



The Soteria model: *Ready for the mainstream*

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Our Primary Principle:

Extreme emotional and cognitive states – psychosis, suicidal depression, manic excitement etc. – are human problems demanding humane responses.

Therefore...

- We built a home, not an institution
- We choose staff according to personal qualities, not training degrees
- Companions are the heart of the staff



-We cultivate a therapeutic community, working in groups and flattening the hierarchy

-The basic therapeutic principle is
"Being with":
Empathic, non-judgmental,
imaginative listening

Who are the people who come to get help in Sotería?

- **Require hospitalization or other round-the-clock care environment**
- **Provide consent**
- **Without immediate threat of suicide or violence**
- **Can refrain from drug use**
- **Average stay 35 days, median stay 27 days**
- **Average age 34_±12 (range 18-76)**
- **Over 60%⁶ are in psychotic states**

Why is this a tough fit for the conventional system?

-and how did we overcome the problems in order to become a part of the public health system in Israel?

Problem

1. The system – including regulators & insurers – thinks in biomedical terms

2. Government regulation can be inimical to certain aspects of Soteria

Solution

We learn to speak two languages – one for in-house use, one for outside communication

We maintain good relationship with the regulators, and were involved in preparing the guidelines

Problem

3. Soteria is perceived as anti-psychiatry

Solution

We fashion ourselves as critical psychiatrists, and use medication – though less than in hospitals, and not as first line.





Problem

4. Insurers worry about the cost of a new service.

5. Regulators demand professional carers

Solution

We are careful to be less expensive than conventional round-the-clock care – by using more non-professional staff.

We have a professional staff, but the therapeutic heart of the house is the companions

As a result of these solutions:

- **The Ministry of Health published official guidelines a year after we started, providing legal legitimacy to our model.**
- **That has allowed 3 of the 4 national HMOs to sign with us.**
- **All together, 17 houses have been established based on these guidelines.**
- **We have remained loyal to the principles of Soteria**
- **Further community services are being developed.**

Why do these homes get public funding?

- **Popular demand**
- **Cheaper per-day costs**
- **Anticipated long-term savings**
- **Disillusionment with the system**
- **A research project accompanying the work**



Is New York, New York ready for a
Soteria of its own?

Is Soteria ready to make
in the Big Apple?



Thank You!

**To the Laszlo N. Tauber Family Foundation
To members of Soteria Israel
To the amazing companions in our houses
To all of you**

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