

San Diego Jewish Community COVID-19 Emergency Fund

List of Resources for Grant Program Supporting Staff Mental Health & Wellness

Resource	Type of Intervention & Audience	Program	#PP	Cost	Notes
Licensed Psychologist	Psychologist consults with staff and/or supervisors to assess organization's mental wellness and identifies opportunities for support	2 hours - 1 hour group meeting with staff - 1 hour consult with senior leadership for suggestions/recommendations on next steps		\$400 (\$200/hr)	
<a href="#">The Blue Dove Foundation</a>	Two group training sessions focusing on promoting organizational culture of mental wellness. Ideal for supervisors and could be broadly applied to all staff. Includes a mental wellness toolkit.	Session 1 - Making Mental Wellness Part of Your Community's Culture (2-hour session). Through Jewish text and values, participants learn strategies for prioritizing mental health for their organizations and communities.  Session 2 - Recognizing When Someone Needs Help (2-hour session). Participants learn basic mental health concepts and red flags for spotting issues. They learn to respond to and support those experiencing challenges.	25	\$1,800	
<a href="#">Bamidbar</a>	Multiple workshop options on promoting staff mental wellness. Ideal for entire staff.	Workshop 1: Wellness Without Overwhelm (60 minutes): Juggling competing demands can take a toll our social, emotional, and spiritual health. How do we prioritize and practice self-care during challenging times and how might Jewish ritual and tradition help? In this interactive Zoom session, participants explore a multidimensional approach to wellness and self-care.  Workshop 2: Values, Burnout, and Boundaries (90 minutes): When dedicated to work, (personal or professional) setting boundaries can be difficult. However, not setting boundaries can lead to burnout. In this session, participants learn about this dynamic and ways to attain work/life balance.	20 40 41+	\$525 \$759 \$975	Other workshops <a href="https://drive.google.com/file/d/1WljuyeQx-eCMm2J_2bwibyBd8YL3vYVs/view?usp=sharing">https://drive.google.com/file/d/1WljuyeQx-eCMm2J_2bwibyBd8YL3vYVs/view?usp=sharing</a>
Wellness Apps	<a href="#">Calm</a>  <a href="#">Moodfit</a>	Millions use the app to experience better sleep, lower stress, and less anxiety.  Moodfit reduces short-term stress and builds mental health resilience.	15  1	\$56  \$15	
<a href="#">Mental Health First Aid</a>	Group training focused on recognizing signs for mental health challenges. Ideal for supervisors but could be applied to all staff.	Participants learn to recognize the signs of adult mental health or substance use challenges, how to offer and provide help, and how to guide someone to appropriate care. (4 hours)	30	\$1,750	\$500 for the facilitator and \$25 per participant. Two facilitators needed for larger groups