

# Synagogues & Mental Health



**About Hadassah Margolis, MSW, LICSW:** Hadassah is a clinical social worker and the Director of Inpatient Group Therapy at McLean Hospital. Hadassah is also the head of the group therapy program at the Brandeis Counseling Center. She was the founding Lead Therapist at McLean's Spirituality and Mental Health Department, where she helped develop the hospital's first-ever Spirituality and Treatment groups. With over 15 years of clinical group work experience, Hadassah uses psychodynamic, psychoeducational, and CBT approaches to engage with and advocate for clients, and find commonalities among group members. Hadassah has emerged as a leader in Massachusetts across a mashup of communities, weaving together crafters and vulnerable populations ([Got Masks MA](#)), knitters and immigrant rights activists ([Welcome Blanket Brookline](#)), local government leaders and social studies teachers ([InclusiveBrookline](#)), changemakers and farmers' markets ([Inspo:Expo](#)). In all her work, there is a common thread; Hadassah creates civic infrastructure and makes it possible for people to transform themselves through dialogue, reflection, and common action. Hadassah is a 2020 Commonwealth Heroine and a 2019 CJP Chai in the Hub honoree.

Hadassah and Kitty Dukakis met at the 2018 CJP/Ruderman Foundation event on mental health inclusion in synagogues, and that summer they launched Spirituality and Mental Health Discussion Groups at Kehillath Israel. With Kitty's blessing, Hadassah has developed groups, workshops, and talks at 20 other area synagogues. Hadassah is now thrilled to expand her offerings of discussion groups and support groups to a wider audience to address mental health stigma, increase inclusion, and explore mental health in a holistic way. She is available for a variety of group facilitations, workshops, trainings, consultations, and speaking engagements. Hadassah offers, both in-person and on Zoom:

- **Support Groups (10 people max., \$1250-\$2000)**

Learn more about yourself through the guidance of a trained facilitator and the collective expertise of peers in 5-8 week sessions. Topics and timing depend on synagogue and members' need, and have included parenting support, anxiety, uncertainty, grief, loneliness, self-care/community care, women's group, mindfulness, among others. Please reach out to Hadassah if your synagogue has other needs or ideas for support group topics.

*Note: These topics may also be used as the focus of one-time workshops (1-2 hours, \$500-750) for larger audiences.*

- **5-week/10-week Spirituality and Mental Health Discussion Group (10 people max., \$1500-2000)**

How are spirituality and religion connected to mental health? Members share how spirituality is a part of their lives, and explore how spirituality and mental health impact each other.

- **1-hour Spirituality and Mental Health Workshop (\$500)**

A 15-minute talk about the intersection of spirituality and mental health, followed by an interactive small-group exercise based on current curriculum used at McLean.

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- **1-hour Compassion Fatigue Workshop (10 people max., \$500)**

Compassion fatigue describes the emotional, physical, and spiritual distress in those providing care to another. Learn how to recognize the cumulative toll that bearing witness to others' suffering has on us, and explore authentic self-care tools to check in with yourself as you check in on others.

- **20-minute Dvar Torah on Spirituality and Mental Health (\$300)**

Connecting the week's parashah to the pioneering work of McLean's Department of Spirituality and Mental Health and the need for mental health inclusion.

- **Training and Consultation (cost varies and is offered upon request)**

Guidance on best practices for lay leaders to incorporate mental health offerings in various communities. Can be one-time or ongoing, depending on needs.

Hadassah can be reached at [margolis.hadassah@gmail.com](mailto:margolis.hadassah@gmail.com) or at <https://hadassahmargolis.com/>.