



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

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### **YEDID NEFESH COHORT 3 - 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, social, and spiritual health (MESSH) 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](#) 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 Rachel Anszelowicz, [rachel.anszelowicz@jewishcamp.org](mailto:rachel.anszelowicz@jewishcamp.org).

### **APPLICATION DEADLINE:**

**FRIDAY, OCTOBER 7, 2022 @ 5PM PACIFIC TIME**

## REVIEW FIRST

### Important Instructions

1. We encourage your team to review the [FULL APPLICATION QUESTIONS in this PDF](#) before you begin. **Please note all the documents you will need to upload during the application process.**
2. If your camp has a mental health professional on your staff or lay leadership teams, we highly suggest involving them in discussion to around your responses.
3. **As the final step to submit the application, you will be asked to PRINT the “Program Guidelines & Expectations” document**, have signatures from both the Camp Director AND Board Chair (or equivalent lay leader), and upload a scanned copy.
4. If information 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 form 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.

*Foundation for Jewish Camp will use the information on this form to contact you periodically with important updates and information, such as our monthly newsletter. We respect your privacy and will store your personal information securely. You can unsubscribe at any time.*

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## CAMP & CONTACT INFORMATION

### Contact Details

Official Camp Name (as printed on the camp website, or as auto-populates below) \*

Day or Overnight Camp \*

Camp's Website URL \*

Is your camp currently part of the FJC Network? \*

- Yes  
 No  
 Unsure

**Tell us about Yourself**

Share details about the person completing this application form.

Your First Name \*

Your Last Name \*

Your Role (choose the best fitting option) \*

Your E-mail \*

A copy of responses will be sent to THIS email address - please use an email that will be checked regularly.

Daytime Phone \*

If we have questions about your application, please input the best number to reach you (include extension, if applicable).

**Executive Director/Camp Director**

If same as above, please enter your information one more time - thank you!

Director First Name \*

Director Last Name: \*

Director E-mail \*

**Board President, Camp Committee Chair, or Main Lay Leader**

Board First Name \*

Board Last Name \*

Board E-mail \*

**Other Primary Contact**

Only if your camp anticipates having a primary contact for this grant/program *other* than the person completing this application (you) and/or the Camp Director (above) please input their information here. (If not applicable, leave blank.)

Primary Contact First Name

Primary Contact Last Name

Primary Contact Role/Title

Primary Contact E-mail

**More About Camp**

FJC recommends all camps be ACA/CCA accredited and have baseline policies in place for the wellbeing of all in the community.

Is your camp currently accredited? \*

- American Camp Association (ACA)  
 Canadian Camping Association (CCA)  
 Other  
 None

Check all accrediting bodies that apply.

FJC's Camp Census collects attestation to the two items below. Rather than ask here a second time, this is just a reminder that these items are an important part of being ready to dive into the work required by being a part of the Yedid Nefesh initiative:

Your camp has written and understood...

- child safety policies and procedures, including language and training with respect to preventing and reporting child abuse.
- non-discrimination and anti-harassment policies, procedures, and training in place for staff and lay leadership (both seasonal and year-round).

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## MESSH AT CAMP

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 ask 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.

FJC is looking for camps who are currently at different places in their journey to support MESSH at camp, creating a "banded" program.

This includes some with a degree of mental health staffing and programming, *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 MESSH best practices to those who have, for whatever reason, not yet invested in the areas as deeply.

### General Overview

Current State of MESSH: Describe your camp's environment and generally how you've addressed MESSH in the past. How is MESSH a part of camp culture, if at all. Share challenges, trends, and growth you've seen in your community (campers, staff, and other stakeholders). Share any trends have you noticed, and what has camp been doing to address these evolving needs. \*

250 words or less

Vision for Change: Thinking big-picture, how do you hope your camp and community would change as a result of both receiving this grant funding and participating in the program. What does success look like, and how will being a part of a Yedid Nefesh cohort help your camp achieve that vision? \*

250 words or less

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## YEDID NEFESH INTERVENTIONS: STAFFING

Yedid Nefesh will provide a salary subsidy of \$7,500 in years 1 and 2, \$5,000 in year 3, and \$4,500 in year 4 to hire a qualified mental health professional or expand on a current camp mental health professional's role and responsibilities.

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.

### Professional Staffing

How many staff currently focus PRIMARILY on mental health at camp? \*

Please select... ▼

Please describe camp's *overall* staffing set-up to support MESSH and community care, as it currently exists. Include titles, how folks work together during the year and summer, and differentiate roles/responsibilities. If there are individuals who are staples on your team, include names and emails as well. \*

200 words or less

Is one of the staff members primarily focused on mental health at camp a mental health professional? (If staff focusing on this area have other professional backgrounds or training [education, special ed., etc.] outside of social work, mental health counseling, psychology, etc. - please indicate "No.") \*

- Yes  
 No

**This field is required.**

### Primary Mental Health Professional

What is their official title? (ie: Community Care Director, Yoetz/Advisor, Camp Social Worker, Camper Care Team, Assistant Director of Camp Life, etc.) \*

