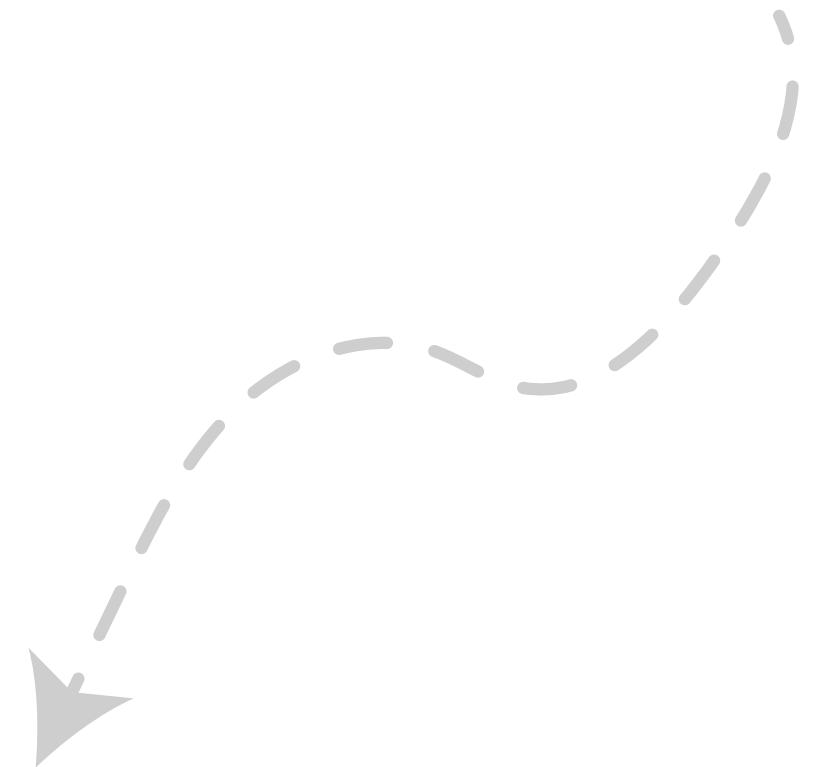


Made By **Camp** People For **Camp** People

Level Two:

Training Road Map

begin your journey of well-being



Level One

Frontline Summer Staff Developed by **Level Two**

Level Two

Responsible for Staff Training at their Camp Piloted in **2022**

Level Three

Owners and Executives Organizational Well-being Piloted in **2024**

Facilitator

Certified by ACH and ACA to **Facilitate** CampWell for other organizations

WHAT IS MESH (+)

Mental Health
how we think and act

Emotional Health
ability to manage and express feelings

Social Health
ability to interact and form meaningful relationships

MESH (+) is a conceptual theory building upon the **mental**, **emotional**, **social** health framework, with practical implications for creating a safe environment for individuals and communities. It offers a palette of care to integrate the mind, nature, and spirituality with individual character development and communal engagement. The intersection of play and presence, gratitude and hope, offers a creative approach to awaken and challenge growth with self and others. The destination for MESH (+) care is a holistic understanding of our collective experiences and the opportunities for development in an intentionally cultivated setting.



THEORY OF CHANGE

Camp Owners and Executives

When owners and executives participate in CampWell they have the ability to foster a culture where **all can be well at camp.**

Camp Leaders

When camp leaders have participated in CampWell their staff will be **safe, supported, connected, and contributing.**

Frontline Summer Staff

When staff feel safe supported, connected, and are experiencing camp, participants have the **ability to engage fully in the ways they choose.**



*Harnessing the experience of well-being at camp (**safe, supported, connected, reflection**) as a foundation for flourishing in the world; flourishing in self, family, school, community.*



When all are well, they participate fully and contribute in the ways they choose because they are safe, supported, connected, and contribute.

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.

Introduction to Well-being (45 minutes)

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 well-being 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.

Keynote: 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.

CampWell's Level Two Training

Five breakout sessions at 75 minutes each plus an experiential outing.

