

## Eagle Rock Health and Wellness Fellowship

### Position Description

The Eagle Rock Fellowship selects promising young educators to participate in advanced service and leadership development focused on education and youth work. Located at the nationally recognized Eagle Rock School and Professional Development Center in Estes Park, Colorado, Eagle Rock is an opportunity for young leaders who are passionate about working with 15-21 year-old students from diverse backgrounds for whom having voice and agency in their education is the pathway to success. We also support schools nationally to implement effective and engaging practices to equitably serve all students. Eagle Rock is proud to be an antiracist, social justice organization.

Eagle Rock will engage eight fellows to work between late August and early June. In their positions, fellows will apprentice with our experienced staff, specifically in the areas of youth development, social work, and education. This position includes instructional, residential, and professional development responsibilities. Fellows participate in a rigorous leadership development program, on-going training, and community-building activities.

Health and Wellness (H&W) Fellows play a crucial role in supporting student's holistic health and wellness by supporting their social-emotional needs, their physical health, and encouraging their growth and development. This includes individual one-on-one & group support (within your scope of practice), evening/weekend programming, community building, and support groups. H&W Fellows will work in conjunction with the Health and Wellness Team and staff to serve our students holistically, develop student-centered resources, and enhance health and wellness practices. H&W Fellows support our school nurse by dispersing medications, accompanying students to medical appointments, and doing check-ins on students that call out sick from class or programming.

Fellows serve as advisors to a small cohort of students, providing academic and personal support, and are part of a community where we all share our passions and skills. There are infinite opportunities to use your talents and experience to contribute to students' experiences at Eagle Rock and to impact students' experiences in schools across the country.

### Responsibilities and Attitude

- Work with our students in both one-on-one and group settings to help them grow their resiliency and make healthy life choices
- Assist the H&W Team with all logistics involved in student health care – scheduling, communication, identifying appropriate supports and resources
- Assist the H&W Team as a liaison between students' parents/sponsors and ERS staff
- Support the Eagle Rock Student Rite of Passage process possibly including a 2 day camping experience
- Collaborate with local health resources to serve our student body in its health and wellness needs
- Offer support to ERS nurse regarding medication distribution and tracking as well as student care
- Participate in ERS supervision sessions
- Meet with supervisor and team members for planning, weekly check-ins, feedback
- Supervise students and organize activities during out-of-class time – evenings and one weekend day
- Develop positive mentoring relationships with students, fostering personal and community growth
- Participate as a member of a student house team in advisory, intramural sports, meals and retreats
- Support program staff, your supervisors and administrative staff in duties as appropriate and necessary



## Program Training

- 2-week orientation
- First aid, mental health first aid, CPR and safe driving trainings
- On-going professional development in instructional strategies, youth development, and leadership

## Work schedule

Eagle Rock fellows work either a Sunday-Thursday or Tuesday-Saturday schedule, including regular evening responsibilities. Health and Wellness fellows often spend one or more evenings a week and one weekend day 'on duty' providing supervision for students during out of class time. As the job is residential in nature, fellows also participate in a number of activities outside their typical work day: community meetings, dinners with house teams, evening activities, affinity group meetings, intramural sports, and transporting students off campus.

## Desired Skills and Experience

- Demonstrated experience in supporting diverse young people based on their resilience and strengths
- Relevant experience working with youth, in non-profit or educational settings, ideally HS age
- Patient, understanding, good listener; ability to quickly establish trusting relationships
- Ability to remain calm and centered in stressful or highly emotional situations
- Experience facilitating groups
- Ability to uphold standards of confidentiality in regards to professional counseling as set by ERS
- Strong organizational skills
- Self starter who is flexible and possesses energy to meet demands of residential community life
- Strong communication skills
- Ability to give and receive feedback
- Ability to find a need and fill it
- Driver's license and good driving record
- College degree or equivalent life experience post high school
- Awareness and knowledge of cultural competencies and social justice issues, with demonstrated actions toward creating more just and equitable communities

## Program Benefits

- \$20,500 to \$22,740 living stipend
- Private room in a communal house
- Optional meals while students are on campus
- Healthcare (fully covered)
- On-going professional development, coaching and mentorship
- Use of laptop for the year
- \$500 professional development stipend
- \$5,000 education bonus once program is completed
- Possible student loan forbearance
- Opportunity for this fellowship to serve as a clinical internship for a MSW degree program (as well as LPC, LMFC, or other counseling/therapy programs)

## How to Apply

[Please visit our website for more information about the fellowship including how to apply.](https://sites.google.com/eaglerockschool.org/eagle-rock-school-fellowship/home)

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