Identifying and Responding to Self-Harm:
A Functional Approach at Camp (One-Pager Follow-Up)

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TOPIC(S):	Self-harm, communication about mental health
AUDIENCE:	Camp staff at all levels.
TIMING:	20-45 minutes
MATERIALS NEEDED:	A/V for PowerPoint presentation.
SET-UP DETAILS:	Any space with closing doors so that examples and questions can be discussed privately.

SESSION TIMELINE & OUTLINE:

00:00-00:10
- Facilitate discussion with staff about factors that interfere with responding non-judgmentally to challenging behaviors.
- Write out common themes identified and create categories to organize common factors that interfere with responding non-judgmentally to campers.
    - Ex: Feeling anxious about the campers' behavior, not knowing how to respond, competing responsibilities with other campers, etc.

00:10-00:15
- Review with staff applying the GIVE skill:
    - Be **G**entle
        - Reduce judgment, stay neutral.
    - Act **I**nterested
        - Get more information, stay curious.
        - Clarify and summarize without making assumptions.
    - **V**alidate
        - Thoughts, feelings, and urges (not behaviors).
    - **E**asy Manner
        - Relax nonverbal behavior.
        - Be mindful of intensity (word choice and tone).

00:15-00:25
- Break the staff into groups and assigned each group 1 category identified during the discussion of common factors that interfere with responding non-judgmentally.
- Following the GIVE skill format, each group will develop a role play responding to the behaviors identified in their group's category.

00:25-00:45
- Groups will perform their role plays for the other participants.
- Group leaders can use the following discussion points after each role play:
    - How did you work together to develop responses to these behaviors when we identified them as being challenging?
    - How might using a validating, non-judgmentally approach address these behaviors?
    - How can we prepare to respond to behaviors using the GIVE skill ahead of time?
    - What are some challenges we may still face in responding to these behaviors?
    - What might get in the way of using validation in the future?