Breakout Session Overview: A key component to the CampWell training is a shared outdoor experience to tap into the natural elements of the world. Participants will engage the parietal lobe of their brain to fuel awakening and create a moment of internalization around personal and communal well-being. Each breakout session will include an interactive educational moment for participants to reflect on the content through play and kinesthetic processing.

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 de-escalation 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 to their organization.

SAFE	SUPPORTED	CONNECTED	CONTRIBUTING
Community Agreements (30)	Challenge by Choice (20, 21)	Grounding Practices and Exercises (7, 16)	Individual Voice and Engagement (8, 14)
Role of Comfort and Discomfort (21)	Zoning Out (22, 27)	Words Matter (8)	(Y)our Purpose
Understanding the Role of Stress (20, 21, 23)	Understanding Our Mindset (19)	Hope Skills (3, 11)	Role of Gratitude (6)
Zip, Zap, Zop and Safety	Emotional Intelligence (25, 27)	Healing-Centered Engagement (1)	Value of "Reflection" Activity
Elements of Safety and Well-being (4, 5, 13, 23)	Emotional Telephone: What's the Message (17)	Role of Nature: Biomimicry (28)	Understanding Altruism (7)
Adversity in Lived Experiences (18)	SASHET (16)	Application of Nature (10, 12)	Self Authorship (15, 23)
Safe to Fail (8,14)	Self Disclosure (2, 15)	Empty the Cup: Active Listening	Purpose of Ikigai (26)
Coping Mechanisms (29)	Compassion Fatigue (24)	Brilliant at the Basics (29)	Incorporating Play in Training (34)
	Personal Impact (7, 31, 32)	Pillars of Belonging (6, 9)	Implementing CampWell
	Vulnerability Cycle (6)		
	Types of Energy (7, 33)		

1

Dr. Shawn Ginwright - Healing-Centered Engagement

- [The Future of Healing: Shifting From Trauma-Informed Care to Healing-Centered Engagement](#)
- [Youth-Adult Partnerships that Foster Individual and Collective Wellbeing](#)
- [CROSSWALK: YOUTH THRIVE & HEALING CENTERED ENGAGEMENT](#)

2

Dr. Martin Seligman - Positive Psychology and Character

- [Positive Psychology Center](#)
- [Pursuit of Happiness](#)

3

Dr. Chan Hellman - Science of Hope

- [The Science of Hope](#)
- [The Science and Power of Hope](#)

4

Dr. Richard Davidson - Four Pillars of Wellbeing

- [The Four Keys to Well-Being](#)
- [Linking Amygdala Persistence to Real-World Emotional Experience and Psychological Well-Being](#)
- [Why Well-Being?](#)

5

Dr. Richard Davidson - Well-Being

- [Why Well-Being?](#)
- [Center for Healthy Minds](#)
- [Four Keys of Well-Being](#)

6

Dr. Brene Brown - Vulnerability and Love/Belonging/Leadership

- [Daring to be Vulnerable](#)
- [Research](#)
- [Brene Brown on Power and Leadership](#)

7

Dr. Lisa Miller - Awakened Brain Spiritual Awareness Therapy

- [Spirituality Mind Body Institute](#)
- [Teachers College Columbia, Our Work](#)
- [Physiological Recovery from Stress](#)

8

Search Institute (Ben Houtberg, CEO) - Developmental Relationships

- [Developmental Relationships Framework](#)
- [Developmental Relationships Help Young People Thrive](#)
- [Recent Research and Writing](#)
- [Spiritual Development](#)

9

Julia Kennedy - Power of Belonging

- [What Does It Take to Build a Culture of Belonging?](#)
- [The Power of Belonging: What It Is and Why It Matters in Today's Workplace](#)

10

Dr. Richard Louv Nature

- [Battling the Nature Deficit with Nature Play](#)
- [Last Child in the Woods: Saving Our Children from Nature-deficit Disorder](#)

11

Dr. Richard Snyder - Hope Theory

- [Snyders Hope Theory](#)
- [S is for Rick Snyder: His Work On Hope](#)
- [Handbook of Positive Psychology](#)

12

Dr. Miyazaki - Forest Bathing and Nature Based Therapy (NT)

