



Healing Our Education Communities

A 1440 Philanthropic Advocacy Program | Donor & Sponsor Guide



CREATING HOPE FOR LIVING WELL | [1440.ORG](https://1440.org) | SANTA CRUZ COUNTY, CALIFORNIA

OVERVIEW

Coming Together to Heal Our Educator Workforce

The **Healing Our Education Communities** program provides teachers, social workers, paraprofessionals, speech therapists, occupational therapists, special education teachers, and coaches the opportunity and time to recover, care for, and connect with themselves to cope with the stress and anxiety of everyday work.

Hosted by 1440 Multiversity and born out of a debt of gratitude for the tireless efforts of these workers, this restorative three-day, two-night workshop program at the 75-acre nonprofit 1440 Multiversity campus in the Santa Cruz Mountains and accompanying post-campus Circles of Belonging programs are **offered for free**. It is funded by generous donors, sponsors, and partners in order to support the mental health and physical, emotional, and spiritual rejuvenation of education staff so they can begin to recover from COVID-19-associated stresses both inside and outside of the classroom.

Urgency

Educators are some of the most beloved and influential individuals throughout our lives, yet bear an incredible amount of stress and pressure in an ever-changing environment. In ordinary times the education community serves as caretakers, mentors and a consistent support system on top of their teaching professions; during the COVID-19 pandemic, however, new factors have tested the industry in unimaginable ways, impacting their health, wellbeing and livelihood.

The demands of the job; managing the stress and anxiety of parental concerns; and even having access to the proper equipment and internet for teachers and students to do their work are just a few of the troubling issues that educators are facing, which require top-of-the-line healing and supportive care addressed by Healing Our Education Communities.

Expected Outcome

Participating direct service staff will leave with a renewed sense of purpose; tools that enable the processing of trauma and the beginning of healing; and a sense of deep gratitude from the communities they serve. Support after the cohort will continue through Circles of Belonging programming, including monthly opportunities to connect with industry experts to further the participants’ learning and immersion to the subjects they explored during their sessions on campus.

A recent survey found that nearly 25 percent of teachers indicated a desire to leave their jobs at the end of the school year, compared with an average national turnover rate of 16 percent pre-pandemic. Educators are experiencing heightened levels of burnout, compassion fatigue, secondary trauma symptoms, disempowerment and more, all the while being challenged to create and maintain connections and curriculums in virtual, hybrid and in-person environments.

“Most nights I am working until my eyes don’t function...in December I was having a hard time breathing. I thought I had COVID. I went to the doctor and found instead I was having a panic attack. – **TEACHERS ASSOCIATION MEMBER, VACAVILLE**



Launch Date

Programs are slated to launch in February 2022. Based on funding availability, there will be four (4) programs per year from which the participant may choose to attend.

Eligibility

Educators and industry professionals are invited to participate through a nomination process or sponsorship. The educator and their guest are welcome to join the 1440 Rest & Renewal experience on campus to aid in the healing process.

Program Capacity

1440 Multiversity adheres to Federal, State and Local guidelines for group gatherings; as such each program is anticipated to welcome 140 educators and their guest.

Future Vision

Demand will continue to mount for impactful educator healing programs, and 1440 hopes to establish best practices and curricula to scale this initiative nationwide. *See the Future Vision section for details.*

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The Path to Program Development

AT ITS CORE, Healing Our Education Community is a gratitude project – one that provides teachers, social workers, paraprofessionals, speech therapists, occupational therapists, special education teachers, and coaches much-needed resources, but also allows them to be acknowledged for the selfless impact that they make for others everyday. Each sponsored participant will benefit from a thoughtful and comprehensive experience that is tailored to their needs, as requested by their peers. In addition to the on-campus workshop, participants will benefit from Circle of Belonging opportunities upon returning home to help them further their healing.

