

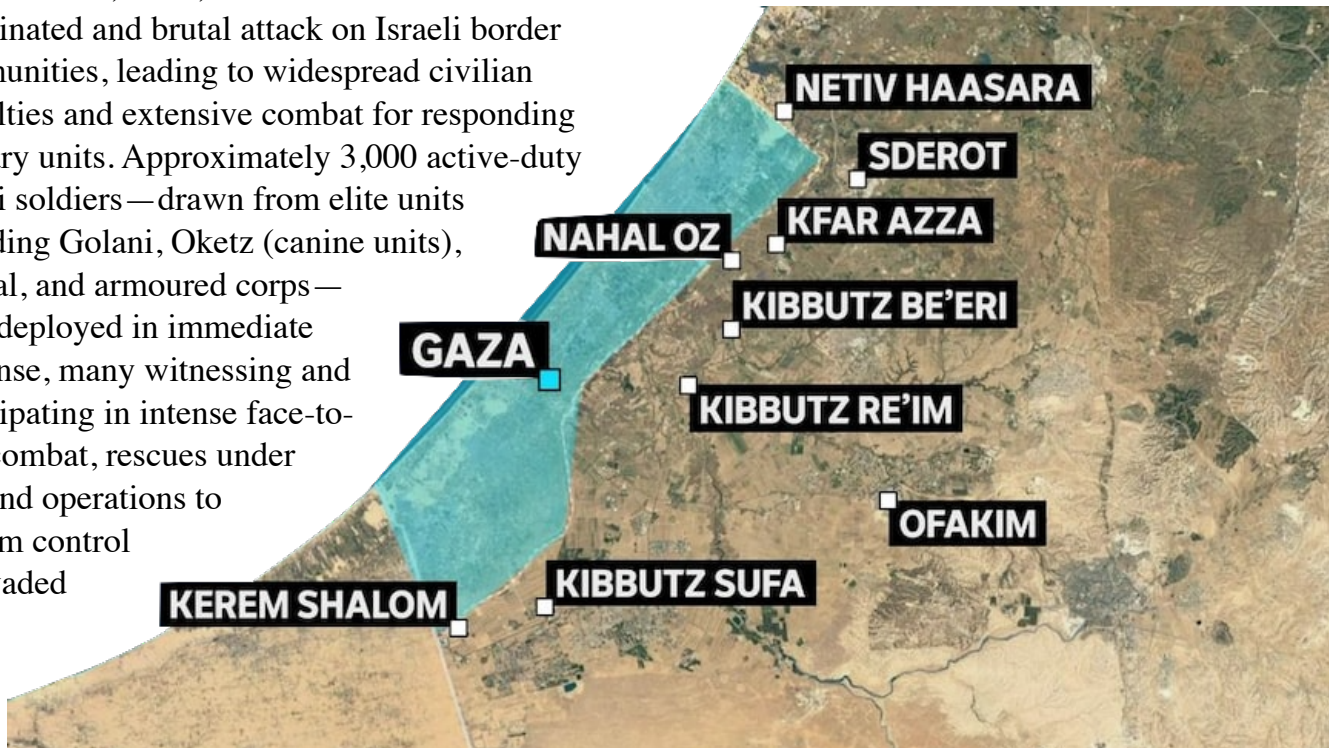
Peace of Mind for Veterans of October 7th

In response to the unprecedented trauma experienced by active-duty Israeli veterans during the Hamas attack on October 7–8, 2023, a specialized therapeutic intervention under the Peace of Mind (POM) program is being developed. Approximately 3,000 soldiers engaged in combat to liberate overrun kibbutzim and towns. These individuals, many of whom are young and were exposed to extreme violence and loss, are in urgent need of psychological support.

This proposal outlines the framework, rationale, and funding requirements for delivering Peace of Mind programming tailored specifically for these veterans over the next three years.

Background and Rationale

On October 7, 2023, Hamas forces launched a coordinated and brutal attack on Israeli border communities, leading to widespread civilian casualties and extensive combat for responding military units. Approximately 3,000 active-duty Israeli soldiers—drawn from elite units including Golani, Oketz (canine units), Nachal, and armoured corps—were deployed in immediate response, many witnessing and participating in intense face-to-face combat, rescues under fire, and operations to reclaim control of invaded areas.



Testimonial from the Field

A commander from Golani's 51st Battalion recounts:

“The 51st Battalion was at the forefront of the traumatic events of October 7, 2023. The soldiers engaged in intense combat against Hamas forces attacking dozens of communities. They faced dramatic rescues, direct confrontations with affected civilians, and severe personal loss including the deaths of close comrades. Many carry profound trauma, guilt, and grief, even as they remain proud of their actions.”

The depth of trauma encountered during this event necessitates a tailored therapeutic model to facilitate the soldiers’ emotional recovery and reintegration into civilian and military life.

Proposed Program: Peace of Mind for October 7th Veterans

The Peace of Mind program, developed by Metiv – The Israel Psychotrauma Center, has proven successful in helping IDF veterans process trauma through professionally guided group and individual therapy in a safe, supportive, and serene environment.

Program Design for October 7th Veterans

Given the extraordinary psychological impact on these young men, a modified version of the standard POM format will be implemented:

- **Participants:** Two groups of 12–15 soldiers.
- **Therapeutic Team:** Two professional therapists per group.
- **Therapeutic Components:**
 - Group therapy (core of the POM model).
 - Individual therapy: Nearly 100% of participants are expected to require personalized therapeutic support, compared to ~25% in standard POM groups.

- **Setting:** Programs will be held in tranquil, healing locations such as summer camps or country homes (in Canada), fostering an immersive, distraction-free experience.
- **Duration:** One-week intensive program abroad.
- **Group Structure:** Two groups (totalling up to 30 participants and 4 therapists) per program.



Program Impact

Over the next three years, we anticipate approximately **1,000 veterans** will participate in these specialized POM programs. These sessions are not only critical to the mental health and recovery of the individual soldiers but also serve to strengthen the broader Israeli society by helping these young men and women heal and reengage with their communities.

Budget and Funding

Each two-group program is estimated to cost **\$200,000**, which includes:

- International airfare
- Venue rental and accommodations
- Therapist salaries
- All meals and transportation
- Individual therapeutic sessions

Naming Opportunities: Each program will be designated as the *[Donor Family Name] October 7th Peace of Mind Initiative*. While participants will not be hosted by local families (as in traditional POM models), donor families will have opportunities to meet and interact with the group during their week abroad.

Conclusion

The October 7th Peace of Mind initiative addresses an urgent and growing need among Israel's brave young veterans. These individuals stood at the front lines during one of the country's darkest hours and now face an equally difficult personal battle—processing trauma, mourning loss, and rebuilding their emotional resilience.

With your partnership, we can provide them with the professional care, compassion, and peaceful environment they need to begin healing.