



# IDF CENTER FOR MENTAL HEALTH AND RESILIENCE

FOR ACTIVE-DUTY AND RESERVE SOLDIERS



**ON OCTOBER 7, 2023**, the Israeli people were subjected to unfathomable massacres of unprecedented scale. These atrocities inevitably caused widespread trauma with the potential for severe physical and psychological consequences. In a single day, the toll included:

- 1,254 fatalities
- 5,029 wounded
- 240 kidnapped
- 130,000 evacuated from their homes

Since then, the number of deaths, injured, and displaced have climbed. The Israeli Ministry of Defense estimates that 15% of combat soldiers will suffer from acute PTSD, while another 30% will experience a mild form. For those with physical injuries, the estimates rise to a devastating 25%.

In fact, in the two months following the October 7th massacres, 8,000 soldiers reported experiencing trauma, where either their life or the life of a fellow soldier felt under direct threat. The psychological fallout encompasses a spectrum of disorders, such as post-traumatic stress disorder (PTSD), depression, psychosomatic disorders, sleep disorders, and anxiety disorders. The long-term impact extends to various facets of life, affecting family dynamics, social interactions, and career trajectories.

The unique nature of the events on October 7th and the subsequent war pose immense challenges for mental health professionals. While today we are still in combat and in triage, we are anticipating a substantial surge in demand for mental health services, therefore it is imperative to recognize the potential shortage of therapists trained to address PTSD cases, and a lack of available facilities to treat patients. Failure to adequately prepare for the mental health repercussions of today's traumatic events may lead Israel into a crisis tomorrow, affecting its economy, society, and the overall success and well-being of the nation.





# FIDF

## THE GOAL: RESILIENCE



only in veterans after their service had concluded. However, active-duty soldiers are also susceptible to trauma during their service, which can profoundly affect their daily lives and operational effectiveness. Delaying treatment for trauma allows problems to grow unchecked, potentially leading to more severe and chronic conditions. By contrast, early intervention—whether addressing physical or emotional wounds—can mitigate the progression of symptoms and can lead to the soldiers' healthy return to their unit. Timely treatment not only improves immediate well-being but also fosters long-term health, happiness, and success, both on and off the battlefield.

Facing a prolonged war, continual threats, and a long road ahead of healing and recovery, FIDF is championing a multi-faceted approach to aid in recovery of active-duty soldiers.

Resilience is the ability to function optimally when dealing with physical and mental challenges under conditions of uncertainty, while demonstrating the ability to recover and return to full function to carry out the mission during routine times, emergency and war.

### **A NATIONAL SOLUTION: IDF CENTER FOR MENTAL HEALTH AND RESILIENCE**

PTSD has long been acknowledged as a significant consequence of combat, traditionally addressed

Enhancing the resilience of individual soldiers and commanders, as well as their military units, correlates directly with the wellbeing of the nation at large. FIDF aspires to ensure that Israel not merely survive, but thrive with a vibrant spirit – now and forever.

The IDF Center for Mental Health and Resilience will function as an integrative and holistic framework for providing medical services in the fields of mental and physical health to those affected by exposure to combat and terrorism events. The center will also serve as a training center for mental health professionals and a knowledge hub for the resilience of both individual soldiers and military units.



# FIDF

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## A DEDICATED PTSD CENTER FOR SOLDIERS

Historically, the treatment for PTSD and other battlefield-related conditions was primarily focused on veterans. However, clinical studies have shown that earlier interventions with active-duty soldiers yield significantly more effective treatment outcomes. In response to this, establishing the IDF Center for Mental Health and Resilience, which is dedicated to supporting active-duty and reserve soldiers affected by PTSD and trauma from military service, is crucial. This initiative addresses the growing demand for mental health services, especially in the wake of the October 7th massacre and the subsequent conflict. Early and specialized care can help mitigate the long-term impact of trauma, ensuring better mental health and resilience for those currently serving.

The center's mission will be to provide a supportive and nurturing environment that facilitates swift reintegration and a return to a full, functioning, and vibrant life. At the facility, we will diagnose and treat



active-duty and reserve soldiers affected by PTSD within a supportive and therapeutic setting. This comprehensive approach ensures that soldiers receive the necessary care to address their mental health needs promptly, promoting overall well-being and resilience during and after their service.

Now is the time for us to prepare for the indisputable ramifications of war and the exacting personal cost that, without proper and timely intervention, can take generations to overcome.

## AN INTERIM FACILITY

The IDF Center for Mental Health and Resilience is currently under renovation. Encompassing a total of 20,000 square meters, with 7,000 square meters dedicated to the center's building, the IDF Center for

Mental Health and Resilience has the potential to provide an expansive haven for healing and support.

In the interim, to respond to the immediate needs of soldiers, the IDF has established a rental facility in Tel Aviv where a full range of therapy is already taking place. This interim facility can accommodate a daily target population of 342 people, including:

- **Clinical Resilience Center Staff**  
39 IDF positions
- **Systemic Resilience Center Staff**  
39 IDF positions
- **Patient**  
72 active-duty and reservist soldiers
- **Training of mental health officers, including training team**  
200 people



**Current Facility**



**The Vision**

## OPERATIONAL CONCEPT

The IDF Center for Mental Health and Resilience serves as a joint operation under the auspices of medical entities within the IDF's ATAL (Technological and Logistics Directorate), behavioral sciences and AKA (Israeli Personnel Directorate). This collaboration ensures a comprehensive and multidisciplinary approach to addressing the mental health needs of soldiers, combining the expertise and resources of both medical and behavioral science professionals.