Program Research & Development

1440 initiated a research endeavor in which it interviewed teachers, principals, directors, social workers and other experts at varying levels of academia throughout the San Francisco Bay Area. These educators shared universal feelings and concerns that they experience, including:

- *Burnout*
- *Compassion Fatigue*
- *Secondary Trauma*
- *Disempowerment at a systems level*
- *Social isolation and grief*
- *Feeling overly scrutinized by the public*
- *Managing the stress and anxiety of the parents' concerns*
- *Having to adapt quickly to the role of schools during the pandemic, including access to proper equipment and internet for their students*
- *Not being able to care for their own families during the quarantine demands*

From these concerns, and combined with its findings from its successful Healing Our Healthcare Heroes program, 1440 began to design an in-depth healing program consisting of two elements. The first is a three-day, two-night workshop located at the 1440 Multiversity campus in Scotts Valley, California, that includes faculty curriculum, signature classes, wholesome meals, and ample time for rest and rejuvenation in the redwoods. This program is free for the educator and their guest. The second part is continuing education from home in the form of cohort-based Circles of Belonging that allow the

educators to stay connected with one another and also provide access to curated workshops to help deepen their healing from home.

The goal of 1440 is to create comprehensive curriculum that addresses these identified needs; provides teachers the access to information, skills, and tools to help prioritize and care for their own mental health and wellbeing; and support their families.

On-Campus Program Details

Limited to just 140 educators and their guest in order to maintain ample social distancing, those who attend an on-campus Healing Our Education Communities program are invited to participate through a nomination process or sponsorship; the educator and their guest are welcome to join the rest and renewal experience to aid in the healing process. Once checked into 1440 Multiversity, they have joined a cohort of supportive peers who are on a journey to heal. Daily faculty content sessions focus on topics born out of significant educator concerns, such as:

- *Caring for Our Empathy as Educators*
- *Post-Traumatic Growth*
- *Moral Injury in Education: Recognition, Care & Healing*
- *Reconnecting to Purpose: Exploring Vision & Values*
- *Nutrition to Healing*
- *Flourishing Teachers & Flourishing Students: The Art & Science of Thriving During Challenging Times.*

Upon leaving campus, participants will feel more energized through the path of healing and supported in their journey to wellbeing once again.



1440 Signature Classes

An important part of the on-campus program is 1440 Signature Classes, curated to help guests re-energize and raise their self-awareness to living a more balanced life.

Taught by 1440 Multiversity faculty members, all Signature Classes are optional, so the educators can pursue the path of healing and growth that best suits their needs. Class options include:

- **Art & Creative Expression:** Zentangle®, Printmaking, Improvisation, and Celebrate through Drumming
- **Nutrition & Wellness:** Foods to Optimize Immune System Function and Adversity, Resiliency, Joy
- **Embodied Movement & Meditation:** Yoga; Qigong; Tai Chi; Meditation in Nature; Candlelight Yoga and Meditation; Good Morning Movement and Meditation; Stretch and Breathe; Sunrise Yoga; Wellness in the Workplace: Mindfulness Practices; and Sound Journey

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Sample Program Schedule

All Healing Our Education Communities schedules will provide the opportunity for deep rest, relaxation, and learning opportunities.

