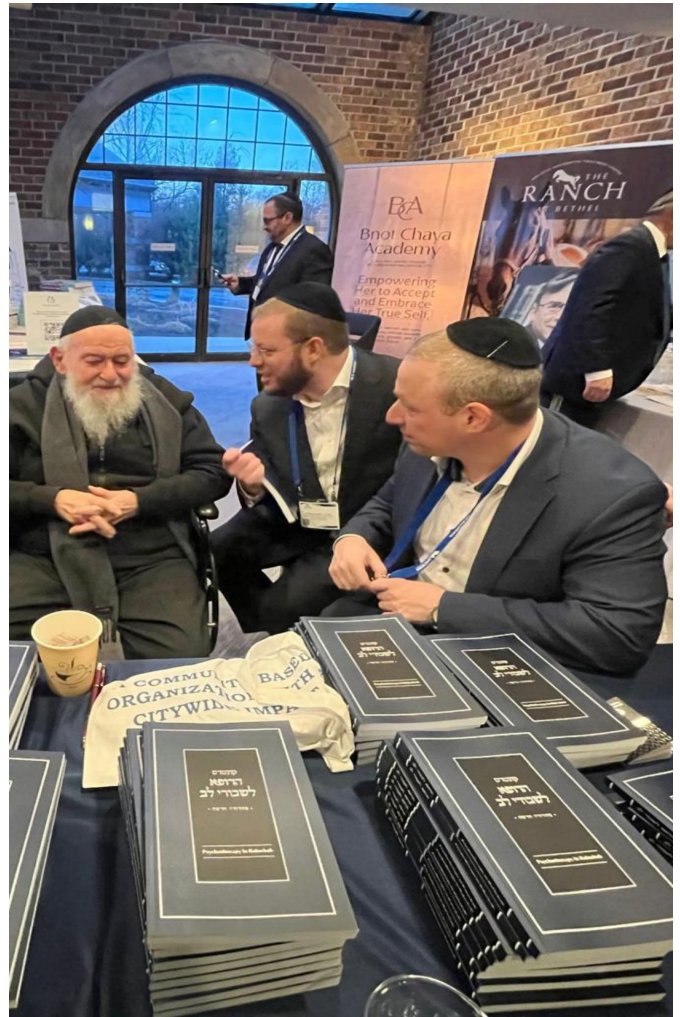
- Thank you to Diana Masri for her excellent on-going work!

Simpatico:

- Mazal tov to Nechama Barros on the birth of a baby girl!
- Welcome back to Gitty Kaff!

CCBHC:

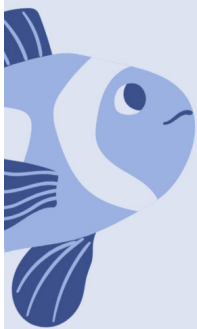
- CCBHC welcomed Nechama Glatzer, Registered Dietician, to our clinical team.
- CCBHC services continue to expand at all our clinic locations.



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