

PREVENTION



Series On:
 **TRAUMA**
 PARENTING IN A POST-OCTOBER 7 WORLD.

ISSUE **6**

Presented by
 Operation Survival,
 in partnership with
 Mayanei Hayeshua



Does **SOCIAL AND COMMUNITY SUPPORT** help
 with trauma?

Parents ask, professionals answer.

**BASED ON AN INTERVIEW WITH PROF. RAEL STROUS
 MEDICAL DIRECTOR - MAYANEI HAYESHUA'S MENTAL HEALTH CENTER**

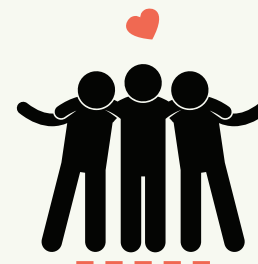
Social support is widely regarded as one of the most crucial factors in helping people navigate trauma. The impact of terror and trauma extends beyond the immediate victims, affecting those in close proximity, such as family members, and radiating outward to encompass friends and the broader community. Everybody is affected in some way. This interconnected web of influence is often referred to as the ripple effect of terror.

Social support is extremely important and definitely helps to make a difference at all those different levels. When people are going through difficult situations, especially in a community when it affects so many levels of the ripple effect of the trauma, one of the most important things that helps is doing something within the context of social support.

For example, in Israel, many mothers are waking up five or six in the morning and making incredible amounts of chicken and sending it to the border for the soldiers. Some are collecting socks and underwear and flashlights. Some are

picking avocados every morning. There are many different levels of involvement that people can do.

Regrettably, there are individuals exploiting the situation, capitalizing on the goodwill of those who wish to offer assistance. Scam artists prey on people's desire to help. One has to be careful of exploitation. But, that shouldn't stop us from doing something. Social support, in itself, generates a ripple effect. It not only benefits those receiving aid but also provides a sense of purpose and fulfillment to those offering help. At a community level, this collective effort is truly remarkable.



When people in Israel know that people outside the country are investing so much effort into helping and caring, it makes a difference to those who are going through the trauma.

It also helps those who are contributing because it is a positive manifestation of dealing with trauma, rather than withdrawing, being disconnected, feeling numb, feeling down, and staying in one's cocoon at home. ♥

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Prof. Strous, MD, MHA, is a Professor of Psychiatry at the Faculty of Medicine of Tel Aviv University, editor-in-chief of the Israel Journal of Psychiatry, and the chairman of the ethics committee of the Israel Psychiatry Association.



Mayanei Hayeshua opened the world's first full Mental Health Center within the orthodox Jewish community in Israel, offering a range of treatments that cover every aspect of human functioning, respecting the dignity and individuality of every patient, all in a colorful, clean, and cheerful environment.



The National Committee for Furtherance of Jewish Education established Operation Survival in 1988 to provide prevention services in schools in the Crown Heights area such as rap groups, family intervention, and classes for the parents of these students. The program networks with other agencies and provides information to educators and clergy. Operation Survival is directed by Rabbi Yaacov Behrman. Visit operationsurvival.org for more information and videos.

Thank you, Assemblymember Brian Cunningham, for your support.

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