	TIME	ACTIVITY
DAY 1	10:00 a.m. – 12:00 p.m.	Arrivals
	12:00 – 1:15 p.m.	Lunch at Kitchen Table
	Mid-Afternoon*	Self-Reflection or 1440 Signature Classes (example: <i>Nutrition and the Immune System</i>) (Optional)
	5:15 – 6:30 p.m.	Dinner at Kitchen Table
	6:45 – 7:00 p.m.	1440 Welcome and Orientation at Redwood Auditorium
	7:00 – 9:00 p.m.	Faculty Session #1: Flourishing Teachers and Flourishing Students: The Art and Science of Thriving During Challenging Times
DAY 2	9:00 – 10:00 p.m.	Live Music at Common Grounds Patio & Fire Pits (Optional)
	Early Morning*	Self-Reflection or 1440 Signature Classes (example: <i>Meditation in Nature</i>) (Optional)
	7:30 – 9:00 a.m.	Breakfast at Kitchen Table
	9:30 – 11:30 a.m.	Faculty Session #2: Moral Injury in Education: Recognition, Care & Healing
	12:00 – 1:15 p.m.	Lunch at Kitchen Table
	1:30 – 3:30 pm	Faculty Session #3: Caring for Our Empathy as Educators
	Mid-Afternoon*	Self-Reflection or 1440 Signature Classes (example: <i>Nature Impressions Art Class</i>)(Optional)
	5:30 – 7:00 p.m.	Dinner at Kitchen Table
DAY 3	Evening*	Self-Reflection or 1440 Signature Classes (example: <i>Sound Journey</i>)(Optional)
	8:00 – 10:00 p.m.	Live Music at Common Grounds Patio & Fire Pits (Optional)
	Early Morning*	Self-Reflection or 1440 Signature Classes (example: <i>Stick Fit Yoga</i>) (Optional)
	7:30 – 9:00 a.m.	Breakfast at Kitchen Table
	9:30 – 11:30 a.m.	Faculty Session #4: Reconnecting to Purpose in Education: Exploring Vision & Values
	11:30 a.m. – 12:45 p.m.	Lunch at Kitchen Table & Departures

*Faculty content sessions and Signature Classes represent a sample of availability; similar content and classes may be substituted to best address the needs of the group.



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Future Vision and Program Scalability

THE GROWTH AND EXPANSION of the Healing Our Education Communities initiative is a critical part of bringing this service to teachers nationwide, and helping these individuals begin the process of restoring their mental and physical wellbeing. This healing program will be used as a model that can be evaluated, learned from, and scaled to reach other communities that want to help address the many concerns that educators will continue to face. 1440 will lift the work up to other areas through donating the model and development, which includes:

- Creating the template and pilot program with funders, education systems, faculty, and curricula.
- Engaging with partner foundations, faculty, and learning centers to collaborate around supporting other interested communities.
- Open-sourcing the Healing Our Education Communities model to other areas around the country.

The COVID-19 pandemic is not over, and while schools have reopened in varying capacities, educators continue to be in limbo with the uncertainty of classroom closures and hybrid learning while balancing the concerns of exposure, student care and their own families. Educators will continue to be at the center of the most challenging time of our lives, charged with fulfilling the obligations of an educator while putting their own mental and physical wellbeing on the sidelines. The need for these student caretakers to take care of themselves will continue its urgency, and it is also important for teachers in our communities to feel the deep gratitude of the people they are serving.

The goal of the Healing Our Education Communities initiative is to build a national program of healing that is accessible to those who need it, so the community of educators can begin to cope with the burnout, grief, moral injury, and other personal impacts from the COVID-19 pandemic. In addition to its flagship Healing Our Healthcare Heroes program, 1440 Multiversity is in motion with similar programming for additional deserving groups including first responders; military and veterans; essential-business heroes and other curriculum centered around mental health and wellbeing, starting with those who have experienced great stresses of the job during this crisis.

“

Sometimes we feel we can't say no. Or we feel that we should work nonstop and be martyrs and think something is wrong with us if we don't work 12- or 14-hour days. If there's one thing I've learned in the pandemic, it's that if you don't take time to replenish yourself, you can't take care of your mental health. And if you can't take care of your mental health, you can't take care of your students. – **ELEMENTARY SCHOOL SPEECH & LANGUAGE THERAPIST, ALAMEDA**



CAMPUS

1440 Multiversity: Our Beginning

NEARLY A DECADE AGO, 1440 Multiversity co-creator Joanie Kriens was inspired while tending to and harvesting vegetables in her home garden. In that mindful moment, she was overcome by feelings of happiness, contentment, and joy – for the colorful tomatoes and squash in her basket, the quiet beauty of the land, and the preciousness of life with her family and friends. This heightened awareness and gratitude may have only lasted just a minute or two, yet it had a profound effect on Joanie. It made her wonder how many minutes there are in each day, and how we might all live more self-aware with gratitude for the simple blessings in life. After turning to Google for the answer, the 1440 name was born – little did she know she would find it in her own backyard.

