

THE GREAT ESCAPE

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SUMMARY:	This is the great escape, where we learn that asking questions is always encouraged. Asking for help can be difficult; this is what asking for help can look like in a camp setting and talk about some resources available for teen mental health (apps, hotlines, online resources)
TOPIC(S):	Seeking support
LEARNING OBJECTIVE:	<p>CITs will become comfortable asking questions</p> <p>CITs will learn about systems and people which exist at camp that they can turn to for help</p> <p>CITs will learn about resources available outside of camp</p>
AUDIENCE:	16/17 years old. CITs/SITs. 20-30 people
TIMING:	60 Minutes
APPENDICES:	<p>https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx#Helplines</p> <p>This is a great list of many resources available to support teen mental health. Not all of them may be relevant/appropriate for your audience. Go through the list and pick and choose the ones for your program.</p>
MATERIALS NEEDED:	Long piece of rope or some type of barrier to create a large enclosed space. Enough blindfolds for all participants
SET-UP DETAILS:	<p>A large enclosed space needs to be created. I accomplish this by taking a large piece of rope and wrapping it around basketball hoops. The space should be big enough for your participants to walk around the area blindfolded and not be in danger of constantly bumping into someone. This area should be set-up away from the participants, they should have no idea what the enclosed space looks like to start the activity. I like to start the activity away from the enclosed space.</p> <p>The 2nd half of this program is a debrief so make sure to have a more quiet place available</p>

SESSION TIMELINE & OUTLINE:

00:00-00:05:

Blindfold every participant. Make sure no one can see through the blindfolds and not to take off their blindfolds until the activity is over. Establish trust with your group, reassure them that you will mess with them while they're blindfolded

00:05-00:10:

Separate them into lines, can be anywhere from 3-6, and have them link up by holding hands or holding the shoulders of the person in front of them. There should be a non-blindfolded person leading each group. Lead each line to the enclosed area as erratically as possible. You want to go under and over and around things, the goal is to have the participants lose sense of where they are but not make them dizzy.

00:10-00:15:

Put everybody into the enclosed space and give them these clear instructions.

This is the great escape. You are all stuck inside a maze and need to find the way out. You cannot go under or over the rope, you can not untie/cut the rope at any point. There is only one way out, it is your goal to find it. **If you need to ask a question, raise your hand.**

00:15-UNTIL EVERYBODY IS OUT:

The only way out is to raise your hand to ask a question. The participants will all walk around blindfolded trying to find a physical exit that doesn't exist. If someone raises their hand to ask a question, someone will go to them to quietly remove them from the circle. Once outside the circle, they can remove the blindfold and have the exit ticket explained to them, they must not reveal it to the other participants still inside. They can just watch and wait until the next part. This can take a long time; I've seen it take 30 minutes for everybody to get out. To speed up the process you can repeat the instructions over and over and really emphasize the last sentence about raising your hand.

00:45-00:60:

At the end, debrief the activity. Why didn't everybody immediately raise their hand to ask a question? What is stopping people from asking questions? What did it feel like as more and more people got out but you still hadn't? Who are some people in your life you can ask for help? Do you know who at camp you can ask for help? Are there some people at camp you're afraid/nervous to ask for help?

Talk about your camp's chain of command.

- What kind of support systems exist at camp?
- Things like camper care teams, Head counselors, unit heads.

Give resources for teen mental health.