



YEDID NEFESH: Nurturing Mental, Emotional, and Social Health at Camp

COHORT 1 - PROGRAM & GRANT APPLICATION

For many people, Jewish camp provides a place to feel safe and uniquely empowered to embrace their whole selves - mentally, emotionally, and socially. The growing awareness and evolving complexity of mental health challenges in our society necessitates camps be equipped with enhanced staffing and training at all levels to ensure proactive support for the mental, emotional, and social health (MESH) needs of every community member. With a visionary gift from The Marcus Foundation, Foundation for Jewish Camp aspires to elevate the field to nurture all in our Jewish camp family. Through these efforts, we can build stronger, more resilient communities year-round.

Before beginning the application, please read through the full **“Program Guidelines & Expectations” [COMING SOON]** document to fully understand the program’s goals, your camp’s eligibility, expectations throughout the three-year cohort program, financial and time commitments, etc.

If you have any questions after reviewing the online FAQ’s and the Program Guidelines document, please contact Jill Goldstein Smith, Program Manager, jill@jewishcamp.org.

APPLICATION DEADLINE: FRIDAY, NOVEMBER 1, 2019

Instructions

- As the final step to submit the application, you will be asked to PRINT the **“Program Guidelines & Expectations” document [COMING SOON]**, have signatures from both the Camp Director AND Board Chair (or equivalent lay leader), and upload a scanned copy.
- To view a PDF version of the full application, please **click here [COMING SOON]**. *Please note all the documents you will need to upload during the application process.*
- **Please answer each question in the application. If you do not have data for specific questions, please write 0 or N/A as appropriate.**
- If data for certain questions is not readily available, you can temporarily insert an X as placeholder text in order to continue the application and come back to complete it later. Please be sure to return to these questions and replace all placeholder text before submitting!

Saving Data

You can stop the application at any time and save your work up to that point.

- The **“Save-and-Resume”** function (available at the top or bottom of this questionnaire) will allow you to save progress, and return to that exact spot in the questionnaire at another time.
- When you choose to **“Save-and-Resume”**, you will need to submit your email address and a password.
- Thereafter, you will receive a link to access the incomplete questionnaire in the future. If you do not see the email in your inbox, please check your spam folder.
- This link can be accessed at any time by anyone with the correct credentials, and will save your work up to the exact spot where the questionnaire was saved when the link was sent.
- When you get back to the questionnaire through the proper credentials, you will be dropped at the beginning of the questionnaire. Please note that as you advance through the questionnaire to get back to where you left off, your updated data will be in each question you already responded to.
- Once you have responded to questions beyond the exact spot where you left off, you will need to start the **“Save-and-Resume”** process over to do it again. You can go through the **“Save-and-Resume”** process as many times as needed.

Camp & Contact Information

Day or Overnight Camp:

IF OVERNIGHT, is your camp currently a part of the FJC Network? Y/N

Is your camp currently part of the FJC Network? Y/N

If no, **please review the network criteria and contact FJC before moving ahead.**

Official Name of Camp (as printed on the camp website):

Camp Website URL:

Your Name (Person Submitting this Application):

Your Role (Person Submitting this Application):

Email:

Phone (include extension):

Executive Director / Camp Director

First Name:

Last Name:

Email:

Board President, Camp Committee Chair, or Main Lay Leader

First Name:

Last Name:

Email:

More about Camp

FJC recommends all camps be ACA/CCA accredited.

Is your camp currently accredited? *Please circle what applies.*

- American Camp Association (ACA)
- Canadian Camping Association (CCA)
- Other:
- No

Does your camp have written and understood child safety policies and procedures, including language and training with respect to preventing and reporting child abuse?

Y/N

Does your camp have written and understood non-discrimination and anti-harassment policies, procedures, and training in place for staff and lay leadership (both seasonal and year-round)?

Y/N

General Overview

Describe your camp's environment and generally how you've addressed MESH in the past. What changes, trends, and challenges have you seen in your community (campers, staff, and other stakeholders)?

Describe how you hope your camp and community would change as a result of participating in this program.

Yedid Nefesh aims to make a deep and broad impact by taking a multi-pronged approach to affect several areas of camp. The following sections of this application asks about some of these areas as they exist at camp now and your vision for how Yedid Nefesh could drive significant change for your camp.

