



Name: Ella Sarel-Mahlev

Date: Nov, 2024

CURRICULUM VITAE

1. Personal Details

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Marital Status: Married + 2

2. Higher Education

A. Undergraduate and Graduate Studies

B.A., in Educational Counseling and Hebrew linguistics from Bar-Ilan University. June 2005

M.A., in Educational Counseling with distinction from Bar-Ilan University. June 2011

B. Doctoral Degree

Ph.D. The degree of Doctor of Philosophy. Dissertation on Work-Family Conflict, Parental Styles and the Quality of Family Gathering as Predictors of Adolescent Behavioral Outcomes and Well-Being. Bar-Ilan University. June 2017

3. Academic Ranks and Tenure in Institutes of Higher Education

Years	Name of Institution and Department	Rank/Position
2020	Lewinsky-Wingate Academic Center, Special Education Program	Teaching fellow
2023	Lewinsky-Wingate Academic Center, Special Education Program	Senior teaching fellow
2023 -present	College of Management and Academic Studies	Senior teaching fellow



4. Offices in Academic Administration

Dates	Name of Institution and Department	Rank/Position

5. Scholarly Positions and Activities outside the Institution

Year	Reviewing for Refereed Journal
2020	Journal of Social- Educational Work, MIFGASH
2023	Journal: Archives of Suicide Research
2024	Journal: “Ktav Ha'Et Ka'et”, a peer-reviewed academic journal published by Talpiot College of Education

Year	Managing
2024	Managing the research laboratory of Prof. Gil Zalsman, the Laboratory of Child, and Adolescent Psychiatry in the Child Day Department at Geha Mental Health Center.
2015-2022	<i>Ministry of Education suicide prevention unit</i> - Head of the educational suicide prevention program and research "Choosing Life".

Year	Educational counselling - Academic Consultant
2021-2022	<i>'Moft' Institute</i> - Academic consultant for pilot project involving the implementation of SEL in teacher training
2018-2022	<i>Ministry of Education, Department of Special Education, Arts Therapy</i> - Academic consultant for suicide prevention in educational setting

Year	Founder and Co-Chair of Cross-Institute Academic Initiative
2018-2021	<i>The Lobby for Suicide Prevention among Students Attending Academic Institutions in Israel</i> – Founder and co-chair.



6. Participation in Scholarly Conferences

a. Active Participation

1. International Conferences - Held Abroad

Date	Name of Conference	Place	Subject of Lecture/Discussion	Role
10 / 2023	IASR/AFSP	Barcelona	Suicide prevention efforts among Israeli students during COVID-19	Poster presented
10 / 2023	the Autism Europe conference	Poland	How to Save a Life - Modifying a School-Based Suicide Prevention Program for Autistic Students	Poster presented
8 / 2022	The 19th European Symposium on Suicide & Suicidal Behavior	Denmark	Modifying a School-Based Suicide Prevention Program for Students with Autism Spectrum Disorder (ASD).	Presenter
10 / 2021	International Summit on Suicide Research (IASSR)	Barcelona	Modifying a School-Based Suicide Prevention Program for Students with Autism Spectrum Disorder (ASD).	Presenter
9 / 2021	31 ST WORLD CONGRESS IASP Gold Coast, QLD	Australia	Suicide prevention in school settings: Insights from Australia and Israel Symposium	Presenter
11 / 2019	ICERI 2019	Spain	Interdisciplinary Learning Spaces: Their Contribution to the Development of Teachers' Professional Identity as Promoters of Students' Well-Being.	Presenter
5 / 2017	Work & Family Conference	Milan	Work-Family Conflict, Parental Styles and the Quality of Family Gathering as Predictors of Adolescent Behavioral Outcomes and Well-Being	Presenter



