



CAM COHORT

Course Syllabus

LAST REVISED

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APPROVED BY

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CEO, Founder

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“Illness becomes Wellness, when I becomes We”
All Nations. One Tribe.

Contact Information

HIR Wellness Institute
3136 W Kilbourn Ave.
Milwaukee, WI 53208

Phone: (414) 763-5815
Website: www.HIRWellness.org

HIRWI Title:

CAM Cohort Intern

* In collaboration with Mount Mary University Counseling Department, M.S. in Counseling Program.

HIRWI Department:

Community Advocacy & Clinical Services

Location:

HIR Wellness Institute, 3136 W. Kilbourn Ave. Milwaukee, WI 53208 and Zoom

Responsible To:

CAM Instructor/s, & Coordinator

Schedule:

Fridays, 5pm-7pm June - May 2020/2021 (Zoom Platform)

*Minimum possibility of two weekend days per year as required for CAM events.

HIRWI Mission:

Establish a social justice-informed and culturally rooted Intergenerational Healing Approach™ that improves mental health and wellness outcomes for Indigenous and underserved communities.

HIRWI Vision:

Our vision is to create the future leaders and healers for the next generation, with respect to the relationship with one another and our ancestors. Healing Intergenerational Roots (HIR) Wellness Institute follows the ancestral teachings and Indigenous knowledge of The Children's Fire. The two laws of the Children's Fire: (1) The Children's Fire must forever keep going, and (2) The

feminine must be protected. We will always seek to protect our future by pledging that no harm will come to our children by doing what is in their best interest and nurture the continuation of our ways. Our programming fosters a community-informed practice that addresses the complex impact of historical and intergenerational trauma through applying an Intergenerational Healing Informed Approach™.

Intern General Duties:

Under the supervision of the team, responsible for engagement and skills demonstration around community healing and advocating for individuals who identify as victims of crime and/or underserved. Provide navigation, support, guidance, and co-leadership through the process of community activate medicine. Represent the Organization in various spaces during CAM, CAM(P) and community outreach events. Ensure objectives are guided through the Intergenerational Healing Approach™ and represent the Vision of CAM. Responsible for services being provided effectively and efficiently in alignment with HIR Wellness Institute.

CAM Cohort Course Description:

'Mental Health Without Borders'

Total Weeks: 32 weeks

2hr. a week + 2 CAM events (10 hrs each = 20hrs + Prep hours vary)

Direct Service: 52+ hrs

Training/Indirect hours: 32+hrs

What is CAM?

This was developed by our CEO & Founder, Lea Denny and proud Alumni of Mount Mary University's Counseling program. C.A.M. is where healing ways and community activism intersect to create action-oriented wellness; it is where *the people are the medicine*. It is our goal to take a trauma-informed healing approach to raise awareness and community action on the complex experiences of: social injustice, historical and intergenerational trauma, and Persistent Toxic Systems & Environments (PTSE). *A term coined by Ms. Denny to express the felt and inescapable barriers in relation to ones' environment.*

What is a CAM cohort?

This unique 'Mental Health Without Borders' opportunity offers a bridge from academic learning to real world experiences outside of the therapy office, through a practice based and community-centered approach. This group will be facilitated with Ms. Denny & special guests who will share cultural teachings and infuse clinical & community mental health practices. Interns will be provided opportunities to join our Indigenous community events to better

understand their needs and strengths. Our goal is to empower new counselors to advocate and embody a culturally respectful and responsive practice when working in diverse communities.

Methods of Instruction:

An interdisciplinary approach to learning will be provided through: presentations, guest lectures, discussion, role plays, skills demonstrations, case consultation and reflection, traditions and ceremony, video/audio, research, field observations & group supervision.

Course Objectives:

Through observation, reflection, and supervision the student will demonstrate:

- *Self-Initiative*
- *Readiness to facilitate support groups*
- *Ability to triage complex community needs*
- *Fostering healing relationships*
- *Steward of community healing & resilience*
- *Infuse practice-based activities regularly taught in CAM sessions*

Course Requirements:

Attendance and participation will be essential for the completion of the CAM Cohort. All students will take an active role in engaging with the content, discussion, and activities. HIRWI will abide by all ethics and guidelines set forth by HIRWI, MMU, ACA, and the applicable accrediting governance.

Attendance Policy: Students who have extenuating circumstances or scheduling needs will notify the CAM Coordinator as soon as possible. HIR Wellness Institute is committed to your success of meeting the objectives. Commitment and regular attendance will be required.

Skills Demonstrations:

Observed objectives in application through CAM Virtual or In-Person Events (20+ Hours). Skills demonstration rubric will be shared prior to any event and made known to the student.

Accessibility Statement:

HIR Wellness Institute complies with the Section 504 of the Rehabilitation Act of 1973 and follows the process as set forth by Mount Mary University and when made aware by the student or institution at any time.

Code of Conduct Statement:

HIR Wellness Institute follows all requirements of Mount Mary University and its Counseling Program. HIR Wellness Institute expects students to meet objectives, attendance, and engagement requirements. HIRWI strongly relies and expects the highest academic integrity and

standards for its students. Plagiarism and ways of academic dishonesty that would disrupt the integrity of HIRWI and MMU will not be tolerated. All intolerable risks will not be accepted and be corrected by the means necessary within the guidelines of MMU.

Schedule of Activities:

Details and descriptions will be shared with students on a rolling basis.

Facilitators: Lea & Team	Internship I: 12 weeks	Internship II: 12 weeks + Ceremony
June: 19, 26 July: 10, 17, 24, 31 August: 7, 14	September: 11, 18, 25 October: 2, 9, 16, 23 November: 6, 13, 20 [CAM: Red Sands & MMIW] December: 4, 11	January: February: 5, 12, 19, 27 March: 5, 12, 19, 26 April: 2, 9, 16, 30 May: 7 [Celebration Ceremony]

June 2020

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July 2020

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August 2020

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November 2020

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January 2021

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February 2021

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March 2021

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April 2021

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May 2021

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