Following several years of philanthropic grant-making, the 1440 Multiversity campus opened in May 2017 among the towering redwoods of the Santa Cruz Mountains, stemmed from a desire to establish a beautiful and nurturing physical location where community could gather to explore, learn, reflect, connect, and re-energize. The invitation to participate is extended to all unbound by the range of human differences.

While the physical aspects of social gatherings have changed in this time of crisis, our dedication to safely serving our community, employees, and guests remains a committed passion for the 1440 Multiversity team.

What is a Multiversity?

Unlike a university, which focuses on the intellect, a multiversity is a place for holistic learning that engages the mind, body, and heart and shapes one's inner fitness. At 1440, we believe that the deepest learning happens when we nurture and awaken all aspects of ourselves. **"Multi"** represents the many doors and avenues one can enter or exit on their individual journey. **"Versity"** refers to the social, emotional, and relational aspects of learning that we can use to shape our desires and build more collaborative and connected communities.

By the Numbers

- 75:** Size in acres of the 1440 campus
- 300:** The mile radius from campus that 1440 sources all of its produce and other foods.
- 775:** The number of scholarships that 1440 has granted since the program's inception in February 2019.
- 1,200:** The estimated age in years of the Mother Tree, which is situated near the Cathedral on campus and is one of the oldest trees in the world.
- 100,000:** Guests who have participated in learning courses on campus since opening in May 2017.
- 150,000:** Number of honeybees that call 1440 home – two more bee colonies were added in May 2020, and each colony produces 50 pounds of honey per year that is used in a variety of 1440 recipes.



1440 Multiversity at a Glance

- Non-Profit:** 1440 Multiversity is an operating 501(c)(3) philanthropic campus – a stay at 1440 supports the campus work of self and society, helps award program scholarships and grants, and fosters the 1440 vision of creating hope for living well. *Each financial gift to Healing Our Education Communities in its entirety – 100 percent – will be used to support this initiative.*
- All-Inclusive:** Overnight guest stays include all meals at Kitchen Table (starting with lunch the day of check-in for Healing Our Education Communities through lunch on check-out day), up to three signature classes per day, and access to all campus facilities including the Healing Arts center, Fitness Center, retail shop, café, trails, and more.

Essential Business Designation

1440 Multiversity has been designated as an Essential Business by the County of Santa Cruz, Office of Emergency Services. In April 2020, 1440 Multiversity and the County of Santa Cruz announced a two-part partnership to provide meals to shelters and service sites, along with establishing an Alternative Care Site. By the end of May, the 1440 Multiversity culinary team proudly and mindfully prepare nearly 40,000 shelter meals to provide individuals nourishment.

CAMPUS

Home Away From Home

HEALING OUR EDUCATION COMMUNITIES participants will benefit from a three-day, two-night campus workshop in which there will be plenty of unscheduled time so they can make choices based on what they feel will energize and nourish them in the moment – it’s a “human charging station” in many ways. Using the campus resources as support, guests will have the opportunity to focus on what they need most in order to ease their stresses, all at their own pace.

Kitchen Table, Common Grounds café, 4 miles of nature trails, fire pits, and the infinity-edge hot tub are some of the places where guests can rejuvenate and safely connect with others to feel understood, recognized, and affirmed. This shared sense of belonging, combined with free time to spend as they choose, allows guests to feel at home so they can focus on the reasons they came to 1440 — for healing, learning, and much-needed energy to help refocus and enrich their lives long after they leave.