The center provides support by serving as a:

### **Therapeutic Center for Combat Survivors**

The core of the center revolves around individual and group psychotherapy conducted in separate therapy rooms. The center provides comprehensive mental health treatment designed for both outpatient and inpatient services. Utilizing a holistic and integrative approach, the center offers various therapeutic modalities including individual psychotherapy, group therapy, sports therapy, physical rehabilitation and hydrotherapy.

Recognizing the importance of flexibility in treatment, the center offers options for both single-day and extended-day sessions. This inclusive approach also encompasses the provision of lodging, creating an environment that supports the individual's healing journey in the most conducive manner.

### **Training Center for Therapists and Commanders**

To provide effective and comprehensive trauma care, therapists have undergone specialized training, in conjunction with an academic center, covering all aspects of behavioral and diagnostic skills required for treating military, terroristic and war trauma.

The center also provides theoretical and practical training for commanders from different IDF units – from junior command to colonel – on how to prevent and address PTSD in their unit. A simulation center is tailored for them to model and investigate situations pre- and post-military operations.



Working from the premise that the buildout of the IDF Center for Mental Health and Resilience will take between 36 and 44 months to complete, the IDF has begun utilizing the interim facility, and is currently incurring the following expenses:

- Rental facility
- Staff parking
- Central area parking
- Construction adjustments
- Kitchen equipment
- Telecommunications and equipment
- Unanticipated expenses
  
- IDF personnel
- Meals (breakfast, lunch and snacks for approximately 300 people)
- Transportation (for approximately 200 people)
- Cleaning contract
- Comprehensive facility operation: maintenance, equipment, electricity, water, property tax

**Total anticipated costs for the renovation and refurbishment of interim facility, and the operations for 3.5 years is**  
**\$6 million**

## **GIVE SOLDIERS THE CARE THEY NEED**

**For \$35,000, you can fund the operations at the facility for a period of two weeks,** which will provide transformational care to 72 soldier patients per day, amounting to up to 720 patients over two weeks.

Your name will be prominently displayed on a digital screen for the period of sponsorship.

## **PHYSICAL SPACE NAMING OPPORTUNITIES**

The physical space at the facility is undergoing renovations and refurbishment. Help fund a room or a space, making it fit to provide services to our deserving heroes in need.

Your name will be displayed prominently in the designated location on an impressive donor recognition plaque customized with the wording that you choose. When the IDF Center for Mental Health and Resilience moves to its permanent facility, your name will be displayed on a beautiful dedication wall.

### **Dining Hall** 123 sq. m.

Central dining hall to benefit approximately 100 patients and staff a day in shifts.

**AVAILABILITY** 1

**COST** \$75,000

\*Under Construction. Image Forthcoming.

### **Auditoriums** 36,40,45 sq. m.

Training and instruction halls with capacity of approximately 40 people per hall.

**AVAILABILITY** 3

**COST** \$50,000



## Group Therapy Rooms 24,27 sq. m..

Group therapy room for 30 patients.

**AVAILABILITY** 2

**COST** \$30,000



## Classroom 25 sq. m.

Large classroom for 30 people.

**AVAILABILITY** 5

**COST** \$30,000



## Kitchen 37 sq. m.

A functional kitchen to prepare nutritious meals.

**AVAILABILITY** 1

**COST** \$30,000 ea.

\*Under Construction. Image Forthcoming.

## Lobby - Entrance Area 37 sq. m.

Waiting rooms.

**AVAILABILITY** 3

**COST** \$30,000





## Reception 12 sq. m.

Reception desk for clinic visitors.

**AVAILABILITY** 1

**COST** \$25,000

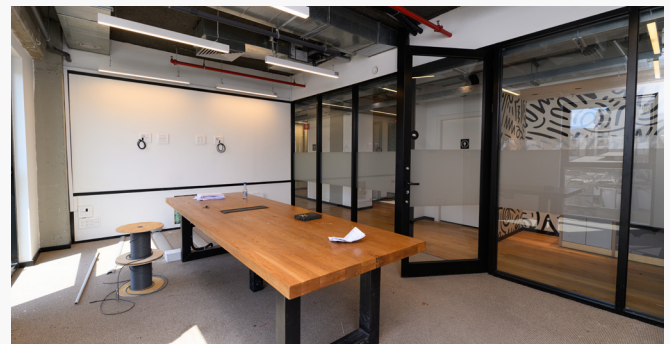


## Conference Room 24, 9 sq. m.

Conference rooms.

**AVAILABILITY** 2

**COST** \$25,000



## Small Classroom 10 sq. m.

Small classroom for 10 people.

**AVAILABILITY** 8

**COST** \$25,000 ea.



## Office 9,10,11 sq. m.

Commanders' offices.

**AVAILABILITY** 19

**COST** \$20,000

\*Under Construction. Image Forthcoming.

## Waiting Areas 25 sq. m.

Waiting and hospitality areas before treatment.

**AVAILABILITY** 5

**COST** \$20,000



## Private Classroom 3.5-5sq. m.

Small classroom for 2-3 people.

**AVAILABILITY** 5

**COST** \$20,000



## Clinical Rooms 9,10,11 sq. m.

Treatment rooms for trauma and post-trauma victims.

**AVAILABILITY** 17

**COST** \$15,000 ea.



## Private Zoom Rooms 1.5 sq. m.

Private rooms for Zoom calls.

**AVAILABILITY** 10

**COST** \$10,000

\*Under Construction. Image Forthcoming.



## HOW YOUR GIFT CAN HELP

Your donation at this time will help us realize our goal of responding to the physical, mental and emotional needs of our brave IDF soldiers NOW, when they most need these services, and at a time when treatment will have its most acute and greatest lasting impact.

**THEIR JOB IS TO LOOK AFTER ISRAEL. OURS IS TO LOOK AFTER THEM.**