

The Summit Institute
Annual Activities Report
2019





From the Desk of Yoni Bogot

Dear Friends and Partners,

Due to Coronavirus, our Annual Activities Report reaches you later than anticipated. Summit, along with the State of Israel, is coping with returning to “normalcy” under the difficult conditions of Coronavirus. I hope and pray that effective cures and treatments will be found for this devastating disease.

2019 was a productive and strong year at Summit. We continued providing professional and rehabilitative support and programming to our 600 participants in the mental health units, as well as to 1,400 children in foster care and 900 foster families, including 14 emergency shelter families. In addition our Mahut center is helping 100 parents to cope with teenagers who are in a state of crisis.

I use this platform to share with you some wonderful news: just before Rosh Hashana last year we received word of the Jerusalem Municipality’s decision to allocate a plot of land to Summit in the Ramat Sharet Neighborhood. On this land we intend to build the “Summit House”-a permanent structure for our activities which will be constructed in two phases: in phase one, we will relocate the Adolescent Community to the Summit House, and in phase two, the therapy center for children in foster care, the sports center for adults coping with mental illnesses, the administrative offices, and the transitional apartments will all move to the Summit House.

We are thrilled at the prospect of obtaining our own building and we are in the midst of intensive fundraising to realize this ambition.

The work that is done at Summit is made possible thanks to the tireless dedication and commitment of the foster care and mental health staff; I was utterly humbled by their devotion during those trying days of the Coronavirus lockdown. I offer my sincerest thanks to our staff, now, more than ever.

I wish to acknowledge our partners-the Ministries of Health, Welfare, the National Insurance Institute, Joint Ashalim, and all of our donors, friends, and supporters.

For all of us, I hope for quieter, stable, and healthier days ahead.

With appreciation,

Yoni Bogot

Yoni Bogot

Executive Director

From the Desk of Orit Amiel

2019 was a productive year in Summit’s foster care units. I am excited to share with you, our friends and supporters, some important highlights.

We saw a significant increase in the number of grandparents raising grandchildren in the context of foster care. As such, we developed a program in conjunction with the Ministry of Welfare, to train and support relatives (particularly grandparents) serving as foster families

We also saw a rise in the number of available foster families from all backgrounds, and specifically from the Hareidi, Arab, and Bedouin communities. Available foster families in each of these populations are critical to ensuring the placement of a child into a foster family whose background is similar to their own.

We were able to expand existing, and open new, counseling rooms in our therapeutic centers. We added additional rooms in current centers in Jerusalem and Ber Sheva and inaugurated new rooms in Kiryat Sefer, Dimona, and Eilat.

Upwards of 50 children in foster care participated in the Meimad program. Meimad is a project, run by Summit in conjunction with the Ministry of Welfare and Joint-Ashalim, working to improve the connection between children in foster care and their biological parents. Both the welfare authorities and the courts referred many children to Meimad.

The foster care staff facilitated a number of support and training groups. Sessions were held for first-year foster parents, foster parents in the Arab and Bedouin communities, and foster siblings. Additionally we held a year-long support group for adolescents in foster care, which culminated in our annual two-day workshop focused on preparing the adolescents for independent life post-foster care.

We continued providing extra and intensified support to foster families of children with complex disabilities. We have petitioned the Ministry of Welfare to allocate additional funds for this critical program.

We are distinguished for our professionalism and our desire to implement best practices. As such, we are encouraging our staff to submit research proposals to ultimately optimize services.

Finally, every other year, Summit invites hundreds of children and their foster families to a fun-filled day at the Superland Amusement Park. This provides a chance for the children to meet one another, and for families to form meaningful bonds and friendships. The best part of this day is seeing the smiles of all the children. They enjoy so much, and I am so happy that they can have this experience.

I am grateful to our foster care team as well as to each and every one of our foster families for their dedication and commitment, especially throughout this difficult time.

My best wishes,

Orit Amiel

Director of Foster Services





From the Desk of Dani Steinberg

In summarizing the 2019 year at Summit, I first and foremost express my appreciation to the staff for their dedication and effort in ensuring an effective rehabilitation process for teens and adults in our rehabilitative frameworks. I wish to begin by emphasizing the connection that exists between all the units of the rehabilitation system; it is this connection which guides our entire framework's ideology which is the understanding that complete rehabilitation will only occur if we relate to all aspects of life: daily functioning, employment, social relations, psychosocial health, and leisure opportunities.

Summit's rehabilitative unit is a broad and diverse group. This is empowering and encouraging; it enables enriching and inspiring connections.

At the beginning of 2019, we held an evening for the families of our participants. Due to an increase in demand, three months later, another evening was held, at which a lecture on the parent-child relationship was delivered.

Throughout the year we held a variety of courses and advanced trainings. We also continued progressing in the field of Dialectical Behavioral Therapy (DBT). We hosted a seminar for counselors and facilitated brainstorming sessions for senior staff. We impressed family and friends with performances from the theatre and spoken word groups.