2. International Conferences - Held in Israel

Date	Name of Conference	Place	Subject of Lecture / Discussion	Role
6 / 2023	8 th International conference on teacher education	Mofet Institute, Tel-Aviv	The Pedagogy of Resilience: Conversations with the Leading Education Researcher	Presenter
6 / 2019	7 th International conference on teacher education	Mofet Institute, Tel-Aviv	Hear me out: Teacher' voice regarding their roll in suicide prevention.	Presenter
6 / 2019	7 th International conference on teacher education	Mofet Institute, Tel-Aviv	Interdisciplinary learning spaces, Their contribution to development of teachers' professional identity as promoters of students' well-being.	Presenter

3. Local Conferences

Date	Name of Conference	Place of Conference	Subject/Role of Conference, Comments	Role
5 / 2021	"To understand in order to prevent." 7 th Suicide research symposium.	Ruppin Academic College	In the shadow of Coronavirus, middle school students speak out	Presenter
5 / 2018	"To understand in order to prevent." 6 th Suicide research symposium.	Ruppin Academic College	An educator's perspective on the unique role they play in intervening and preventing suicide	Presenter
5 / 2017	The National Conference of the Suicide Prevention Unit at the Ministry of Education	Bar-Ilan University	"Talking directly to teenagers about suicide prevention", a research project in education	Presenter
11 / 2016	The annual educational counseling conference	The Hebrew University	Work-Family Conflict, Parental Styles and the Quality of Family Gathering as Predictors of Adolescent Behavioral Outcomes and Well-Being	Presenter



b. Organization of Conferences or Sessions

Date	Name of Conference	Place of Conference	Subject/Role of Conference, Comments	Role
6 / 2023	Meeting to Save Lives - ASD	Tel-Aviv, Israel	Suicide prevention program for ASD students	Co-Chairperson
10 / 2022	The International Summit on Suicide Research	Barcelona, Spain	Modifying a school-based suicide prevention program for students with autism spectrum disorder (ASD)	Session organizer, and Co-Chairperson
4 / 2020	Preventing Suicide During Covid-19	Israel	An educator's unique role in preventing suicide within the broader support system	Chairperson
5 / 2019	Meeting to Save Lives -	Tel-Aviv, Israel	What do we learn from the study? The contribution of the Israeli suicide prevention program	Chairperson

7. Invited Lectures\ Colloquium Talks

Date	Place of Lecture	Name of Forum	Presentation/Comments
11/2024	Knesset Jerusalem	Members of the Knesset	Invited Lecture: suicide prevention in schools and special education settings
3 / 2022	Ministry of Health Airport city	Israel's National Council for Suicide Prevention	Invited Lecture : suicide prevention among ASD update
5/2024	Knesset Jerusalem	Members of the Knesset, Presidents of the Teacher Training Colleges	Invited Lecture: The role of educators in promoting resilience
4/2024	University of Nottingham, UK.	<u>MH Autism research group</u>	Invited Lecture : suicide prevention among the autistic community in Israel
4/2024	Bournemouth University	Department of Psychology members	Invited Lecture : suicide prevention among autistic students in Israel
3 / 2022	Ministry of Health Tel-Aviv	Israel's National Council for Suicide Prevention	Invited Lecture : Research results regarding suicide prevention among ASD
10 / 2022	David Yalin College	Special education department members	Colloquium Talks : Promoting SEL in teacher training
7 / 2021	World Zionist Organization Argentina	The Third International Conference on Jewish Education (Encuentro Internacional de Educación Judía)	Keynote speaker: 670 Educators in different positions in the Education system of Latin America. My Lecture transformed to podcast.



