



Healing Our Healthcare Heroes

A Philanthropic Community Initiative

DONOR & SPONSOR GUIDE

CREATING HOPE FOR LIVING WELL



SANTA CRUZ COUNTY, CALIFORNIA | 1440.ORG

OVERVIEW

Coming Together to Heal Our Healthcare Workforce

The **Healing Our Healthcare Heroes** program is a year-long healing program that provides frontline healthcare workers the opportunity and time to heal, care for, and connect with themselves to cope with the stress and anxiety of everyday work, exacerbated by the pandemic and now also staff shortages.

Hosted by 1440 Multiversity and born out of a debt of gratitude for the tireless efforts of these providers, this restorative three-day, two-night workshop program at the 75-acre nonprofit 1440 Multiversity campus in the Santa Cruz Mountains is **offered for free**. It is funded by generous donors, sponsors, and partners in order to support the mental, physical, and emotional health — and spiritual rejuvenation — of healthcare staff so they can begin to heal and thrive.

Urgency

Experts predict that 25 percent of healthcare workers in hard-hit areas like Silicon Valley are likely to develop anxiety, depression, and post-traumatic stress – a percentage rate akin to soldiers returning from combat. Suicides of doctors and nurses have been attributed to the pandemic, and experts predict more. Denial, minimizing, and compartmentalizing are essential strategies when coping with a crisis, but they come with a cost. In Silicon Valley and other parts of the country, healthcare workers are self-isolating in hotels or apartments away from their families. They are working to protect us all, yet may feel their efforts are unappreciated or undervalued. The resulting “moral injury” is common in the healthcare field, but is magnified in a crisis.

The physical demands of the job, fear and feeling of exposure, and weight of personal concerns outside of the workplace – especially related to family and loved ones – require top-of-the-line healing and supportive care, which is what Healing Our Healthcare Heroes addresses.

Expected Outcome

Participating frontline healthcare workers will leave with a renewed sense of purpose; tools that enable processing of grief and beginning healing; and a sense of deep gratitude from the communities they serve. In addition, **some courses will provide CME credits** to fulfill hours needed by the healthcare providers.

“ *I have no doubt this program saved someone’s life, marriage, relationship, and career.*

— REGISTERED NURSE AND PROGRAM PARTICIPANT

**Launch Date**

Programs launched in 2021. Based on funding availability, there will be up to six (6) programs per month.

Eligibility

Healthcare professionals and frontline healthcare workers are invited to participate through a nomination process or sponsorship. The healthcare professional and their guest are welcome to join the rest and renewal experience to aid in the healing process.

Program Capacity

In order to adhere to strict social distancing and group gathering guidelines, each program will be limited to 50 healthcare workers and their guest.

Future Vision

Demand will continue to mount for impactful healthcare-worker 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 Healthcare Heroes is a gratitude project – one that provides frontline healthcare workers much-needed resources, but also allows them to be acknowledged for the selfless impact that they make for others everyday. Each healthcare provider that is sponsored for this healing program will benefit from a thoughtful and comprehensive experience that is tailored to their needs, as requested by their peers. **CME credits are available.**

Program Research & Development

1440 initiated a research endeavor in which it interviewed physicians, nurses/nurse practitioners, advanced practice clinicians, and respiratory therapists from New York, Boston, San Francisco, and Santa Clara counties. These frontline healthcare workers shared universal feelings and concerns that they experience, including:

- *Fear*
- *Unprepared if they fall ill*
- *Long-term effect of stress and trauma (Moral Injury)*
- *Not able to properly grieve patients*
- *Loss of identity*
- *Lack of self-care*

From these concerns, 1440 began to design an in-depth three-day, two-night healing program 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 healthcare workers and their guest.

The goal of 1440 is to create comprehensive curriculum that addresses these identified needs; provides the healthcare worker 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

Limited to just 50 healthcare providers and their guest in order to maintain ample social distancing, those who attend an on-campus Healing Our Healthcare Heroes program are invited to participate through a nomination process or sponsorship; the healthcare professional 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 healthcare and frontline medical workers who are on a journey to heal. Daily faculty content sessions focus on topics born out of significant healthcare provider concerns:

- *Trauma, Stress and Resilience*
- *Moral Injury Recognition and Care*
- *Nutrition and the Immune System*
- *Grief and Healing*
- *Hope: Journey to Joy and Growth*



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 healthcare worker 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 Healthcare Heroes schedules will provide the opportunity for deep rest, relaxation, and learning opportunities.