Working with individuals coping with mental illnesses requires from all staff members a high level of involvement and dedication, perseverance, and tolerance. We invest much time, energy, thoughts, emotions, and even dreams. Our work involves our entire being and endless devotion. I have no doubt that our success is due to the symbiotic way in which all of our staff collaborate together for the benefit of the participants.

I pray that we will continue to reap satisfaction and excitement from our work, that we will overcome pain and difficulties and that we will continue to grow and develop.

With appreciation,

Dani Steinberg
Director of Rehabilitation Services



2019: Shikum in Numbers

39
+
11

External and internal participants benefitted from rehabilitative employment programming

600

Teens and adults coping with mental illnesses participated in Summit's rehabilitative programming

Yom Iyun (Conference)

Over 400 people participated in Summit's annual Yom Iyun which took place on January 14th, 2020. The topic of the seminar was "Self-Harm in the Adolescent Years". Experts from the field of psychology in Israel lectured on this important topic.

31

Participants secured gainful employment in the free market

15

Participants took part in the Rehabilitative Theatre Group and treated friends and family to a professionally acted and thought-provoking performance

Parents Coping with Mental Illnesses Group

30

Parents and children participated in monthly outings and activities

28

Participants acquired critical coping skills in therapy groups guided by DBT principles

6

Parents joined a weekly support group focused on empowering the parenting role

5

Rehabilitation Units

- Adolescent
- Employment
- Young Adult
- Assisted Living
- Sport



Nitzan

The Nitzan program helps survivors of sexual abuse who wish to overcome their traumatic pasts and build healthy and strong futures.

This year we expanded the Nitzan program and are now providing treatment services to women living independently in the community, in parallel to the program operated in Summit-administered apartments. This expansion allows us to treat women who are in relationships, women living with their parents, or women living alone.



Development Plan for the 'Summit House'

We are proud to present the Summit Institute's vision for our new 'Summit House' to be located in the heart of Jerusalem. Realizing this new project will provide our organization a strong foundation for running our programs in both the Foster and Rehabilitation Units.

The Summit Institute has been allocated land by the Jerusalem Municipality and we are in the process of finalizing the design plans and construction contracts with a timeline of completing the project within the next three years.

Yezir Kapayim's "Archie Blocks": A Presidential Gift to the Little Prince of Windsor

A Great Honor for Summit and for Israel!

Following the birth of Archie Harrison Mountbatten-Windsor, the son of Harry and Meghan Markle, the Duke and Duchess of Sussex, President Reuven Rivlin, and his wife, Nehama Rivlin, of blessed memory, chose to purchase building blocks from the Yezir Kapayim factory as a gift to the new prince. The colorful blocks were crafted by adults coping with mental illnesses, as part of their rehabilitative programming at Summit.

The blocks were wrapped in a British-Israeli flag patterned blanket, designed at Yezir Kapayim. They are proudly sold as "Archie's Blocks" on site at the factory in Jerusalem.



Celebrating 10 Years for Mahut

The Mahut Center is managed and operated by the Summit Institute, in collaboration with the Adolescent Care Unit of the Jerusalem Municipality. The center was established to provide support, care, and counseling to the entire family unit in response to the complex period of adolescence.

A significant feature of Mahut is "parent centered care"—a treatment method which places the parents at the center of the therapeutic plan. The purpose of this approach is to ease the difficulties of parents, adolescents, and the entire family system, so as to eventually create a healthy and proactive relationship between parents and adolescents.

2019 was a particularly celebratory year, as we marked Mahut's 10 year anniversary at the center's annual conference. The conference was attended by therapeutic professionals from the educational and welfare systems, specializing in the field of adolescence. Addresses were delivered by Haim Amit, an educational psychologist and family therapist who discussed working with parents using the "parenting leadership approach", and by Dr. Ali Katz, who introduced the concept of parental love using humor and personal stories.

In addition, Mahut therapists presented key aspects of the center's work such as group therapy for fathers, as well as treatment in the Hareidi sector. Also, explained at the conference was the partnership between Mahut and the Jerusalem Municipality's Adolescent Unit.

Parents who participated at the conference desired to learn coping strategies to deal with their children so as to foster healthier and stronger relationships.

Throughout the year, the center provided support to about 120 parents of adolescents each month, including single parents and parental couples. A total of five groups were held including a group for ultra-Orthodox mothers and a group for single mothers.

A lecture is held at the center once a month and topics include healthy sexuality, parental authority, internet safety and screen addictions, and drug abuse. Notably, parents also enjoyed a lecture on using humor as a tool to cope with adolescent parenting.

Finally, this past year at Mahut significant resources were invested in staff development; work procedures and the quality of service were constantly evaluated.