5/ 2021	Ashdod Education Administration	City educators and psychologists	Keynote speaker: Suicide prevention day in Ashdod: how to increase collaboration between systems
10 / 2021	Washington Header College	All college members	Colloquium Talks : Incorporating social emotional learning (SEL) into teacher and kindergarten training
11/ 2021	Director of the Haifa District, Ministry of Education	Educators and educational psychologists in the district	Keynote speaker: The education system's role in suicide prevention
9 / 2020	Knesset Jerusalem	Members of the Knesset, leaders of the suicide prevention lobby, the head of the suicide prevention unit of the ministry of education, and bereaved families attended	Study results regarding the Israeli suicide prevention program's contribution to preventing student suicide.
10 / 2020	Gane Tikvah municipality	Mayor, Municipal parent leadership, and city education leaders	Invited Lecture :Relationships between parents and schools - steps to improve collaboration in times of emergency
10 / 2019	Hemdat Hadarom Ccollege of Education	All college members	Invited Lecture: The role of teachers in developing resilience in the education system
9 / 2019	Knesset Jerusalem	Members of the Knesset, leaders of the suicide prevention lobby, the head of the suicide prevention unit of the ministry of education, and bereaved families attended	Study results regarding the Israeli suicide prevention program's contribution to preventing student suicide.
3 / 2019	Ministry of Health Tel-Aviv	Israel's National Council for Suicide Prevention	Invited Lecture : Study results regarding the Israeli suicide prevention program's contribution to preventing student suicide
11 / 2017	Bar-Ilan University	Educational psychologists from the Ministry of Education	Suicide prevention program and its contribution to psychologists work with students at risk



8. Research Grants

a. Submission of Research Proposals – Not Funded

Role in Research	Co-Researchers	Topic	Funded by	Year	Score
PI	Prof. Brunstein Klomek Prof. Zalsman (MD MHA) Dr. Bar-Yehuda	Training the Psychological Muscles Theoretical Framework for Coping Strategies and Support Mechanisms among Autistic Youth	ISF (V)	2024	Awaiting judgment
PI	Prof. Zalsman (MD MHA) Dr. Yael Millgram		Mooshot-med	2024	Awaiting judgment
PI	Dr. Joy Ben-Tov (Co-PI) Prof. Madjar (Co-PI)	Asking direct questions about suicide: Examining explicit and implicit effects and their relationships with dispositional and situational emotion regulation strategies	ISF (V)	2020	

9. Scholarships, Awards and Prizes

Amount	Source	Purpose of Award or Achievement	Years
200,000 ₪	Presidential scholarship for Excellent Doctorate Students, Bar-Ilan University	Doctorate Students	2016-2012
50,000 ₪	The Israeli Science Foundation, The Fund for the Advancement of the Humanities and Social Sciences in Israel, The American Basic Research Fund	International workshop – Suicide Prevention in the Educational System Research and Intervention	2018
10,000 ₪	The Lewinski-Wingate Academic Center Presidential Research Group Fund	Research Fund	2019



3,000 ₪	The Lewinski-Wingate Academic Center	Excellence in Teaching	2019
20,000 ₪	The Lewinski-Wingate Academic Center Presidential Research Group Fund	Research Group Fund	2021
1800 ₪	Schnitzer Foundation International Conference Fund	International Conference	
22,000 ₪	The Israeli Science Foundation, The Fund for the Advancement of the Humanities and Social Sciences in Israel, The American Basic Research Fund	Suicide Prevention Program for ASD Students International workshop	2023

10. Teaching

a. Courses Taught in Recent Years

Year	Course Name	Type:	Degree	No. of Students
2023	The profession of counseling: a theoretical and practical introduction	Introduction	M.A	27
2023	Suicide prevention among ASD in the education system	Seminar	M.A	18
2023	family studies: Applied aspects	Seminar	M.A	40
2022	family studies: Applied aspects	Seminar	M.A	20
2022	Suicide prevention in education	Seminar	B.A	20

b. Supervision of Graduate Students

Name of Student	Name Of Other Mentors	Title of Thesis	Degree	Completion Date / in Progress	Students' Achievements
Michal Ben Eli (Scholarship)	Dr. Joy Ben-Tov University of Haifa	Adapting an intervention program to prevent suicide among students with autism	Ph.D	in Progress	
Ariela Klein Kupitz	Prof. Anat Bronstein Klomak Reichman University	Effectiveness of "Choosing Life, Talking Directly to Adolescents" A High School Suicide Intervention Program in Israel	Master	April 2021	88
Kena Lubish-Lieberman	Prof. Anat Bronstein Klomak Reichman University	In adolescents, does resilience moderate the relationship between bullying, depression, and suicidal thoughts?	Master	March 2019	94