Share any educational credential(s) or license(s) your camp's primary mental health professional holds, if any. \*

- MSW     LCSW     LPC  
 LMFT     LMHC     MHC  
 CCMHC     Psy.D.     Other

Select which option best describes your primary mental health professional's role, currently. (Check 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, whether planned or as-needed)  
 On-call / Off-site

When was the first year your camp had a mental health professional in this kind of a role as part of the camp staff? \*

Please select... ▼

Which groups and activities do mental health professional(s) at your camp focus on? (Check all that apply) \*

- |  |  |
|--|--|
| <input type="checkbox"/> Supporting All Campers                    | <input type="checkbox"/> Supporting Young Campers  |
| <input type="checkbox"/> Supporting Teen Campers                   | <input type="checkbox"/> Supporting CITs (staff in training)                                 |
| <input type="checkbox"/> Supporting Counselors/Staff               | <input type="checkbox"/> Developing Staff Training   |
| <input type="checkbox"/> Facilitating Staff Training               | <input type="checkbox"/> Reviewing Camper Intake Forms                                       |
| <input type="checkbox"/> Reviewing Staff Forms                     | <input type="checkbox"/> Communication with Families Pre-Summer                              |
| <input type="checkbox"/> Communication with Families During Summer | <input type="checkbox"/> Relationship Building with Partner Organizations (JCC, JF&CS, etc.) |
| <input type="checkbox"/> Other                                     |  |

Is this mental health professional the individual you'd plan to have involved in the Yedid Nefesh Community of Practice (CoP)? (Check all that apply) \*

- Yes, definitely, they are already part of the full-time team  
 Yes, ideally, if they return to camp  
 Yes, but we'd also like to use the funding to hire an additional person who'd also participate in the CoP  
 No, we plan to hire someone else who'd participate in the CoP  
 Other

Tell us about **how your camp would plan to use this staffing subsidy**.  
Include how camp would ensure this professional's success and  
the potential short- and long-term impact of these staffing changes on your camp.

This may include: expand an existing role, add a mental health professional, focus on new projects or groups at camp,  
adjustments in staffing structure/supervision, etc.

Which of these options describe way(s) your camp envisions using the professional staffing subsidy? (*Check all that apply*) \*

- Expanding staff with new/additional Mental Health Professional(s)
- More hours *during the summer* for current Mental Health Professional role
- More hours to focus on *year-round* MESSH work/prep
- New focus on staff/counselors' MESSH
- New focus on a specific camper age-group's MESSH
- New focus on supporting camper family/caregiver MESSH
- Something else (elaborate below)

Please elaborate on your ideas, and share how would camp ensure this professional's success. Describe the short- and long-term impact you hope these staffing changes will have at your camp. \*

150 words or less

### Community of Practice

Part of this cohort program requires participation in a Community of Practice (CoP) for mental health professionals at camp and will occasionally involve camp's Director and Leadership, camp's Board, and other relevant stakeholders.

Which of these statements apply to your camp: *(Check all that apply)* \*

- We'll be including the requirement of CoP participation in a job description for a new role
- We already have staff who's excited to participate in the CoP
- We'd like to have more than one mental health professional from our camp participate in the CoP when possible
- We understand the requirements, but unsure any of these fit our current standing

The Community of Practice will have one in-person gathering each year. This year's gathering will be at FJC's Leaders Assembly in Atlanta, GA from December 4-6, 2022. \*

- We'll be including the requirement of CoP participation in a job description for a new role
- We already have staff who's excited to participate in the CoP
- We'd like to have more than one mental health professional from our camp participate in the CoP when possible
- We understand the requirements, but unsure any of these fit our current standing

### Graduate Internship

Yedid Nefesh aims to cultivate a pipeline of talented mental health professionals to work at camps in various capacities. Over the next few years, there will be opportunities for select camps to host graduate-level interns as part of their camp staff.

\*Graduate Interns will *only* be connected with camps who have established, qualified mental health professional(s) and not as sole mental health practitioners.\*

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

- Yes
- No
- I'm not sure

If these internship opportunities were partially funded, would your camp be interested in hiring a graduate intern alongside your mental health professional? \*

- Yes, sounds exciting - for a Summer role only
- Yes, sounds exciting - could envision engaging an intern for Spring & Summer
- No
- Unsure at this time, please follow up with more details

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### YEDID NEFESH INTERVENTIONS: TRAINING & LEARNING

Yedid Nefesh camps received a \$2,000 stipend per year in years 1, 2, and 3 to grow and enhance counselor and front-line staff training for all those working at camp.