Project Info & Grant Request: Staffing

PROFESSIONAL STAFFING

Yedid Nefesh will include camps at various levels of MESH support and needs in their communities to create a "banded" program - meaning FJC is looking for camps who currently have some degree of mental health staffing experience and some who do not. Engaging a broad spectrum of camps will allow those who currently provide service to push the bar higher for the field to follow, as well as introduce MESH to those who have, for whatever reason, not yet invested in the areas as deeply.

Please describe your *overall* community care staffing set-up as it currently exists. Include names, titles, contact info, how folks work together and differentiate roles/responsibilities.

Do you currently have staff whose *primary* focus is on mental health at camp? Y/N

If yes, think about **the primary mental health professional** on your team, and describe their role/focus: (Circle all that apply):

- Year-round full-time
- Year-round part-time
- Summer-only full-time (integrated into camp 24/7)
- Summer-only part-time: visits periodically or as-needed/on-call)
- Focuses on campers
- Focuses on staff

What kind of license do they have, if any?

What is their official title?

Please share who supervises this person, who they supervise, and describe if they work as part of a team.

Is this individual responsible for pre-camp conversations and intake?

Y/N

Are there additional staff focusing *specifically* on mental health?

Y/N

If yes, please include details about them and their role(s) in your description of camp's overall community care staffing.

Yedid Nefesh will provide a salary subsidy of \$7,500 in years 1 and 2, and \$5,000 in year 3 for each camp to hire a **qualified mental health professional**. In addition to being the primary mental health expert, they will be able to work on interpersonal group dynamics, bullying, social-emotional learning, and more. This individual should become part of the camp community to be better able to provide a depth of resources for impacting all staff and campers. Please review the "Program Guidelines & Expectations" PDF [COMING SOON] **before moving ahead**.

Describe how you think your camp would use this staffing subsidy. Please include supervisory structure, if any, and how you would ensure this professional's success and the potential short/long term impact of this position on your camp.

GRADUATE INTERNSHIP

One goal of Yedid Nefesh is to begin cultivating a pipeline of talented mental health professionals to work at camps in various capacities. To support these efforts, there may be future opportunities for select camps to host graduate-level interns as part of their camp staff.

Has your camp ever hosted a graduate-level intern or been an externship site for someone pursuing a mental health degree? (i.e. psychology, clinical social work, mental health or school counseling, etc.)

Y/N/Not Sure

If these internship opportunities were to become available, would your camp be interested in hosting/supporting this position?

Y/N/Not Sure

Project Info & Grant Request: Training & Learning

COMMUNITY OF PRACTICE & LEARNING

Part of this cohort program requires participation in a Community of Practice for mental health professionals at camp and will occasionally involve camp Directors, camp's Board, and others.

STAFF & COUNSELOR TRAINING

Yedid Nefesh will provide a \$2,000 stipend per year for each camp to **enhance counselor and front-line staff training**.

How does your camp currently provide professional development opportunities for your *year-round professional team*? Include a general overview and as it relates to MESH topics.

Describe your camp's culture of training and learning overall for *counselors and other frontline staff working with campers*. Include a general overview (pre-camp orientation and ongoing learning) and as it relates to MESH topics

OPTIONAL: If you already have a vision or idea of how you'd use this counselor training stipend, please use this space to share.

PROGRAM & ACTIVITY AREA SUPPORT

Yedid Nefesh will provide a *one-to-one matching grant* of up to \$1,500 per year for each camp to **create additional wellness programming opportunities/activity area(s) for campers and staff.**

Please describe any wellness programming or activities your camp currently offers to campers and/or staff. (If none, write N/A.)

OPTIONAL: If you already have a vision or idea of how you'd use this matching grant for wellness programming, please use this space to share. *Some ideas include, but are not limited to: yoga, meditation, Jewish ritual experiences, journaling, etc.*

Project Info & Grant Request: Community Communications

OUTREACH & MARKETING

Yedid Nefesh will provide a \$500 stipend per year for each camp to support **outreach and marketing efforts** to share the work your camp is doing related to mental, emotional, and social health. A goal of this stipend is to normalize conversations with current and prospective camp families as well as help destigmatize communal conversations.

