



CAMPWELL LEVEL TWO OUTLINE

CampWell is an interactive experiential, multi-day training program that harnesses the practice of internalization and explores a layering of content that will challenge our thinking and teach participants to identify, understand, cultivate, and create a culture of well-being. Content shared during a CampWell training will be shared by a subject matter expert and participating CampWell site.

1. **Introduction to Well-being** (45 minutes): Facilitate virtually prior to event/training

In our pre-event training and introduction we will explore the foundation around the elements of one's well-being (social, environmental, mental, emotional, physical, and spiritual) that contribute to our collective experiences. CampWell focuses on the distinction between personal wellness and allows us to discover how our individual wellbeing informs the organizational well-being and the healthy culture so crucial to the history of the camp experience. This session will provide insight into the CampWell training journey you are embarking on. Wellness is a healthy lifestyle, as opposed to well-being which is the element of one's being. Wellness is an important element of overall well-being.

2. **Keynote Main Message Title: Well-Being: The Future of Care at Camp** (60 minutes)

Three years ago a group of camp professionals and subject-matter experts set off on a shared journey with ACA and ACH to understand the relevancy of mental illness at camp and the growing stigma around mental health. As we moved upstream in our thinking, statistics around mental illness swelled. Last year the World Health Organization (WHO) reported more than 24% of adults in the US had a reported diagnosis. It was clear, we needed to reframe our approach and move against the current of self-care, mental illness, and trauma-informed care. In this keynote we'll highlight our discoveries, our journey, the research, and offer context for what lies ahead. Join us as we unpack how to reimagine camp through the lens of well-being.



Safe - Secure with self, secure with others, and secure in the ecosystem

Supported - Grow in self, grow with others, grow through the ecosystem

Connected - Connect with self, connect with others, and connect to the ecosystem

Contributing - Give to self, Give to others, Give to the ecosystem

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TRAINING INCLUDES:

FIVE BREAKOUT SESSIONS AT 75 MINUTES EACH PLUS AN EXPERIENTIAL OUTING

Safe (75 minutes) Explore the various aspects of safety. Review internal, interpersonal, and external influences. Participants will gain insight around the distinction between emotions and feelings, stress and stress response, and the impact of one's lived experience(s) as integral to a camp's risk mitigation practices. Secure with self, secure with others, and secure in the ecosystem.

Supported (75 minutes) In this session, participants will learn about physiological needs, psychological needs, emotional needs, and human centered design. Individuals will gain understanding about types of energy, autonomy, and a growth mindset. The intent is to empower individual implementation around the provision of care through practicing active listening and deescalation techniques. As we learn more about our own growth the content in this session will demonstrate support for individuals to develop a well-tended spirit. Grow in self, grow with others, grow through the ecosystem



Connected (75 minutes) The essence of care across the ecosystem is rooted in connection and belonging. In this session we'll emphasize social communication that promotes care. Participants will learn about being present over perfect and activating spiritual awareness while embracing environmental biomimicry. The desire is to become brilliant at the basics, practice SASHET, and gain hope skills to develop deep connections to help us navigate ongoing lived experiences. Connect with self, connect with others, and connect to the ecosystem

Contributing (75 minutes) One's ability to contribute rests in the hope that fuels belief for the future. When we step into this session we'll discern the purpose of our work and the CampWell content for your staff training through a mapping of our own character traits alongside of others. As a velcro emotion at the foundation of character development, gratitude informs the integration of a shared experience with meaningful content for shared contribution. Give to self, Give to others, Give to the ecosystem

Teach Backs (75 minutes) Work directly alongside camp leaders who have utilized the lens of well-being to shape the care offered to their staff. Using a sense of understanding mixed with internalization participants will gain clarity on how you present, what you present and clarity from others who have presented CampWell into their organization.

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