

JANUARY
2025טבת
תשפ"ה

Upcoming Trainings

FEBRUARY 12 & 13

Personality Disorders with Elan Javanfard, MA, LMFT

FEBRUARY 27

Psychodynamic Therapy

MARCH 4

Theraplay with Rochel Sandhaus, LCSW

MARCH 18, 19 & 20

ACT with Dr. DJ Moran, PhD

MAY 6

Loss & Grief with Dr. Abby Nathanson, DSW



We'd like to wish a שנת הצלחה to all our staff with January 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.

Staff Honors and Divrei Torah at Heartwarming Chanukah Party

On January 2nd, the staff gathered in the 365 Willoughby conference room for a joyous Chanukah luncheon. A huge thanks goes out to Shlomi Helwa, Zack Teper, and Shoshana Mirkin for organizing the event. Yerachmiel Stern, our Executive Director, opened the event with an inspirational speech about Zos Chanukah and awards to several staff members. He discussed the positive changes that have happened at Pesach Tikvah in the last year, how we all banded together and unified to realign Pesach Tikvah with its mission. "We are stronger, better, and more unified than we ever were," he said.

The employees who were honored with new plaques on the conference room wall are: Yechiel Benedikt, Sara Leah Newman, Renato Duro, Menachem Lichtman, Esther Deutsch, Yisroel Len, Aaron Zev Herbstman, Adira Tennenbaum, Chaya Kurtz, Rabbi Avrum Grunwald, Yisroel Spitzer, Hendy Roth, Aharon Fink, Gitty Kahan, Berish Weinberger, Lea Scharf, Pearl Ostreicher, Devorah Kotzen, Chaya Landau, and Bruchy Endzweig.

Isser Rosenberg, our CFO, presented an award to Yerachmiel Stern in recognition of his "extraordinary devotion, boundless kindness, leadership, generosity, and support," acknowledging that Yerachmiel Stern brought peace and stability back to Pesach Tikvah; that he empowers others; and is doing great as a leader.

Mr. Stern described a workplace that is free of chronic tension. He said, "That is my bracha to Pesach Tikvah ... achdus and no sinas chinam. It's going to help us prevail ... that is the number one mission of Pesach Tikvah."

Following Isser Rosenberg's speech, Aaron Zev Herbstman, Director of the 926 Family Center, gave over an inspired dvar Torah. He related the unity of diversity of the menorah's flames to the fact that we at Pesach Tikvah each have our own personalities and contributions to the organization, but we represent a unified front and a common purpose. Aharon Fink, Director of the 640 Family Center, followed Aaron Zev Herbstman with Torah insight on leadership, teamwork, and the therapeutic process. He recognized Yerachmiel Stern as the heart of the organization since 2021.

It was a beautiful and unifying event, and praise is due to the organizers.



Pesach Tikvah's Training Institute Hosts Enlightening Eating Disorders Training

On January 9th, the Training Institute held a training on eating disorders. The training was given by Dalia Abbott, LCSW, RD, CDN. Dalia Abbott began her career as a dietitian but found that nutrition advice was not adequate to treat eating disorders, so she became a therapist. She now works as a clinician who specializes in eating disorders. The training she gave was absolutely fantastic. The therapists in attendance gave great feedback. Dalia Abbott was practical, down to Earth, and super engaging. The training involved hands-on practice. She taught about types of eating disorders and treatment of eating disorders, emphasizing that treating eating disorders requires working with a team of practitioners such as a psychiatrist, a nutritionist, and a therapist.

A great thanks is due to Lea Scharf for organizing this incredibly enriching event.

Cooking Class Celebrates Therapists' Hard Work

On January 14th, the 926 Family Center hosted a cooking class for female therapists across the organization. The class was taught by esteemed cookbook author Rivky Kleiman. She taught the therapists how to cook and arrange meat boards, which are popular in the kosher world right now. Pesach Tikvah gifted Rivky Kleiman's celebrated cookbook *Simply Gourmet* to everyone who attended, which the author signed for each person. The goal of the event was to acknowledge the therapists' hard work and give them recognition and appreciation. Everyone who attended thoroughly enjoyed the event. Thank you to event organizers Yerachmiel Stern, Lea Scharf, and Gitty Applebaum for this amazing night of staff appreciation.



Peer Support Program Debuts in Borough Park

The 5309 Family Center is implementing OMH's Peer Support model. Led by Shloime Feldman, LMSW, a respected Pesach Tikvah therapist, Peer Support will offer additional help to clients who need support beyond therapy. Between therapy sessions, Peers will provide camaraderie, guidance, and help, as well as nutrition guidance and advice. 5309 should have much hatzlocho with this worthy endeavor, which will help many people.

Governor Hochul to Expand Youth Mental Health Services

On January 13th, Governor Hochul vowed to implement the following initiatives to improve youth mental health:

- **Providing teenagers with teen mental health first aid training:** This skill set equips high school-aged youth with evidence-based tools to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers, including the impacts of bullying and school violence.
- **Supporting youth mental health in after school programs:** By connecting licensed health care facilities to State-funded after-school programs, the Governor will ensure that youth have access to these critical resources after school hours. Additionally, the State will offer youth mental health first aid training to all State-funded after-school providers and will partner with SUNY to match social work graduate students with local State-funded after-school programs to complete their required fieldwork and support vulnerable youth.
- **Development of youth safe spaces:** In response to ideas put forward by the Youth Mental Health Advisory Board and young New Yorkers, Governor Hochul will develop new safe spaces for youth. These spaces outside of school or home will provide a place where youth can access mental wellness resources, foster positive relationships with their peers, and receive support in a comfortable setting, alongside friends and community members.