Summit's Sport Center-Maintaining Health and Fitness in Difficult Times

Committing to a workout routine isn't easy, even in the best of times. In the era of Coronavirus, however, sticking to an exercise regimen is a true feat.

Summit's Rehabilitative Sport Center pledged to continue providing sports and wellness activities for its participants, even while the gym was officially shuttered.

Some of the creative ways in which the participants continued their routines during the Coronavirus lockdown included:

- Opening a Facebook group to share important information
- Providing access to lecturers by athletes coping with mental illnesses
- Holding ZOOM meetings to foster a sense of comradery and "togetherness"
- Weekly follow ups with all 350 members of the Sports Center





Foster Services

55%-60%

Children in Kinship Foster Care

395 → 300

Foster Referrals

Foster Placements

50+

Children in foster care participated in Project Meimad and were able to build and improve connections with their biological parents

177 → 900

Families Added to the Database in 2019

Foster Families in total

14

Emergency Foster Shelters

66

Children with Disabilities in the 'Intensified Support' Program

294

Children in Therapeutic Foster Care

15

Adolescents in foster care participated in the 'Graduating to Independence' program and were provided with critical tools and knowledge with which to begin their independent lives

222

Therapeutic Foster Families

Therapy Centers

2

Cities

19

Therapy Rooms
Including the inauguration of two new therapy rooms in Kiryat Gat and Eilat

El Al Airlines Invites Summit to Light a Hanukah Candle at the El Al Lounge

This past Hanukah, Summit was invited by El Al airlines to participate in their Hanukah candle lighting ceremony at the company's lounge in Ben Gurion International Airport. The ceremony was attended by El Al personnel, Summit's Executive Director Yoni Bogot, and a Summit foster family, who shared their special story.

Summit was also granted "screen time" on El Al's airplanes, enabling the organization to display a short video clip about foster care.

Summit wishes the very best to El Al and its staff during these trying times and awaits the day when its planes will once again soar through the skies.



Participating in the FICE Conference



Representatives of Summit's foster care services were invited to take part in the 34th International Conference of the Fédération (Internationale des Communautés Educatives). The focus of the conference was to showcase organizations facilitating dormitory and out-of-home placement options for children.

The conference dealt with the challenges in education and care for children, adolescents, and young adults in a multicultural society.

Summit presented a poster describing its treatment centers. The poster described the innovative and significant therapeutic responses offered by the treatment centers, including individual child care, parental care, dyadic therapies, and therapeutic mentoring.

The treatment centers are a significant breakthrough in being accessible to foster families in that they are located near their homes, often in peripheral areas of Israel.

The Summit Institute wishes to express its most sincere appreciation to the foundations, businesses, and governmental offices for partnering with us and enabling a better life for children in foster care and individuals coping with mental illnesses. **Thank You!**

Alstom Israel
 Altschuler Shacahm
 Arison Fund
 Checkpoint Software Technologies
 Bank Discount
 Bank Hapoalim
 Bank Leumi
 Bank Mizrahi Tefahot
 Bezek
 Daat Tours
 El Al Airlines
 ELSMED
 Ganir
 HaPoel Beer Sheva
 HaPoel Yerushalyim
 HaTikva Project
 Jewish Child's Day
 Joseph and Leelah Gitler
 Matan
 Menahem Bar-On Fund
 Miriam Slomovic Memorial Fund
 Rhoda Kaufman

Standart Insurance
 Tafnit
 Tempo
 The Anne and Henry Zarrow Foundation
 The Jerusalem Foundation
 The Jewish Community Foundation of Los Angeles
 The Jewish Women's Foundation of the Jewish Federation of Southern New Jersey
 The Sam and Bella Sebba Charitable Trust
 The Schusterman Foundation
 The Sobell Foundation
 Toyota
 Trax
 UDOR
 Uma Capital
 Joint-Ashalim
Governmental Partners
 Bituah HaLeumi
 Ministry of Defense
 Ministry of Health
 Ministry of Labor, Welfare, and Social Services



About Summit

The Summit Institute, established in 1973, is an Israeli nonprofit organization serving the needs of at-risk children and mentally ill young adults. Summit oversees rehabilitative frameworks for 600 teens and adults coping with mental illness in Jerusalem. Summit's Foster Care Program is responsible for foster care placements in the geographic area of Jerusalem and South regions of Israel (including Eilat and the Arava). This includes 1,400 foster children placed in 900 foster families as well as 13 emergency shelter foster families who are prepared to receive any child at any time, day or night. The Summit Institute enlists potential foster families, places foster children in the most suitable families for them, trains foster families, and supports the foster system throughout.

Summit believes that a traumatic past need not give way to a devastating future; the organization is committed to ensuring that its participants have opportunities for healing, growth, and success.



The Summit Institute
Foster Care for Children and Youth at Risk
and Psychosocial Rehabilitation