



Jewish Summers. Jewish Future.

# **RESTORATION STATION LOOKBOOK**

**LEADERS ASSEMBLY 2024**

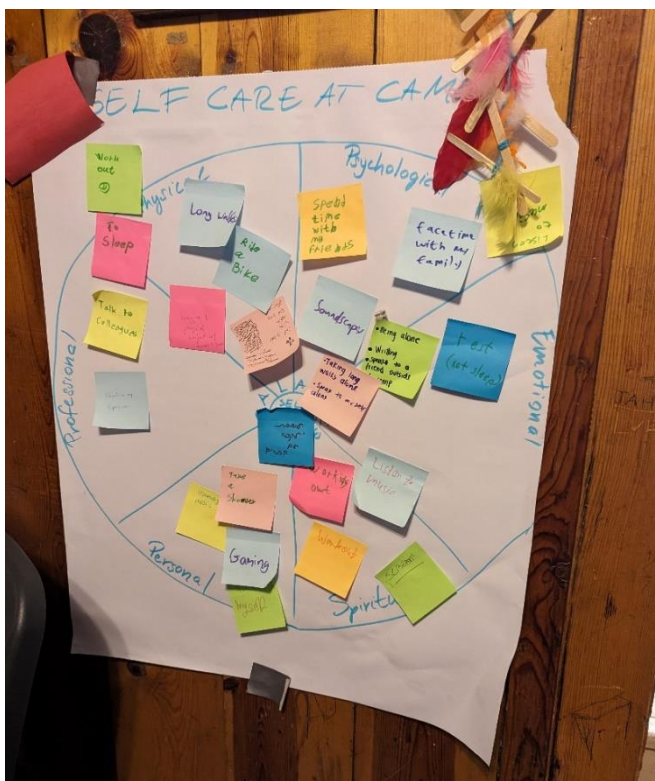
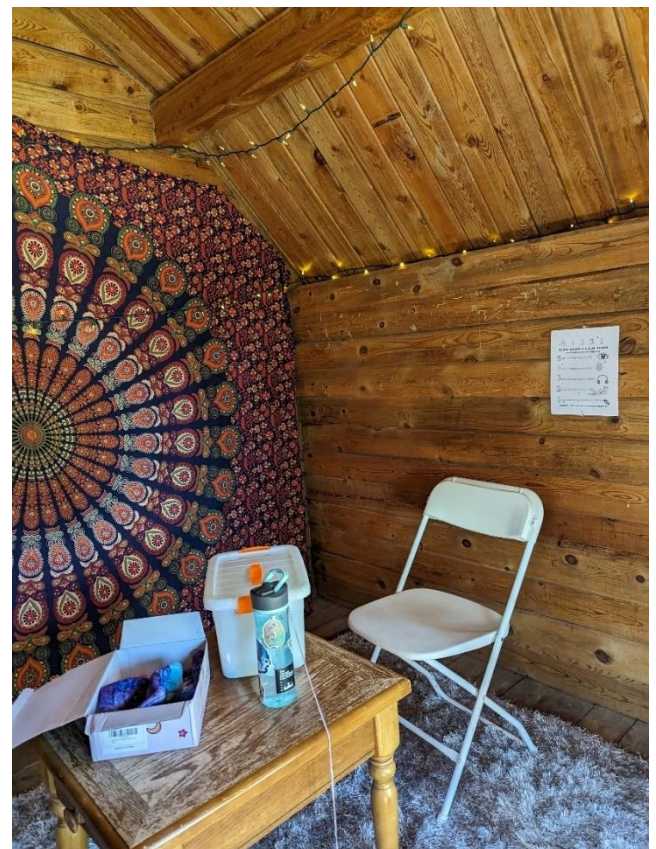


# Camp Havaya: *CORE Space – Chill Out, Relax, Energize*

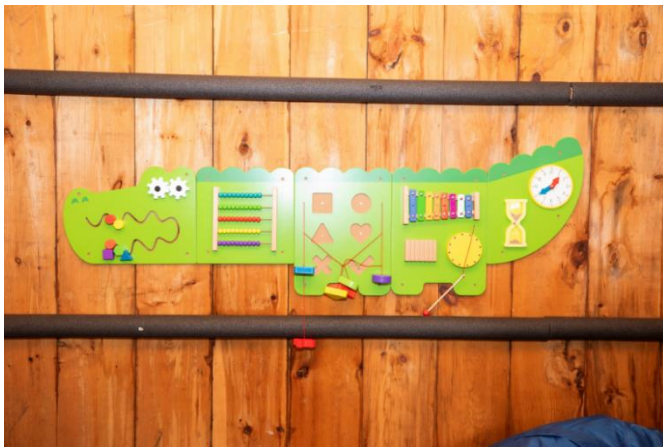




# JCC Ranch Camp: Take Time Tent & Calming Corner







## 92Y Camps: *Sensory Shed*

We have built a sensory shed where campers who are dis-regulated can go to decompress. They know it is a safe space where they can spend one-to-one time with a staff member before resuming their camp activities.

