



ישראל  
ISPRA Israel Psychiatric Rehabilitation Association (R.A)

## 1. A word from the Chairperson

ISPRA was established in order to serve as a professional home for psychiatric rehabilitation workers and to create a platform for professional dialogue. Our goals are to encourage the discussion and dialogue among people involved in PsychRehab; to contribute to the implementation of updated practices and interventions; to learn from diverse activities, in Israel and around the world, about programs development and research and to share this new knowledge with as many people as possible.

We use different tools in order to achieve these goals: studying groups designated for different audiences; workshops dedicated to professional issues; bringing over key-persons in PsychRehab from around the world; distributing information and knowledge.

Our website is becoming another mean to achieve our goals. As an accessible media we hope it will become a significant dynamic resource for people who share interest in the field of PsychRehab.

ISPRA also strives influence policy making and standardizing processes in PsychRehab, in order to emphasize the unique characteristics of PsychRehab while strengthening the continuing use of supportive elements existing in community mental health services.

ISPRA's website is designated first and for most for the use of ISPRA's members and we invite you all to take an active role in enriching it, and to contribute with suggestions and ideas for additional contents and improvements. We will welcome and appreciate receiving any relevant materials from you, which can contribute to the goals that we have set. Materials sent to our website will be reviewed by a committee which will decide weather or not they are suitable for ISPRA's spirit and goals.

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Plenty of work is ahead of us, and we all share responsibility for it. This is not an easy task, getting involved in new missions while being so busy in our everyday activities. Still, I allow myself to say that we have a great evolving community that makes the extra efforts worthwhile.

Sincerely yours,

Sylvia Tessler-Lozowick

## 2. About ISPRA

Following many discussions and consultations with key members at the psychiatric rehabilitation field in Israel, and realizing the real need existing in the field, the Laszlo N. Tauber foundation has decided to initiate the establishment of the Israeli Psychiatric Rehabilitation Association: ISPRA. This initiative is aimed at empowering the field and creating a professional home for all people involved in psychiatric rehabilitation practice. The Laszlo N. Tauber foundation has dedicated an initial budget for the establishment of the association as an active organization.

Many professionals from the field have shared forces in the organizational development process. The establishment conference took place on July 2009, with 300 professional participants.

ISPRA aims to lead the development of a professional community of practitioners in psychiatric rehabilitation, and offers a platform for enrichment and professional discussions related to our evolving area of research and practice.

ISPRA will act upon the principles of The International **Convention on the Rights of Persons with Disabilities** of the United Nations (2006) which has

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been adopted by the Israeli council for mental health rehabilitation. ISPRA will also pursue the connection to new knowledge and developments in the field of mental health rehabilitation around the world. Under this goal we will communicate with other organizations engaged in strengthening and shaping psychiatric rehabilitation worldwide.

### **3. The Laszlo N. Tauber Foundation**

The Laszlo N. Tauber Family Foundation, Inc. was established in 2003 by Dr. Ingrid Tauber and Prof. Fred Tauber through a bequest from their father, Dr. Laszlo N. Tauber, who passed away in 2002..

The office in Israel was opened on July 2007 in order to widen the foundation's activities in Israel.

The foundation's activity in Israel is focused on the promotion of rehabilitation for people with psychiatric disabilities and their integration within society. The goal for which we strive as a foundation is to contribute to the creation of change in the field of psychiatric rehabilitation. In order to promote this goal, the foundation is working in collaboration with strategic factors such as the Israeli government, academy, non-governmental organizations, and other philanthropic foundations committed to our goals.

### **4. The Founding Forum of ISPRA**

Mrs. Alon Orly, Organizational consultant, Parent-Facilitator in "Keshet" project.

Mrs. Barel Darya, Consumer provider, Group Facilitator for consumers-providers, Manager of a Rehabilitation Social Club, "Enosh".

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Mrs. Dery Atalya, Professional Deputy director-general, "Enosh".

Mrs Finaret Andrea, Director of Tzohar institution, Jerusalem.

Dr. Hadas-Lidor Naomi, Director of the Israeli school for Rehabilitation, Integration and Recovery in Mental Health.

Mr. Harlev Barak, BSW, MA, Mental Health Rehabilitation professional practitioner and a consumer provider.

Dr. Lachman Max, Consultant for the Tauber Foundation in Israel.

Prof. Roe David, Director of The Center for community mental health research, practice and policy, University of Haifa.

Dr. Shor Ron, Director of MA program for Psychiatric Rehabilitation, School for Social Work, Hebrew University, Jerusalem.

Mr. Shore Shimon, Chairman of "Reut" NGO for community mental health.

Mrs. Tabekman Michal, Supported Education project, The Hebrew University, Jerusalem.

Mrs. Tessler-Lozowick Sylvia, Director of the Tauber Foundation in Israel.

## **5. ISPRA Board**

Tessler-Lozowick Sylvia, Chair, director of the Tauber Foundation in Israel

Dr. Lachman Max, Consultant at the Tauber Foundation.

Prof. Roe David, The department for community mental health, Haifa University.