12. Professional Experience

Ella Sarel-Mahlev is a faculty member at the College of Management. Her work has focused on the promotion of social-emotional learning in teacher training in collaboration with the 'Mofet' Institute, developing content for pedagogical instructors and lecturers. In addition, she was part of the 'Mofet' Resilience Team, which examined ways in which the education system can be strengthened to enhance national resilience. Her area of expertise is suicide prevention in education. She founded the Lobby for Suicide Prevention in Higher Education. Between 2015 and 2021, she was employed by the Ministry of Education as an instructor in the Unit for Coping with Emergencies, Crises, and Suicide Prevention. As part of her role, she wrote an educational program for suicide prevention entitled "Choosing Life, Speaking Directly with Adolescents" as well as the framework for its implementation, training, and research. In Israel, the program is part of the national suicide prevention program. The Equality Lab for Suicide Prevention Research among Individuals with Autism was established by her. A grant from the Israeli National Academy of Sciences enabled her to lead two international conferences on suicide prevention in education and special education. She specializes in developing resilience and promoting mental well-being using pedagogy and technology. She completed her doctoral studies at Bar Ilan University with honors in the field of family influence on risk behavior and mental well-being among adolescents.

PUBLICATIONS



A. Ph.D. Dissertation

Title: Work-Family Conflict, Parental Styles and the Quality of Family Gathering as Predictors of Adolescent Behavioral Outcomes and Well-Being

Date of submission: 10/2016

Number of pages: 134 **Language:** Hebrew

Advisor: Prof. Yisrael-Rich **University:** Bar-Ilan University

B. Other Scientific Publications

Accepted for Publication

Sarel-Mahlev, E. Siman-Tov, Y. and Avraham, R. (accepted for publication). Educators' role in preventing suicide. Chapter in the book: Educational counseling in times of stress, crisis. Edited by Peleg, A., Shalov, R. Vahadar, A.

C. Articles in Refereed Journals

Published

1. Madjar, N., Sarel-Mahlev, E., & Brunstein Klomek, A. (2021). Depression Symptoms as Mediator between Adolescents' Sense of Loneliness at School and Non-suicidal Self-Injury Behaviors. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 42(2), 144–151. <https://doi.org/10.1027/0227-5910/a000702>. Q2 (H58)
2. Cohen, S. P., Roman, A.S., & Sarel-Mahlev, E. (2020). When Psychodrama and Education are Intertwined in The Process of becoming a teacher. *Education, Reflection, Development – ERD* 2020, 468–480.

Under Review

1. Benatov, J., Sarel-Mahlev, E., & Bar Yehuda, S. Camouflage, Burnout-Exhaustion and Depression in Autistic Adults. (Manuscript under review)
 2. Benatov, J., Sarel-Mahlev, E., & Bar Yehuda, S. Suicide Risk among Autistic Adults: Burnout Exhaustion as a Potential Marker (Manuscript under review)
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D. Other Publications

