Good morning, My name is Sally Ross Bihari

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I am the Director of Professional excellence in ENOSH – the Israeli Mental Health Association

We are A non for profit organization, aim to promote community-based mental health services nationwide for more than 6000 people, and advocate for the rights of people with psychosocial disabilities and their family members in Israel, since 1978.

We are providing rehabilitation services in areas of supportive housing, Social and recreation activities, supportive employment, and family counseling centers.

We are supported by the Israeli ministry of health, HMO’s and private donation/ philanthropy.

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Our professional approaches focus on personal growth and rely on lived experience through a basic action of supported decision making to promote personal recovery, community integration, independence, and wellness.

1. A person-centered approach – supported decision making
2. Community-based
3. Based on Post Traumatic Growth to establish resilience
4. Holistic services and integrated approach
5. . Lived experience and professional expertise work hand in hand

ENOSH is providing community person oriented services in Various life aspects: The basis of our professional perception is that the wider the net, the better the support.

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From the personal process, we work on few levels of impact to support the people in their own networks:

* in and with the family
  + Examples: our family counseling centers are located in the local community, every center has steering committee based on family members and people with psychosocial disabilities. We help families gain knowledge and get support when they need it and help them promote social and personal change.
* In and with the community
  + Examples: our centers are located in the community, and function as a social center for the community. That is our way to connect and make the bond to promote inclusion and reduce stigma.
* We work with people and families to promote better practices and laws that will shape policies that promote human rights
  + Examples: round tables, participate in NGO coalitions, legislation processes, legal cases, publishing guides to access rights.
* We work on awareness and fighting stigma through all of these levels.
  + Examples: Call center, campaigns, media, demonstrations,
  + Two directions of work: one that focus on the person needs, and one that promote the person within its networks – together, we promote change in perceptions towards the social model of disability.

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In recent years we developed the understanding that the society is more willing to accept and discuss mental health. Now is the next phase of talking on the core of the pain, which in many cases, is based on trauma. Today we are changing concepts towards trauma-informed care and sharpen our expertise in trainings and services focused on trauma.