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## 6. Staff

Mr, Derhy Oren, Coordinator

Mrs. Friedlander-Katz Ayala, Developing Materials Coordinator

For any more information please contact Oren Derhy:

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## 7. Vision, Values, and Goals

### ISPRA's Vision

ISPRA strives for a future in which all people engaged in psychiatric rehabilitation will focus on the person and on his/her journey of recovery, based on personal needs, will and preferences. ISPRA is committed to contribute and assist in creating a community which promotes this vision.

### Principles and Values

ISPRA has adopted the 12 principles of psychiatric rehabilitation document created by USPRA – U.S. Psychiatric Rehabilitation Association (2009). The purpose of psychiatric rehabilitation is to promote recovery, full community integration and improvement in quality of life for people diagnosed with psychiatric conditions which resulted in significant functional disability. Psychiatric rehabilitation services are delivered through partnership, are person-focused and differential. These services are seen as part of the spectrum of Welfare services and should be evidence based. Psychiatric rehabilitation services focus on helping people develop skills and accessibility to resources necessary for them in order to achieve satisfying opportunities for living, working, and educating in the environments of their choice. The core principles and values which characterize psychiatric rehabilitation practice are

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the following:

- **Strengths-based:** Psychiatric rehabilitation practices build on the strengths and capabilities of individuals.
- **Person-centered:** Psychiatric rehabilitation practices are person-centered; they are designed to address the unique needs of individuals, consistent with their values, hopes and aspirations.
- **Empowerment:** Psychiatric rehabilitation practices promote self-determination and empowerment. All individuals have the right to make their own decisions, including decisions about the types of services and supports they receive.
- **Shared-Decision Making:** Psychiatric rehabilitation practitioners engage in the processes of informed and shared decision-making and facilitate partnerships with other persons identified by the individual receiving services.
- **Evidence-based:** Psychiatric rehabilitation services emphasize evidence-based, promising, and emerging best practices that produce outcomes congruent with personal recovery. Programs include structured program evaluation and quality improvement mechanisms that actively involve persons receiving services.
- **Quality of Life:** Psychiatric rehabilitation practices strive to help individuals improve the quality of all aspects of their lives; including social, occupational, educational, residential, intellectual, spiritual and financial.
- **Community Integration:** Psychiatric rehabilitation practices support full integration of people in recovery into their communities where they can exercise their rights of citizenship, as well as to accept the responsibilities and explore the opportunities that come with being a member of a community and a larger society.

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- **Culturally relevant:** Psychiatric rehabilitation practitioners recognize that culture is central to recovery, and strive to ensure that all services are culturally relevant to individuals receiving services.
- **Personal Support Networks:** Psychiatric rehabilitation practices facilitate the development of personal support networks by utilizing natural supports within communities, peer support initiatives, and self- and mutual-help groups.
- **Health & Wellness:** Psychiatric rehabilitation practices promote health and wellness, encouraging individuals to develop and use individualized wellness plans.
- **Accessible & Coordinated:** Psychiatric rehabilitation services must be readily accessible to all individuals whenever they need them. These services also should be well coordinated and integrated with other psychiatric, medical, and holistic treatments and practices.
- **Hope & Respect:** Psychiatric rehabilitation practitioners convey hope and respect, and believe that all individuals have the capacity for learning and growth.

We believe that all psychiatric rehabilitation service providers should be guided by these Core Principles, alongside with the Code of Ethics, and the Multicultural Principles guidelines for practice.

In Addition, ISPRA will act upon these principles:

- ISPRA considers the families and carers of consumers as an integral part of the rehabilitation process which can contribute a lot to rehabilitation.
- ISPRA acknowledges the importance of consumers' organizations and encourages the involvement of consumers in the field of psychiatric rehabilitation.

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ISPRA has adopted the **Convention on the Rights of Persons with Disabilities** (2006) of the United Nations:

<http://www.un.org/disabilities/convention/conventionfull.shtml#top>

and the **Treaty for Community Mental Health Rehabilitation** (2003) of the National Rehabilitation Council in Israel:

<http://www.justice.gov.il/MOJHeb/NetzivutNEW/Mishpati/Hakika/Amanot>

**Goals:**

1. ISPRA will act to promote psychiatric rehabilitation in Israel through partnership with all parties involved in the field.
2. ISPRA will act to influence policy, practice and research of psychiatric rehabilitation.
3. ISPRA will collect and distribute updated knowledge about policy, interventions, and research of rehabilitation in the mental health systems.
4. ISPRA will act to strengthen and to develop recovery and rehabilitation oriented practices.
5. ISPRA considers itself as a consulting entity for a variety of professional issues related to psychiatric rehabilitation.
6. ISPRA will create a platform for discussion and dialogue about issues arising from the field of psychiatric rehabilitation in Israel.
7. ISPRA will document the history and heritage of psychiatric rehabilitation in order to contribute to the consolidation of professional identity for mental health rehabilitation practitioners.

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8. Acknowledging the importance and the central role of consumers' organizations, ISPRA will encourage these organizations' activities and involvement in the field of psychiatric rehabilitation.