



## Project Description

### Emotional Therapies for Children from Low Income Families

#### Background

According to research, one out of every three children will experience distress or at least one emotional problem or disorder by the age of 16. A significant percentage of these children will not be treated.

Emotional problems include: fears and anxiety, low self esteem, behavioral problems, social problems, trauma, and more. These problems are often caused by learning disabilities, attention deficit (ADD/ADHD), developmental delays and in other cases appear for no apparent reason.

Without proper treatment, these problems do not go away. Untreated problems escalate and effect daily functioning and interpersonal relationships in a negative way. From our experience, and based on research, early intervention and treatment help children overcome their difficulties and reduce the chances of future suffering.

Every year we help approximately 110 children by providing important emotional therapies that address these types of problems. The majority of children in our programs come from low income families and without the treatment they receive at Arugot they would not receive the help they need to ensure a future of stability and success.

In addition, at Arugot, the staff specializes in providing treatment in a culturally sensitive manner. We are able to reach out to different population groups, be that new immigrants, children in shelters for battered women or children from the orthodox community. When the child's cultural background is understood, barriers between therapist and child are eliminated, paving the way smoothly to successful therapy.

#### Arugot's Holistic Therapy Program

At Arugot each child is provided with an individually tailored program to answer all his needs in the area of learning disabilities, developmental delays and emotional problems. A multi-disciplinary staff works hand-in-hand to answer all the needs of every child. Parents receive parental guidance to ensure that achievements in the therapy room are reinforced at home.

**Emotional Therapies** comprise a significant section of services provided at Arugot. Therapies include: Art Therapy, Psychodrama Therapy, Bibliotherapy, Movement Therapy, Snoezelen Room Therapy, Animal Assisted Therapy, Music Therapy, Gardening Therapy, Therapeutic Kitchen, and Sand Tray.

The staff is highly professional, qualified, and experienced. All staff members have MA degrees and some have more than one specialization (such as qualifications in Psychotherapy/Clinical Social Work/DBT/CBT).



An integral part of the therapeutic model is to reach all of the child's social circles. Members of Arugot's staff are in contact with teachers and school counselors, giving and receiving regular updates and brainstorming for solutions. Parents come to the center periodically for meetings.

**Funding (see detailed budget below)**

We work in conjunction with Health Services who partially cover the costs of therapy. Parents pay nominal tuition, in some cases this is waived. Arugot covers the remaining costs by subsidizing each child at \$791 per year (40 treatments) – this includes costs of salaries, professional guidance, equipment, and overheads.

Budget according to \$1=\$3.6

<b>Budget</b>				
<b>Expenses</b>	Cost per hour \$	Hours per year per child	Total per child \$	Total for 110 children \$
Salaries to Therapist	53	40	2,120	233,200
Professional Guidance	55	2.5	137.5	15,125
Equipment, materials, overheads			150	16,500
Co-coordinator	41	3.5	143.5	15,785
<b>Total Expenses</b>			2,551	280,610
<b>Income</b>				
Tuition	20*	40	800	88,000
Health Services	24*	40	960	105,600
<b>Total Income</b>			1,760	193,600
<b>To be raised</b>			791	87,010

\*average, slight differences between difference Health Services