Please describe where and how your camp currently communicates externally about mental health or wellness on your website or elsewhere. (If none, please write N/A)

How would your camp plan to use this outreach and marketing stipend? Which stakeholders would you engage and how?

CAMP MEMBER INTAKE & COMMUNICATION

Describe the current state of conversations with camp families and parents as related to mental, emotional, and social health. What does this look like before, during, and after the summer?

Does your camp request any information from families about **camper mental, emotional, and social health** as part of your intake forms?

Y/N

If yes, please describe how this is collected and used.

Does your camp request any information from individuals applying to be **staff** about their own **mental, emotional, and social health** as part of your intake or onboarding forms?

Y/N

If yes, please describe how this is collected and used.

Yedid Nefesh aims to help camps provide more positive and successful Jewish camp experiences for more individuals by having the right supports in place to recruit additional campers and staff and properly accommodate those who attend camp to be able to stay for the duration of their summer.

The information requested below is *solely* to help FJC gather information about the field. Providing the details below are **not** a condition for selection and is optional portion of the application.

Looking back at previous summers, how many campers and staff did your camp anticipate serving with additional MESH support, and how many individuals actually received additional MESH support?

How many campers and staff did your camp turn away pre-summer, send home, or have leave early on their own accord due to mental health challenges? Please complete the grid below to the best of your ability.

[OPTIONAL]

YEAR / ROLE	Anticipated Needing Additional MESH Support	Actually Received Additional MESH Support	Turned Away Pre-Summer	Sent Home During Camp	Left Early on Own Accord
2018 Campers					
2018 Staff					
2019 Campers					
2019 Staff					

Assessment, Reporting, and Evaluation

What tools does your camp currently use, if any, to track communication with families/parents, camps, and staff during the summer? How does this record MESH-related conversations, if at all, and who is responsible for logging?

Describe any formal or informal systems for ongoing check-ins for campers and/or staff wellness throughout the summer.

Camps are strongly encouraged to participate in both the Camper Satisfaction Insights (CSI) and Staff Satisfaction Insights (SSI) surveys during each year of the program. The data collected from these surveys will assist in evaluating the impact of this program.

Please check the boxes below to confirm agreement and understanding to the following participation requirement:

- If accepted, camp agrees to participate in all surveys and evaluations.

- If accepted, camp agrees to submit reflection reports at the end of each summer to gauge impact from each aspect of this grant. The Camp Director, in connection with other leadership staff, will be ultimately responsible for submitting this yearly report.

- If accepted, camp understands that the camp's mental health professional will be expected to submit weekly reports during the summer through a live-tracking portal. These confidential reports will support learning about mental health-related trends by camp, region, and field-wide. No individuals' names will be collected, rather the data is a summation of interactions and categories of intervention.

Project Info & Grant Request: Lay Leadership & Funding

FJC understands the staffing subsidy and other funding may not cover 100% of the expectations of this program. Please provide details of any fundraising intentions and/or ability to pay from operating budget if fundraising goals are not met.

What conversations have taken place with your Board, Lay Committee, etc. in relation to prioritizing mental, emotional, and social health of campers and staff? How would your camp use this program to begin or further this work with lay leadership?

OPTIONAL: Are there any other initiatives or funding opportunities related to mental health that your camp has recently or is currently participating in? If so, please describe.

Required Attachments

Please read through the full “Program Guidelines & Expectations” document [COMING SOON], to fully understand the program’s goals, your camp’s eligibility, expectations throughout the three-year cohort program, financial and time commitments, etc.

Print and upload this document [COMING SOON] and obtain signatures from both the Camp Director AND Board Chair (or equivalent lay leader) on the last page.

We affirm that, to the best of our knowledge, the information provided in this application and the attached documents is accurate. **(STAMPED SIGNATURES WILL NOT BE ACCEPTED.)**

On the NEXT page you'll be able to review, edit, and/or print your responses. Your submission will **not be final until you click "Confirm" at the bottom of the next page.**

I understand and will click CONFIRM at the bottom of the NEXT page *after* reviewing my responses.

DON'T FORGET - If you do not receive an email upon submission, the email either went to your SPAM folder or you did not complete the final submit page.

If you have any questions, please contact Jill Goldstein Smith, Program Manager,
jill@jewishcamp.org.