Kitchen Table

The heart of the 1440 campus, Kitchen Table is the dining room on campus where each participant will enjoy three nutritious meals per day. Operating with a “Food As Medicine” approach, the 1440 Multiversity culinary team works mindfully using fresh and locally sourced foods to prepare flavorful dishes for all dietary needs, including gluten-free, paleo, lactose-free, and vegan. Chefs cook with the freshest produce harvested within a 300-mile radius of campus and organic meats and seafood from partners dedicated to sustainable and humane practices. Feel energized after each savory meal at Kitchen Table to optimize the full program experience on campus.

Signature Classes

A visit to campus gifts the opportunity for guests to explore their passions and interests in a safe community of instructors and fellow participants. Signature classes at 1440 range from creative, to physical, to introspective, and more – all designed to awaken the mind, body, and spirit. During their stay, Healing Our Education Communities attendees may experience yoga, meditation, tai chi, or nutrition classes, or a soothing sound bath to relax into the evening.

Common Grounds Café

Common Grounds café offers specialty items for purchase à la carte, from the first cup of cappuccino in the morning to a glass of craft beer or wine to close out the day. Guests can relax in Adirondack chairs on the spacious al fresco patio or on the cozy indoor couches. Enjoy freshly baked cookies and gelato between meal periods, or savor a cup of local Verve coffee, spiced chai, or freshly pressed juices outside by the fire pits.

Accommodations

The perfect complement to a day of growth, guest rooms at 1440 promote rest and relaxation. Healing Our Educator Communities participants will stay in a private room with private bath, and guest rooms are intentionally void of TVs and phones so guests can unplug and reflect. Each building is equipped with Wi-Fi, a water bottle filling station, and a courtesy phone, and rooms can be accessed without using an elevator (which remains available if needed).



Nature Trails

A mindful, leisurely stroll along redwood-lined campus trails is a significant part of the integrated wellness experience for guests, helping supplement their program, healing, and self-discovery work. The Mother Tree, an old-growth redwood believed to be 1,200 years old, towers over the campus Cathedral, an especially serene place to enjoy a moment of reflection.

Sundries

Retail shopping on campus is open exclusively to registered guests, and includes a variety of educational, inspirational, and practical items to complement learning work both on campus and when returning home. A selection of books, clothing, accessories, and jewelry (with an emphasis on local vendors and fair-trade items) is available along with convenience items.

Infinity Hot Tub

Located at the Healing Arts center and surrounded by redwoods, the 250-square-foot Infinity Hot Tub is one of the most popular locations on campus. A soak in the steamy saltwater tub, either in the sunlight or beneath the magic of clear night skies in the mountains, is indescribably soothing to the spirit, beneficial to the body, and a memorably relaxing way to round out a day of self-care.

Fitness Center

The 1,400-square-foot Fitness Center is well-equipped with weights, ellipticals, stationary bikes, a treadmill, and more. Work out inside with a view of the redwoods or bring props onto the patio to exercise in the fresh air.

Facilities and amenities may vary based on local and state guidelines and mandates. Guests will receive updates pertaining to their stay upon check-in.

CAMPUS

Dining: Food As Medicine

THE HEART OF SUSTENANCE and social connection at 1440 Multiversity is Kitchen Table. All guests on campus gather in this dining space for breakfast, lunch, and dinner to enjoy freshly prepared seasonal meals that include savory soups, delicious simple-fare options, hearty main courses, and sweet desserts at dinnertime. Kitchen Table was built to hold 450 guests at a time for each meal period – seating has been modified both indoors and outdoors to accommodate plenty of personal space for safe social distancing.

A wood-burning fireplace warmly welcomes guests at the entrance to Kitchen Table, and once inside, a variety of dining stations offer dishes topped with organic ingredients and garnishes from Joanie’s Garden on campus, plated and served by the 1440 Multiversity culinary team. Guests then choose a table in the expansive indoor dining area or al fresco overlooking the redwoods.