- [Shinrin-Yoku \(Forest Bathing\) and Nature Therapy: A State-of-the-Art Review](#)
- [Nature Therapy Project](#)
- [Forest Bathing for Health: How Nature Nurtures Wellbeing](#)

13

Dr. Abraham Maslow - Hierarchy of Needs

- [Maslow's Hierarchy Of Needs](#)
- [What Is Maslow's Hierarchy Of Needs? A Deep Dive Into The Research & Criticisms](#)

14

Deci and Ryan - SDT Self-Determination Theory Autonomy, Relatedness, Competence

- [Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being](#)
- [Self-Determination Theory](#)

15

Daniel Pink - Motivation Theory

- [Motivation - Pink \(Three Elements of Intrinsic Motivation\)](#)
- [Pinks Autonomy, Mastery and Purpose Framework](#)

16

Jeanne Malnati - SASHET

- ["SASHET": A Connection Tool](#)
- [The Culture Group, Jeanne Malnati](#)

17

Dr. Robert Plutchick - Emotion Wheel

- [The Emotion Wheel: Purpose, Definition, and Uses](#)
- [The Emotion Wheel: What It Is and How to Use It](#)

18

Dr. Vince Felitti - Adverse Childhood Events

- [The Relation Between Adverse Childhood Experiences and Adult Health: Turning Gold into Lead](#)
- [Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults](#)

19

Dr. Carol Dweck - Growth Mindset

- [What is Growth Mindset?](#)
- [Growth mindset tempers the effects of poverty on academic achievement](#)

20

Walter Bradford Cannon - Neurological Stress Response

- [What Happens to Your Body During the Fight-or-Flight Response?](#)

21

Katherine McEwen - Neurological Stress Response

- [Neurobiological and Systemic Effects of Chronic Stress](#)
- [Brain on Stress: How the social environment gets under the skin](#)
- [Central role of the brain in stress and adaptation: Links to socioeconomic status, health, and disease](#)

22

Oliver Page - Zoning Out

- [5 Unusual Ways to Leave Your Comfort Zone](#)
- [CULTIVATING A GROWTH MINDSET](#)
- [How to Leave Your Comfort Zone and Enter Your 'Growth Zone'](#)

23

Dr. Daniel Siegel - Interpersonal Neurobiology

- [Dr. Dan Siegel](#)
- [An Introduction to Interpersonal Neurobiology](#)

24

Dr Susan David - Emotional Agility

- [Susan David](#)
- [Emotional Agility](#)

25

American Psychological Association - Emotional Intelligence, Mental Health & Resilience

- [Mental Health](#)
- [Resilience](#)
- [Emotional Intelligence](#)

26

Hector Garcia - Dr. Ikigai

- [Ikigai](#)

27

Dr. Paul Ekman - Primary emotions

- [Universal Emotions](#)
- [Basic Emotions](#)
- [Atlas of Emotions](#)

28

Dr. Janine Benyus

- [Biomimicry: Innovation Inspired by Nature](#)
- [Biomimicry Practice](#)
- [BIOMIMICRY IS REAL WORLD INSPIRATION](#)

29

Algorani, A. & Gupta V.

- [Coping Mechanisms. National Library of Medicine](#)

30

National Equity Project

- [Community Agreements: Implementing, Monitoring & Repairing](#)

31

National Child Traumatic Stress Network

- [What is Child Trauma?](#)

32

American Psychiatric Association's

- [Diagnostic and Statistical Manual of Mental Disorders \(DSM-5-TR\)](#)

33

Association of Comprehensive Energy Psychology

- [How Energy Psychology Transforms People & Systems](#)

34

US Play Coalition

- [Improving Children's Health through Play](#)
- [A Research-Based Case for Recess](#)

A Community of Thought and Development

- Alicia Danenberg
- Alli Faricy
- Ann Gillard
- Cori Miller
- Dave Brown
- Erica Yamaguchi
- Hilary Monford J
- essie Dickerson
- Rob Lubeznik-Warner
- Ty Wycoff



H. E. BUTT
FOUNDATION
CAMP



seriousfunSM
children's network

Mountain
Camp