	TIME	ACTIVITY
DAY 1	3:00 – 5:00 p.m.	Campus Arrivals & Check-In Campus Welcome Tours
	3:15 – 4:00 p.m.	Teaching Kitchen Open House
	Mid-Afternoon*	Self-Reflection or 1440 Signature Classes (example: <i>Healing Hands</i>)(Optional)
	5:15 – 6:30 p.m.	Dinner at Kitchen Table
	6:45 – 8:30 p.m.	Faculty Session 1: <i>From Striving to Thriving</i>
	8:30 – 10:00 p.m.	Live Music on Common Grounds Patio
DAY 2	Early Morning*	Self-Reflection or 1440 Signature Classes (example: <i>Meditation</i>) (Optional)
	7:30 – 9:00 a.m.	Breakfast at Kitchen Table
	9:30 – 11:30 a.m.	Faculty Session 2: <i>Grief & Healing</i>
	12:00 – 1:15 p.m.	Lunch at Kitchen Table
	1:30 – 3:30 pm	Faculty Session 3: <i>Moral Injury Recognition & Care</i>
	Mid-Afternoon*	Self-Reflection or 1440 Signature Classes (example: <i>Stick Fit Yoga</i>) (Optional)
	5:15 – 6:30 p.m.	Dinner at Kitchen Table
	7:00 – 10:00 p.m.	Live Music at Common Grounds Patio
	Evening*	Self-Reflection or 1440 Signature Classes (example: <i>Sound Journey</i>) (Optional)
DAY 3	Early Morning*	Self-Reflection or 1440 Signature Classes (example: <i>Nature Walk</i>) (Optional)
	7:30 – 9:00 a.m.	Breakfast at Kitchen Table
	9:30 – 11:30 a.m.	Faculty Session 4: <i>Hope: Journey to Joy & Growth</i>
	12:00 – 1:30 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.



Future Vision and Program Scalability

THE GROWTH AND EXPANSION of the Healing Our Healthcare Heroes Initiative is a critical part of bringing this service to frontline healthcare workers nationwide, and helping these individuals begin the process of restoring their mental and physical wellbeing. This two-part 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 healthcare workers 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, healthcare systems, faculty, and curricula.
- Engaging with partner foundations, faculty, and learning centers to collaborate around supporting other interested communities.
- Open-sourcing the Healing Our Healthcare Heroes model to other areas around the country.

The goal of the Healing Our Healthcare Heroes Initiative is to build a national program of healing that is accessible to those who need it, so the community of healthcare workers can begin to cope with the burnout, grief, PTSD, and other personal impacts from the pandemic. Healing Our Healthcare Heroes is also a pilot for a larger vision – after 1440 refines its curriculum to launch the initiative nationwide, it will work to create similar programming for additional deserving groups including first responders, teachers, military veterans, nonprofit teams, and others who have experienced great stresses of the job.



I want to thank you all for taking the mental health of the frontline workers so seriously. Our providers are doing so many things well: learning about a new, very complex disease quickly; taking extraordinary care of critically ill patients; nurturing anxious families and loved ones of the patients; then soothing the anxiety of their families back home. Their own welfare is something that may be currently on the back burner.

– TRAUMA SURGEON, SANTA CLARA, CALIF.



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 Healthcare Heroes 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 the Healing Our Healthcare Heroes Initiative 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 projects to proudly and mindfully prepare nearly 38,000 shelter meals to provide individuals nourishment.

CAMPUS

Home Away From Home

HEALING OUR HEALTHCARE HEROES 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 is 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 for Healthcare Heroes 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 vegan 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 for Healthcare Heroes 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).

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



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.

Dining: Food is 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 Jose Fernandez – 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 is 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 see the Health & Safety section for details.



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Ways to Support the Healing for Our Community Initiative

Whether you are an individual, a nonprofit foundation, a philanthropist, or a corporation, your heartfelt generosity will support the Healing for Our Community 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 all participants. Please view the links below specific to the types of programs available under this initiative.

- Stay will include an all-inclusive three-day, two-night healing program at 1440 Multiversity in Scotts Valley, California.
- Participants are nominated by their organizations or designated by funding organizations or 1440 Foundation-directed nominations.
- All funding partners will be properly acknowledged at each program with logo/signage opportunities on all initiative-related media and materials.

LEARN MORE ABOUT 1440 HEALING FOR OUR COMMUNITY PROGRAMS:

- **Healing Our Healthcare Heroes:** 1440.org/HOHH
- **Healing Our Education Communities:** 1440.org/HOEC
- **Healing Our Nonprofit Teams:** 1440.org/HONT

TO BECOME A SPONSOR, DONOR, OR TO MAKE A GRANT FOR THESE PROGRAMS PLEASE CONTACT:

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1440.org/donate

1440 Multiversity is a 501(c)(3) nonprofit philanthropic campus. Thank you for creating hope for living well.



Thank you for helping our
community live well.

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