The 1440 Multiversity culinary team – led by Executive Chef Kenny Woods – enjoys a creative approach to seasonal dining with colorful aromatic ingredients that inspire its cuisine. Each week the 1440 Multiversity campus forager procures the freshest products from local growers, and chefs use their harvests to create wholesome, flavorful meals. The nearby Salinas Valley and city of Watsonville are known as the “Salad Bowl of the World” for the abundant produce they grow, pack, and ship across the nation and abroad, and 1440 is blessed to source directly from them.

The menu offerings at 1440 Multiversity were established with the notion that nutrition is a critical component for physical and emotional health and healing. With that in mind, the 1440 Multiversity culinary team operates mindfully and with a “Food As Medicine” approach, and the team and the guests it serves takes comfort in seeing and knowing where these ingredients originate from.

Menus at 1440 vary daily, with gluten-free and vegan options at every meal. All produce is sourced from within a 300-mile radius and often paired with organic meats and seafood from partners dedicated to sustainable and humane practices. From simple fare to wholesome favorites, the 1440 Multiversity culinary team personally plates each meal to preserve freshness – it is their pleasure to surprise guests every day with cuisine that is as innovative as it is nourishing.

Long-Term Commitment to Nourishment

1440 Multiversity enjoys an active strategic partnership with the Teaching Kitchen Collaborative – launched by the Harvard T.H. Chan School of Public Health’s Department of Nutrition, The Culinary Institute of America, and Dr. David Eisenberg. The principle teachings within this partnership have allowed 1440 Multiversity to implement industry-leading philosophies and best practices into its culinary work.

Stringent health and safety measures are in place at Kitchen Table and across campus to ensure guest comfort; please visit 1440.org/CovidSafety to review our Campus Health & Safety Guide.



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Ways to Support the Healing Our Education Communities Initiative

Whether you are an individual, a nonprofit foundation, a philanthropist, or a corporation, your heartfelt generosity will support the Healing Our Education Communities Initiative in many ways. 1440 Multiversity is a 501(c)(3) nonprofit campus, and **each financial gift designated for this program in its entirety – 100 percent – will be used to support the healing of educators.**

There are three ways to join us and help provide support:

Become a Sponsor

A sponsorship of the Healing Our Education Communities initiative provides the support needed to invite educators to the 1440 Multiversity campus to begin their healing and rejuvenation. There are five levels of sponsorships offered, each with limited availability and exclusive opportunities to both fully support this initiative and benefit from a variety of marketing acknowledgments.

Become a Donor

No matter the level of giving, each donation makes a critical impact and provides necessary funding to demonstrate our gratitude to the heroes who are working so hard on our behalf. Donations may be made by submitting your donation online at 1440.org/donate, by mail, or by speaking with a member of the 1440 Multiversity team. All donors will receive an income tax donation receipt.

Become a Fundraiser

Building community and connection are core fundamentals of the 1440 vision, along with creating hope for living well. We welcome any mission-aligned individuals and organizations (along with your family and friends) to join our efforts and assist with bridging a relationship to those that may be fulfilled to help fund this initiative.

To become a sponsor, donor or to make a grant for this program please contact us at:

1440 Multiversity
ATTN: Healing Our Education Communities Initiative
800 Bethany Drive
Scotts Valley, CA 95066

1440.org/donate
CreateHope@1440.org
(844) 544-1440



SUPPORT OUR EFFORTS

Be a Part of the Healing Our Education Communities Initiative

1440 Multiversity is grateful for your support and partnership to further this important initiative. For more information or to join our roster of funders, please contact:

Frank Ashmore
Managing Director, 1440 Multiversity
Frank.Ashmore@1440.org
(844) 544-1440

If you prefer to donate by mail, checks may be sent to:

1440 Multiversity
ATTN: Healing Our Education Communities Initiative
800 Bethany Drive
Scotts Valley, CA 95066

1440.org/donate
CreateHope@1440.org
(844) 544-1440

1440 Multiversity is an operating 501(c)(3) nonprofit philanthropic campus.



Thank you for helping our
community live well.

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