# Camp Northland – B'nai Brith: *CORE Space – Chill Out, Relax, Energize*



We use our CORE space in a variety of ways: It is used for the Wellness Team to meet with campers and/or staff, a calming space for campers or staff to use when they need some time to themselves, a library for campers to utilize when they have run out of reading material or would like to use a book as a strategy for nighttime distractions, a neutral space for groups of campers to meet should they need to talk/discuss/work though issues that have arisen, a space that campers and staff walk by and always know they will see a smiling face and receive a warm 'hello'



# Camp Northland – B'nai Brith: *CORE Space – Chill Out, Relax, Energize*

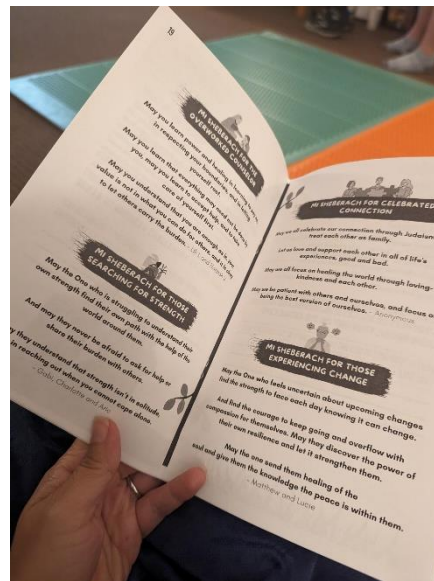


This has impacted our ability to support mental health by normalizing this space as both a simple place to 'chill' or a safe place to seek deeper support. Our goal was to make it feel inviting, comforting and safe.

Our CORE space has been in existence for 2 years and we are still working on ensuring staff are informed that campers must be accompanied by a staff while visiting the space (not necessarily Wellness staff).

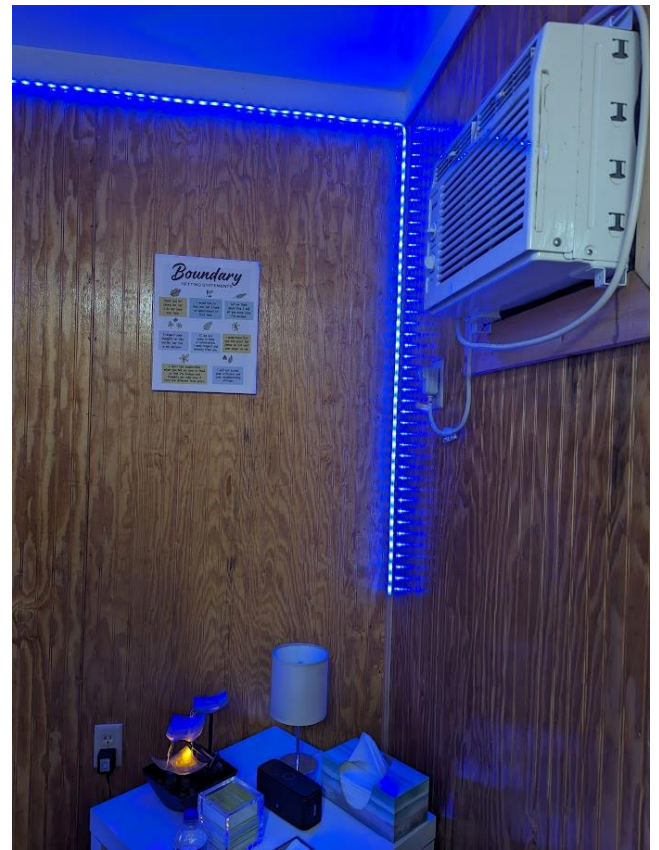
# Ramah Darom: *Makom Shalom*

Makom Shalom was a new space for rest and support offered to campers and staff with air conditioning, snacks, comfortable seating and staffed by our Mental Health Professional.





# URJ Camp Coleman: *Nefesh Nook*



# Camp Judaea (NC): *Zen Den*



Our Zen Den has become a flexible and vital indoor space that caters to the needs of our campers and now our staff. Each year, the Zen Den is used in unique ways, depending on the creativity and input of our team. The Zen Den meets a lot of needs, including hosting spa nights to providing 1:1 support and quiet time for those who benefit from smaller group activities.

This past summer, after October 7th, Camp Judaea leveraged the Zen Den to support our Israeli staff during challenging times. We also welcomed an Israeli art therapist who hosted open studio hours specifically for this group, offering them a unique opportunity for them to process and heal.

Families often discover the Zen Den during camp tours, info sessions, and one-on-one conversations, as it exemplifies our holistic approach to creating a meaningful and inclusive camp experience.



# URJ Camp Harlam: *Chill Zone*



The Chill Zone is an opt in space for campers for whom camp can be overstimulating and overwhelming, and could benefit from a place to be able to regulate their emotions and relax. The sensory experience inside the Chill Zone is the opposite of camp in every way - it is dark, small, quiet and cold.

About 20 campers are deemed eligible to use it prior to camp through intake with parents - and about 1/3 never use it, but just like knowing that it's there. Another third use it once and that's enough. The last third use it regularly - some every day by appointment, and some are able to request it when necessary. The other campers understand and appreciate what the Chill Zone does for them.

# Habonim Dror Camp Tavor: *Hammock Lounge*





FJC's "Restoration Station" is a refuge, sensory space, and open area for you to explore, engage in emotional regulation exercises, and restore your energy through different modalities. We hope you're able to use this space to decompress, calm your mind and body, as well as be inspired by resources to bring back to your camp!

Try our different seating options, fidgets, mood board and check out our postcards with examples of calming and breathing exercises. These postcards also have a QR code leading to a sample shopping list, programs, resources, and ideas your community can use to implement a space like this.

This is a joint project of FJC Community Care initiatives. The Yashar Initiative is funded by The Harry and Jeanette Weinberg Family Foundation and promotes disability inclusion and accessibility at 46 camps.

The Yedid Nefesh Initiative funded by The Marcus Foundation along with UJA-Federation of New York, the Jewish Communal Fund of New York, and The Jewish Federation of Greater Los Angeles, supports mental, emotional, social, and spiritual health (MESSH) at 100+ camps.

We are grateful to ALL the many camps who have contributed photos and information for this lookbook, who have shared ideas and blueprints generously with other colleagues in the field, and who thoughtfully design and run caring, inclusive programs to support more youth having successful, joyful Jewish camp experiences each summer.

We hope you are as inspired as we are!