1. Sarel-Mahlev, E., & Liby Offer (2024). A self-awareness toolkit for pedagogical instructors. Mofet. [https://academia-kita.macam.ac.il/pedagogical/מודעות-עצמית-מורדעו/](https://academia-kita.macam.ac.il/pedagogical/מודעות-עצמית-מורדעו)
2. Sarel-Mahlev, E. Avraham, R. (2022). Findings from accompanying research for the Choosing Life program., Ministry of Education.
3. Sarel-Mahlev, E., Avraham, R., & Siman Tov, Y. (2021). Findings from accompanying research for the Choosing Life program. The Unit for Suicide Prevention in Crisis and Emergency Situations, Ministry of Education. For the Knesset Education Committee and Health Committee.
4. Sarel-Mahlev, E., Avraham, R., & Siman Tov, Y. (2020). Findings from accompanying research for the Choosing Life program. The Unit for Suicide Prevention in Crisis and Emergency Situations, Ministry of Education. For the Knesset Health Committee.
5. Sarel-Mahlev, E., Avraham, R., & Siman Tov, Y. (2020). Findings from accompanying research for the Choosing Life program. The Unit for Suicide Prevention in Crisis and Emergency Situations, Ministry of Education. For the Knesset Education Committee.
6. Sarel-Mahlev, E., Avraham, R., & Siman Tov, Y. (2019). Findings from accompanying research for the Choosing Life program. The Unit for Suicide Prevention in Crisis and Emergency Situations, Ministry of Education. For the Ministry of Health.
7. Sarel-Mahlev, E., Avraham, R., & Siman Tov, Y. (2019). Comprehensive status report on the development and research framework of the Choosing Life program, and its nationwide implementation process. The Unit for Suicide Prevention in Crisis and Emergency Situations, Ministry of Education. For the State Comptroller.
8. Sarel-Mahlev, A. and Avraham, R. (2018). This script is intended to be used as part of the suicide prevention program Choosing Life. This video is designed to support the steps of information and collaboration in the classroom and in the community. <https://www.youtube.com/watch?>
9. Sarel-Mahlev, A. and Avraham, R. (2018). A scripted instructional video titled "The unique role of the educator in preventing suicide". Featuring a conversation with a suicidal student, the video is part of a training system for teachers. <https://www.youtube.com/watch?v=nZ4UM1G2WVs&feature=youtu.be>

Publications in the media

10. Sarel-Mahlev, E., (2021). *What parents can do to assist their children while staying in a shelter?* *Kan 11* (כאן 11 תוכנית בוקר)
 11. Sarel-Mahlev, E. (2019). The use of virtual reality glasses to assist teachers in addressing the issue of suicide prevention at school. *Kan 11* (כאן 11 תוכנית בוקר)
 12. <https://www.youtube.com/watch?v=8-IJNINpp5I>.
 13. Sarel-Mahlev, E., and Margalit A. (2019). A lobby to prevent suicide in higher education has been established. *Ynet*. <https://www.ynet.co.il/articles/0,7340,L-5586808,00.html>.
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E. Submitted Publications

Sarel-Mahlev E., Ben-Tov, J., & Bar-Yehuda, S. (submitted) Developing Guidelines for Implementing the School-based Suicide Prevention Program. "Choosing-Life" among Students with Autism: A Grounded Delphi Study. *The Journal of Crisis Intervention and Suicide Prevention*

F. Summary of My Research Activities and Future Plans

As an educator, counselor, and teacher, my work aligns with the scientist-practitioner model, aiming to achieve empirically driven and innovative insights to advance theory and improve educational practices related to youth mental health, non-suicidal self-injury (NSSI), and suicide prevention. Schools are the main social-emotional sphere for development and an optimal setting for prevention efforts (King, 2011; Robinson et al., 2011). To advance this field, I have addressed these key questions:

1. What role can schools play in suicide prevention?
2. How can educators contribute to suicide prevention efforts in schools?
3. How can educators prepare students for risk assessments and therapy while supporting their access to services?
4. How can educators help parents cope with their children's suicide risk?

A major obstacle is educators' concern that screening may harm students (Gould et al., 2005). To better understand screening's effects, I submitted a grant proposal with Prof. Nir Madjar and Dr. Joy Ben-Tov to test how questioning impacts distress and suicidal ideation.

Furthermore, I helped implement suicide risk screening through the Israeli "Choosing Life" prevention program in over 150 classes (Avraham & Sarel-Mahlev, 2019). This has proven beneficial for saving lives and establishing educator roles in prevention, decreasing suicidal ideation, and increasing help-seeking (Sarel-Mahlev, 2019; 2021). The results indicate that educators can save lives.

With growing awareness of mental health co-occurrences and increased suicide risk among autistic adolescents (Lai et al., 2019; O'Halloran et al., 2022), I established a Collaborative Lab for Research on Suicide Prevention among Autistic People. This lab worked with 9 autistic activists and two research colleagues to develop modifications for implementing the "Choosing Life" program among autistic students.

Moving forward, I plan to continue this research through partnerships investigating tailored prevention strategies, training programs, and support systems for struggling youth.
