



Mental Health and Wellness Community Programs

Summary: BaMidbar Wilderness Therapy is working to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity. BaMidbar offers a variety of programs for the community focused on Jewish tradition, mental health education, self-care, and whole-health wellness.

Individual Programs

Wellness Without Overwhelm: As we all juggle competing demands, our social, emotional, and spiritual health are taking a toll. What is "whole-health wellness," and what helps you live well? How do we prioritize and practice self-care during these very challenging times? In this interactive Zoom session with BaMidbar Wilderness Therapy, we will explore a multidimensional approach to wellness and self-care that can be used as a framework to support self-reflection and a quest for balance. This session will also explore how Jewish ritual and tradition can support whole-health wellness.

Mental Health Awareness: As we all feel the stress of physical distancing, uncertainty, and isolation, many in our community are struggling. Loneliness, depression, anxiety, and addiction that may be manageable during normal times are exacerbated during this time of crisis. Can we identify among our families and friends red flags for those who need our help? Are we taking care of ourselves as we reach out to help those we love? Join the BaMidbar Wilderness Therapy team to learn about mental health and wellness during the time of coronavirus, and to explore steps you can take to support mental health in yourself and those around you.

Stress & Self-Regulation: What Does Judaism Have to Say About It? Stress and anxiety are oftentimes thought of as mental and emotional states, but our experience of them are deeply rooted in our bodies. Join BaMidbar Wilderness Therapy to learn about the connections between stress, anxiety, self-regulating actions, and Jewish ritual and practice. How can shacharit - the morning prayer service - be seen as a recipe for calming the nervous system; what role does music play in mental health and wellness; how can havdalah expand our "resilience zone?" Through a physiological understanding of stress and anxiety, we will investigate how Jewish rituals can serve as protective factors that can promote resilience and encourage whole-health wellness.

Building Resilience & Overcoming Adversity: Resilience is a commonly used term, but the concept of resilience can be clouded by ambiguity and generalizations. As a result, it can be challenging to know how we actually build resilience and overcome adversity. How do we build emotional awareness, mindfulness, positive relationships, coping skills, and motivation? How does the virtual environment impact our resilience? This program will offer tangible definitions and frameworks to understand resilience, and strategies to build resilience in ourselves and others.

Empathy & Emotional Boundaries: In this moment of global uncertainty, how do we communicate empathetically and support those around us, while holding emotional boundaries for ourselves? What is empathy? How do we respond empathetically when an individual shares a struggle? How might this put us at risk for compassion fatigue and burnout? This session will give participants the knowledge,

skills, and confidence to communicate empathetically, while holding the emotional boundaries needed to prevent burnout and compassion fatigue.

Shabbat and Holiday-Specific Programming: BaMidbar runs a series of programs connecting Jewish holidays to different mental health and wellness topics. We also offer a Shabbat series, consisting of one-hour discussions connecting each *parsha* with a mental health and wellness related topic. Please inquire for more information about holiday or *parsha*-specific programs.

Parent Education Series

BaMidbar's parent education series is geared toward parents of teens and young adults. Any combination of the sessions can be offered individually or in series.

Communication Tools for Tough Conversations: "Hey, Can we talk?" If you hear these words coming out of your mouth, and you don't have a plan in place, you might be in trouble! How do you invite your child to tell their story and articulate their experience? How do you validate and empathize with their experience, while also effectively communicating your perspective? This workshop will cover strategies to help parents engage in tough conversations with their teen or young adult child.

Recognizing Red Flags: With so many preconceived notions about what it means to be a teen or young adult, it can be a challenging task for parents to recognize what is normal behavior and what might actually be a concern. This workshop will investigate "normal" developmental needs of teens and young adults, brain development, and social needs. We will also review red flags that might be indicators of larger social or emotional challenges.

Promoting Independence Through Structures & Boundaries: How do we promote independence and autonomy in teens and young adults? How do we empower and motivate teens and young adults, particularly during times of challenge? This workshop will review the common types of parenting styles, and encourage parents to examine their own approaches to parenting to better support independence and autonomy in teens and young adults.

Self-Care & Whole-Health Wellness: As we all juggle competing demands, our social, emotional, and spiritual health are taking a toll. What is "whole-health wellness," and what helps you live well? How do we prioritize and practice self-care? How do we model this for our kids, and why does modeling self-care matter?

Customized Programs

Interested in partnering with BaMidbar, but don't see what you're looking for? We work with organizations to design programs specific to their unique community's needs. Email us to learn more and create a program specific to your community.

The Details

Staffing: Programs are typically facilitated by at least two staff members. Facilitators include Nick Magle Haberek, MS, MSW, LCSW, and either Emily Heeren M.Ed or Jory Hanselman, MPA.

Nick Magle Haberek: Nick is the Clinical Director at BaMidbar. For the past twenty years, Nick has worked in a variety of roles in the field of wilderness therapy and adventure education, including field guide, individual therapist, clinical supervisor, program manager, family therapist and clinical director. After working as a wilderness therapy field guide, Nick earned masters degrees in both Social Work and Outdoor Education at the University of New Hampshire, and returned to wilderness therapy programs in a clinical role. Nick is also on the leadership committee for the Therapeutic Adventure Professional Group.

Emily Heeren: Emily is the Director of Admissions and Outreach at BaMidbar. She has worked with youth and young adults both in and outside of the formal classroom. With a foundation in experiential learning, Emily has applied her skills in high school special education, higher education, and mental health settings. Emily has a masters degree in Curriculum and Teaching with a concentration in Special Education from Boston University.

Jory Hanselman: Jory is the Co-Founder and Executive Director of BaMidbar. She has dedicated her personal and professional career to engaging youth and emerging adults in meaningful outdoor experiences, and helping youth build personal resiliency and the skills necessary to grow and thrive in a complex world. Jory has a masters degree in Public Administration with a concentration in Nonprofit Leadership from the University of Colorado.

Cost: Pricing is dependent upon expected participant numbers.

Number of Participants	Up to 15	16-30	31+
Cost per hour of programming	\$375	\$525	\$750

Scheduling: If you are interested in scheduling a program or learning more about BaMidbar, please contact Emily Heeren at emilyh@bamidbartherapy.org or call (720) 409-0486.