



TURNING TRAUMA INTO RECOVERY

Improving mental health in children and adults

AUSiMED

Across Israel today, thousands of people are living with the psychological consequences of trauma.

Survivors of the October 7 attacks, communities repeatedly exposed to rockets and security threats, soldiers returning from prolonged service, and children growing up amid fear and uncertainty, all face significant emotional challenges.

One of the most serious long-term consequences of trauma is **Post-Traumatic Stress Disorder (PTSD)**.

In Israel, thousands of trauma survivors are waiting for PTSD treatment, and the current crisis is adding pressure to the already overstretched mental health system. Compounding the problem, current treatments do not work well enough for too many people.

In times of conflict, it can be difficult to see beyond the immediate crisis.

Yet the psychological consequences of trauma will impact the lives of individuals, families, and communities for years to come. Through research, collaboration, and innovation, we can generate new knowledge and tools that will help people recover – and rebuild their lives.

Approximately
320 million
people worldwide live
with PTSD

AUSiMED's RESPONSE

AUSiMED is supporting two pioneering research projects designed to advance trauma recovery for both adults and children.

These projects aim to develop innovative approaches and design practical tools to help individuals, families, and communities recover from trauma – not only in Israel, but around the world.

Of those who start PTSD therapy, it's reported that:

about
25%
drop out

and approximately
50%
stay distressed after
completing treatment.

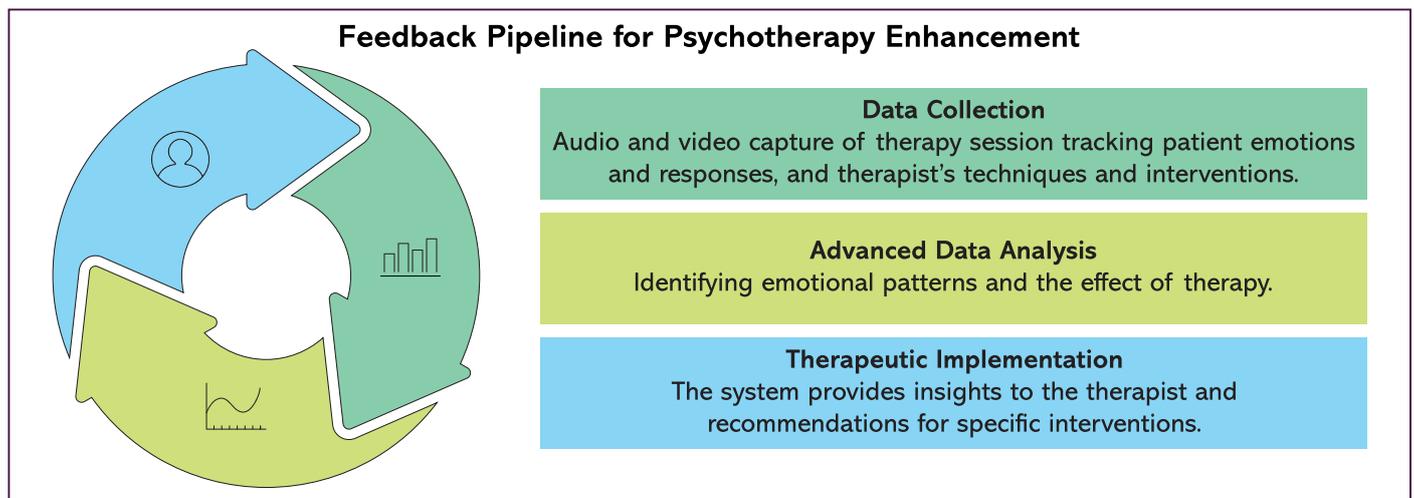
Project 1:

The PTSD ADAPT PROJECT (Adults)

An international project team, led by Dr Adar Paz and Dr Tom Fruchtman from Clalit Health Service, Israel's largest healthcare provider, are developing an innovative, clinician-led, machine learning (ML) supported tool called ADAPT (Adaptive Dynamic Algorithm for Personalized Therapy).

What This Project Will Do:

The tool will help therapists make better, earlier, and more personalised treatment decisions for people with PTSD by analysing session-by-session patient data to identify patterns that signal improvement, stagnation, or risk. This will help therapists tailor care to individual patients to reduce drop-out rates, change the approach when treatment is not working and improve recovery outcomes.



What Comes Next:

Once developed and validated, the next step will be a large-scale clinical trial. Because Clalit operates at a national scale, this innovation can be rapidly translated into real-world clinical practice, benefiting large numbers of patients.



Project Leaders:



Dr Tom Fruchtman



Dr Adar Paz

Project 2:

“THROUGH THEIR EYES” Developing Child-Informed Mental Health Care

Young people are growing up amid unprecedented pressures and uncertainty about the future, yet their perspectives are largely absent from conversations about how best to support them. It is recognised that traumatic experiences in childhood can erode a child's sense of safety, support and ability to cope after adversity and lead to lasting behavioural, psychological and physical health problems. However, current approaches to childhood trauma are largely based on adult trauma concepts and have not been meaningfully validated by children's own voices.

What this project will do:

Researchers, led by Prof Asher Ben-Arieh from Hebrew University of Jerusalem and Prof Sharon Goldfeld AM from the Royal Children's Hospital Melbourne, will gather detailed data from children in Australia and Israel to address a key knowledge gap: how children themselves conceptualize coping, safety, and support.

Through joint design and analysis, the two research teams will:

- Generate cross-national data about how emotional and social recovery is experienced from the child's perspective; and
- Use the findings to test how child-defined insights can reshape professional practice.

Project Leaders:



Prof Asher Ben-Arieh



Prof Sharon Goldfeld AM

3 in 4
high school students report exposure to one or more traumatic experiences.

What Comes Next:

Integrating children's perspectives into trauma-informed mental health practice will ultimately improve treatment outcomes for children.



Better supporting children's mental health

The consequences of unsuccessful PTSD treatment can be catastrophic.



Nova Festival Survivors

Shirel Golan was 20 years old when she survived the Nova Music Festival massacre. Over the next two years, she was hospitalised twice with severe PTSD. On her 22nd birthday in October 2025, she took her own life. Two months before her death she refused further treatment. Her brother said, “countless parents [of Nova survivors] have told me the treatment their children are getting is just not enough.”

At a time when the current conflict continues to cause deep psychological distress, AUSiMED is offering something profoundly hopeful:

The opportunity to support the development of practical solutions for healing.

Your support will help:

- Equip mental health clinicians with smarter tools, to personalise PTSD treatment, reduce drop-out, and improve recovery outcomes.
- Build a world that understands children’s perspectives on safety, coping and support.

Please give generously today and help us reshape trauma care for adults, for children, and for future generations.

DONATE to Turning Trauma into Recovery TODAY!

Click the QR code, or follow this link: www.bit.ly/trauma-2-recovery
All donations over \$2.00 are tax deductible.



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