



ZOOM PEACE CAMP 2020

Holistic Health During Covid-19

During Summer 2020, SoLA Community Peace Center collaborated with USC Chan Division of Occupational Science (OS) and Occupational Therapy (OT) to create Zoom Peace Camp. It was a holistic experience of personal and community wellness for all who participated from campers/families to staff.

Methods: We formed a team of USC OT students and community staff to create Zoom Peace Camp. The staff planned a curriculum of building bridges of understanding the issues of eco-justice around the world. The curriculum consisted of Zoom Mini Peace Camps once a week, followed by 4 weeks of Zoom Big Peace Camp weekdays. Camp began with a Peace Circle including exercise, meditation, songs, peaceful communication and intro to eco-justice activities of the day. Then the staff divided the kids by age into their own zoom classrooms. They led the kids in arts, crafts, movement, games and zoom picnics. There were also classes for parents and younger siblings from Zumba and Yoga, to Mommy/Daddy and Me and Going Back to School on Zoom.

Results: Campers and families reported feeling more empowered, supported, positive, and confident at the end of the camp. Staff reported feeling more confident and competent, as well as learning about the camper's resilience and their own. They also reported understanding better the importance of community wellness activities.

Conclusion: Given the issues of healthcare access, and the unprecedented stress of the Covid-19 pandemic, it is more important than ever to offer community wellness programs. Peace Camp offers a successful example.

For more information: www.solacommunitypeacecenter.org

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