

CORNERSTONE 2018 RESOURCE

Mental Health and Camper Care *Specialty Track 2*

AUTHOR(S):	Natalie Rothstein
SUMMARY:	This session will focus on how mental health can exist at camp and how to appropriately support mental health challenges at camp. - <i>Submitted by Natalie Rothstein</i>
TOPIC(S):	Promoting Mental Wellness, Mental Health at Camp, Support Models
LEARNING OBJECTIVE:	Participants will leave this session having a better understanding of their appropriate role in supporting mental wellness and ways to manage situations with mental health challenges at camp.
AUDIENCE:	Age range for this session would be for 18 year olds and up, target group size would be 10 to 30 participants.
TIMING:	90 minutes
APPENDICES:	-ALGEE Hand out, Scenarios of Mental Health Issues at Camp for Facilitator, Scenarios of Mental Health Issues at Camp for Participants (Handout)
MATERIALS NEEDED:	-Flip chart – 1 -Flip chart stand - 1
SET-UP DETAILS:	Participants should be sitting in a circle. The session can either happen in a room with a circle of chairs or in an outdoor space with enough room for the whole group to sit in 1 circle. There should be enough space in the circle for the flip chart for the facilitator.

SESSION TIMELINE & OUTLINE:

Timeline

- Regroup and name refresher – 10 minutes
- Mental Health Issues at Camp Discussion – 10 minutes
- Appropriate Support Models at Camp - 20 minutes
- Scenarios of Mental Health Issues at camp – 25 minutes
- Being a Mental Wellness Promoter - 15 minutes
- Highs and lows - 5 minutes
- Preview of upcoming sessions - less than 5 minutes

Step-by-step Breakdown

- **Regroup and review** the safer space guidelines from Session 1 and review of everyone's names- 10 minutes
- **Mental health issues and themes at camp** (call and write) – 10 minutes - Facilitator will ask participants to share typical mental health related issues and themes that they've seen or think show up at camp and write down the list on flip chart.
- **Discussion of appropriate support models** – 20 minutes - facilitator will lead a discussion about what appropriate support models look like a camp. What issues are non-mental health professionals equipped to deal with? At what point do you go see a supervisor or utilize a mental health professional? What are you as a staff member an expert at?
 - Discussion of Jewish law and getting medical support: According to Jewish law - someone struggling with medical issue (mental health) is required to seek help from a medical expert (therapist, psychologist)
 - Allow time for participants to ask questions to the facilitator (if the facilitator is a mental health professional)
 - Hand out and discuss ALGEE Support model – assessing for risk and the process of handling that – expanded explanation of ALGEE provided by an outside source here: <https://docs.google.com/presentation/d/1anwCTWZrnSjnMWs8EpRy5knMxZkX2NacXencHSKdPKU/edit?usp=sharing>
- **Scenarios of Mental Health Issues at camp** – 25 minutes
 - Facilitator will provide a handout with examples of scenarios related to mental health issues at camp and discuss appropriate course of action. Then take time for role plays of the scenarios with the participants. Role plays will be what happens after the scenario description and how to handle appropriately what the camper is presenting with.
- **Being a Mental Wellness Promoter** - 15 minutes- Facilitator defines mental wellness promoter (A mental wellness promoter is someone who promotes the importance of mental health and working towards your wellness both on your own and by finding supports.) – Write definition out on a flip chart. Discuss with the group what that looks like and how they can imagine that existing at camp. Advocate for mental wellness: non-professionals are not mental health experts, include a clause about the appropriate times for self-disclosure (self-disclosure is appropriate when it feels like it will benefit the recipient and not damage the relationship boundary between staff member and camper or staff member and staff member).



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- High and lows – 5 minutes
 - Facilitator will give each participant an opportunity to share their high and low of today's session with the group
- Preview of upcoming sessions - less than 5 minutes
 - Next session will talk about self-care/resilience and promoting mental wellness

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

The scenarios of mental health issues at camp could be done as a shorter activity during staff training – the appropriate support model discussion should also be included in that shorter activity.