



CAMPWELL FACILITATOR INVITATION

FACILITATOR TRAINING **APRIL 16-19, 2024** LEAKEY, TX

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.

begin your journey of well-being





Thank you for your interest in becoming a facilitator of the CampWell Program. The program contains excellent content and our desire is to engage excellent facilitators to disseminate this program out to camps and out of school (OST) time programs each year.

Here are a few key points to understand about the facilitator role.



Who is eligible to become a CampWell Facilitator?

Individuals who have completed a CampWell *Level 2* or *Level 3* training in the past year, who have at least three years of documented experience related to camp staff training, and have previously presented at regional or national conferences.

What will CampWell Facilitators do?

Facilitators can train Level One and Level Two CampWell content. CampWell Facilitators will be stewards of the program, modeling well-being, creating, marketing and coordinating the logistics of their training. Facilitators will work with ACH and ACA to utilize promotional materials in an effort to bring awareness to the work, as well as to market and coordinate logistics of their respective CampWell events (i.e. schedule, invitations, and registration).

By participating in the CampWell Facilitator training attendees are committing to:

1. Complete pre and post facilitator training work
2. Study CampWell content and the Facilitator curriculum;
3. Motivation to pursue CampWell Level 1 and Level 2 facilitation opportunities;
4. Demonstrate Facilitation and Content Assessment during the training;
5. Your name will be added as a CampWell facilitator to the public for camps to hire on both ACH and ACA's Websites and CampWell Pages.
6. Work with ACH to keep your finger on the pulse of content updates and recertification for relevancy every three years.



How will CampWell Facilitators become certified and maintain certification?

To become certified, an individual must complete the facilitator training and then complete the first 1-2 training sessions with another certified individual who can provide feedback and guidance.

To maintain certification, facilitators are required to co-lead a training 1-2 times each year. The ACH will provide ongoing technical assistance and marketing support to certified facilitators. ACH will provide CampWell Facilitators with CampWell slides, curriculum, roadmap, and the ACH MESH (+) Resource Guide. Facilitators will work with ACH to stay abreast of content updates and recertification every three years.

Where and How do I participate in CampWell facilitator training?

Location: H. E. Butt Foundation Camp's Headwaters in Leakey, TX
 Dates: April 16-19, 2024

Tuesday 4/16/24: Arrival; Dinner: Evening Training

Wednesday 4/17/24: Sharing of CampWell Content Modules

Thursday 4/18/24: Teachback opportunities; Learning How to Teach content

Friday 4/19/24: Van Shuttles back to airport





Travel

Attendees will cover the cost of their travel to Texas (<https://flysanantonio.com/>)

Airport Transport to H.E. Butt Headwaters:

Van transport will be arranged for individuals arriving at the San Antonio airport by 4pm on 4/16/24. Individuals who chose to get their own rental car will be at personal expense.

Directions from airport to headquarters: [MAP](#)

Cost: \$750 (Covers the cost of lodging, food, materials)

We look forward to seeing you there. Please let us know if you have questions regarding travel or training. Subsequent emails to follow with more information and preparation.

Contact Info: Danielle Mars, danielle@allianceforcamphealth.org



REGISTER

YMHFA & CampWell

Level Two Comparison



Why YMHFA: Teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents (Ages 12-18)

Content Covers:

- **Common** signs and symptoms of mental health challenges; signs and symptoms of substance use challenges
- **How to** interact with an adolescent or child in crisis and to connect youth with help
- **Expanded** content on trauma, substance use, self-care, impact of social media, and bullying
- **Provides** adults with skills to use a 5-Step action plan to help a youth who may be facing a mental health problem or crisis such as suicide
- **Informs** adults about common mental health concerns among youth

Why CampWell: Invites you to harness the experience of well-being at camp as a foundation for flourishing in the world (self, family, school, community).

Content Covers:

- **Common** understanding of well-being at camp: When all are well, they participate fully and contribute in the ways they choose because they are safe, supported, and connected.
- **How to** provide holistic support for one's well-being as opposed to providing therapy
- **Expanded** content from a strengths-based, positive psychology perspective on stress, coping mechanisms, and active listening
- **Provides** an interactive learning experience, consistent language, and clear outcomes to train staff to help youth
- **Rethinks** how you design your camp training through the lens of well-being
- **Considers** the unique setting of camp
- **Created** by camp people for camp people

Both Programs Seek To:

Utilize evidence-based content, cited sources, and references for youth development;
Reduce and **Change** the stigma around mental health

Objectives:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage Appropriate professional help
- Encourage self-help and other support strategies

Course:

1. In-Person: Learners receive their training during a six and a 6.5 hour instructor-led in person session.
2. Blended Learning: Two hours self paced online course and participate in a 4.5-5.5 hour instructor-led training. This instructor led training can be a video conference or instructor led class.

Outcomes:

- **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

Training:

In-Person: Six hours of interactive classroom learning, over two days with additional time for a shared experience in the natural world, internal assessment of your staff training, and practice time. Also includes: One hour pre-introduction to cohort and CampWell content.