#### Staff & Counselor Training

##### Current Learning Culture:

Please share which of these ways describe **current** training around MESSH at camp? \*

- Year-round professional team is certified in Youth Mental Health First Aid (YMHFA)
- Seasonal leadership receives YMHFA or comparable mental health certification training
- Training the majority of professional and seasonal staff in YMHFA or comparable training
- Hiring external speakers/trainers
- Using a MESSH curriculum written by camp
- Delivering explicit ongoing training for staff throughout the summer
- None of the above at this time

Use this space to elaborate on how your camp's culture of training, learning, and professional development. What do opportunities for the *year-round professional team* look like? What does this look like for *counselors and staff working with campers* (pre-camp orientation and ongoing during the summer)? Include a general overview *and* as it relates to MESSH topics. \*

100 words or less

##### Vision for Learning & Training Stipend:

Please share which, if any, of these ways describe how your camp might want to **add or grow future MESSH training at camp**? \*

- Year-round professional team certified in Youth Mental Health First Aid (YMHFA)
- Seasonal leadership receive YMHFA or comparable mental health certification training
- Training the majority of professional and seasonal staff in YMHFA or comparable training
- Hiring external speakers/trainers
- Using a MESSH curriculum written by camp
- Delivering explicit ongoing training for staff throughout the summer
- None of the above at this time

Use this space to elaborate on how you might envision using this training stipend. If you're unsure, share the questions or ideas to you'd want to explore more with FJC's help or with others in this cohort. \*

100 words remaining  
100 words or less

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**YEDID NEFESH INTERVENTIONS: PROACTIVE WELLNESS ACTIVITIES**

Camps are eligible each year for a *one-to-one matching grant* of up to \$1,500 in years 1, 2, and 3 to create additional wellness programming opportunities/activity area(s) for campers and staff. This is intended to help camps engage new ideas for the majority of campers and/or staff (rather than designed as a separate space for only those in crisis or with specific diagnoses).

Some examples include, but are not limited to:  
yoga, meditation, Jewish ritual experiences, journaling, mindful farming/sensory garden, hammock lounge, therapy animals, mindfulness through cooking or fishing, improv for community care, staff wellness space, etc.

**Program & Activity Area Support**

Please describe any programming or activities your camp currently offers to support proactive wellness for campers and/or staff. (If none, type N/A.) \*

100 words remaining  
100 words or less

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. (If none, type N/A.) \*

100 words or less

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### YEDID NEFESH INTERVENTIONS: OUTREACH & COMMUNICATIONS

Camps receive a \$500 stipend in years 1, 2, and 3 to support outreach and marketing efforts, sharing the work camp is doing related to mental, emotional, social, and spiritual health - to make camp more approachable and accessible to more people.

This stipend also aims to help camps be at the forefront of normalizing conversations with current and prospective camp families and destigmatize communal conversations.

#### Outreach & Marketing

How and where does your camp currently communicate externally about mental health or wellness (staffing, policies, programming, etc.) on your website or elsewhere? (You may include hyperlinks. If none, type N/A.) \*

100 words or less

How might your camp use this outreach and marketing stipend? Which stakeholders would you engage and how? [Check out some ideas in this PDF inspired by Yedid Nefesh Cohort 1 camps.](#) (Be sure to right-click and open in a new tab!) \*

100 words or less

### Camp Member Intake & Communication

Does your camp request any information about **camper mental, emotional, social, and spiritual health** as part of your intake forms? *(Check all that apply)* \*

- Yes, part of registration
- Yes, in a spring/pre-camp survey
- No

Please describe how this is collected and used. \*

100 words or less

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

- Yes
- No

Please describe how this is collected and used. \*

100 words or less

OPTIONAL: Describe the current state of conversations with families and community members as related to MESSH. How do you want to leverage this grant to impact this?

100 words or less

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## YEDID NEFESH INTERVENTIONS: LAY LEADERSHIP & FUNDING

### Lay Leadership & Funding

FJC understands 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. Let us know of any other initiatives or funding opportunities related to MESSH that camp has recently or is currently participating in. \*

150 words or less

What conversations have taken place with your Board, Lay Committee, etc. in relation to prioritizing camper and staff MESSH? How would your camp use this program to begin or further this work with lay leadership? \*

100 words or less

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### Data Collection & Reporting

What frameworks and tools does your camp currently use, if any, to track MESSH-related communication with families/parents, campers, and staff during the summer? Who is responsible for logging? Describe any formal or informal systems for ongoing check-ins for campers and/or staff wellness throughout the summer. *Tools may include google spreadsheets, CampMinder, paper binders, etc. Frameworks may include MTSS (multi-tiered system of supports), PBI (positive behavioral intervention), or others. (If none, write N/A.) \**

150 words or less

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. \*

Agree

If accepted, camp agrees to submit reflection reports each spring to share implementation progress/plans and 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. \*

Agree

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. \*

Agree

### Required Attachment

Please read through the full "[Program Guidelines & Expectations](#)" document, to fully understand the program's goals, your camp's eligibility, expectations throughout the three-year cohort program, financial and time commitments, etc.

PRINT this document and obtain signatures from both the Camp Director *AND* Board Chair (or equivalent lay leader) on the last page.

Upload a scanned copy of the LAST PAGE WITH SIGNATURES.

\*

No file chosen

Signature \*

We affirm that, to the best of our knowledge, the information provided in this application and the attached documents is accurate. **(Electronic signatures are acceptable, but please avoid stamped signatures.)**

### Confirmation On Next Page

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 Rachel at [rachel.anszelowicz@jewishcamp.org](mailto:rachel.anszelowicz@jewishcamp.org).

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