Pesach Tikvah has always been a leader in youth mental health services. Thank you to all of our therapists and providers who are working with youth, especially CFTSS, the Yeshiva Satellite program, the family centers, and Keshet Connection. You all are leading the way and New York State should emulate your excellent work.

Focus On:
Bruchy Endzweig, *Simpatico* Co-Director

Q&A



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

Q: What is your position at Pesach Tikvah?

A: The co-director of the *Simpatico* program.

Q: How long have you been at Pesach Tikvah?

A: It's been an amazing four years.

Q: What do you do as co-director of *Simpatico*?

A: The *Simpatico* program requires a variety of tasks that keep each day engaging and full of energy, with endless opportunities for creativity and growth. The role involves guiding a team of office staff, ensuring tasks are assigned, and making sure everything runs smoothly. There's also a strong focus on recruiting new providers and clients – reaching out to neighborhoods that are lacking the support they need. The ultimate goal is to build and grow the program to better serve those who need it most.

Q: What is your vision for building the program?

A: Our focus is on continuing to offer what we do best:

client-centered services. Provide quality care to children who wouldn't have access to these services otherwise, by meeting them where they are and, in the places where they feel most comfortable. Our focus is on continuing to offer what we do best: client-centered services. Provide quality care to children who wouldn't have access to these services otherwise, by meeting them where they are and, in the places where they feel most comfortable.

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

A: I'm grateful for the supportive and caring atmosphere where we all value each other and offer help in such a meaningful way.

Q: What do you look forward to in the future?

A: I'm deeply passionate about growing our resources, reaching new communities, and making a positive impact on more children and families in a caring and engaging way. Our goal is to help children develop important skills and build meaningful connections in a way that feels natural and enjoyable. Many of these children come from disadvantaged backgrounds, and the support they receive here not only helps them today but also equips them with the tools to build healthy, positive relationships in the future – all through a prevention-based approach that empowers them to thrive.

A great thanks goes out to Bruchy Endzweig 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

Though temperatures in New York City are frigid, Pesach Tikvah is—as always—a warm and happening place. All our departments have been continuing their excellent work. Our whole staff deserves recognition.

Clinics:

- 640 Family Center: Mazal tov to Esti Levant on her engagement!
- 640 Family Center: Mazal tov to Gitty Aber on her engagement!
- 640 Family Center: Welcome to new administrative staff Naomi Stern and Moriah Leviav.
- 5309 Family Center: Lunch and Learns are going strong.
- 5309 Family Center: The Borough Park clinics had a beautiful Chanukah party.
- 5309 Family Center: 5309 has hired its first Peer, Rochel Horowitz. The new Peer Support Services program is for clients who need more comprehensive support than only therapy. The 5309 team is excited to be offering this new service to the community.
- 926 Family Center: A cohort of interns have graduated. Mazal tov!
- 926 Family Center: Mazal tov to Sara Krasnjanski on the birth of a baby boy!

School Satellite Program:

- On January 2nd, the Yeshiva Satellite Program had a Chanukah party for its staff. It was held at the 5309 Family Center. Aaron Zev Herbstman, Mr. Marmostein, Lea Scharf, and Yerachmiel Stern all spoke. Mr. Marmostein gave the therapists bags of grounding objects to use with clients. Malky Ganz arranged the party with very nice milchig food. A great thanks goes out to Rabbi Grunwald for spearheading this beautiful event—it was the biggest ever Yeshiva Satellite Chanukah party.
- The Yeshiva Satellite Program has expanded into a new school in Crown Heights.
- Mazal tov to Devorah Zelkowitz on the birth of a baby boy!

Senior Services:

- On January 15th, Senior Services held a DBT group therapy event for senior women in the Williamsburg community with therapist Malky Gestetner, LMSW. The theme was mind-body connection. The group therapy was followed a paint class taught by Rochy Weinberger.

- On Wednesday, January 29th senior services will be having a luncheon for Holocaust survivors and senior women at Le Chateau. This event will provide group therapy, inspiring stories, and socializing.

Keshet Connection:

- Mazal tov to Risha Friedman on the birth of a baby boy!
- Mazal tov to Rachael Shannon on the birth of a child!
- Mazal tov to Ruchy Lustigman on her engagement!
- Keshet Connection has incorporated their new logo. New brochures are forthcoming.

COMHAB:

- COMHAB is experiencing continued success. Thank you to Diana Masri for her ongoing efforts

ICF:

- The ICF staff is looking forward to an upcoming team building training.

CORE:

- Mazal tov to Pearl Ostreicher on the Bar Mitzvah of her grandson!
- The 926 Family Center and CORE are cooperating to install a beautiful fish tank in the 926 waiting room.

CFTSS/Simpatco:

- Welcome Gitty Biner and Gitty Schick to the team!
- Mazal tov to Suri on the birth of a child!
- Mazal tov to Sara Levy on the birth of a child!
- Simpatco has started providing groups in Staten Island. Simpatco is expanding in the Bronx and is accepting referrals there.
- Rivka Schoenfeld presented a training to a group of Vien preschool teachers. It was a roundtable conversation. The teachers presented cases and Rivka gave feedback. They are going to continue this event on a monthly basis. The feedback has been positive.
- Simpatco is signing up additional youth peers.

Human Resources:

- Mazal tov to Shoshana Mirkin on the birth of her granddaughter!