

MENTAL HEALTH & WELL-BEING AT CAMP WEEKLY CHECK-IN RESOURCE OUTLINE

On-going reflection, application, and skill development – with your guidance – will grow your staff’s ability to support their campers and peers well-being and help them through mental health crises. The goal of these resources is to support your guiding staff through applying the ALGEE action plan, identify concerning behaviors, grow their skills and practice how to approach the variety of different behavior they will encounter in their roles.

This outline and the accompanying resources are meant as suggestions to support your work. While weekly meetings for ongoing support and training are a part of this pilot, following this outline or utilizing these resources is not a mandatory part of the program.

We appreciate your continuous feedback!

RECOMMENDATIONS

Each week, we suggest reviewing the ALGEE action plan steps (Assess for risk of harm and how to Approach, Listen non-judgmentally, Give information and reassurance, Encourage professional help, Encourage self-help and other strategies). We suggest eliciting real-life situations occurring in their lives at camp, or you may choose to discuss abstractly or apply some sample scenarios we’ve provided or you create yourselves.

Be consistent with your meeting structure from week to week whenever possible, while being equally flexible in order to meet the needs of your camp and staff. Repeat, review, and practice skills to improve staff’s ability to intervene and increase their confidence. And don’t forget to celebrate successes!

WEEK ONE

- Set expectations for weekly check-in meetings, possibly revisiting and/or revising group rules made during the YMHFA training;
- Address questions regarding ALGEE;
- Review camp-specific protocols, identifying when/who/how/where to report specific kinds of issues (example: what is an example of an emergency/crisis, how do you handle when the sole staff member on duty in the middle of the night, etc.);
- Use the “[Integrated Experience](#)” program and resources. Introduce concepts including rational detachment, integrated experience, emotional contagion;
- Review the importance of self-care planning.

WEEK TWO

- Review previous topics and listen to any examples staff may have encountered during the week;
- Connect previous week’s topics to this week’s;
- Dive deeper into “[General Self Care](#)” using the program and resources;
- Address questions regarding ALGEE and go through a scenario applying the steps.

WEEK THREE

- Review previous topics and listen to any examples staff may have encountered during the week;
- Explore the exercises in the “[Communication Big Picture](#)” resource, reviewing the importance of verbal and non-verbal communication;
- Take into consideration any session transitions or staff role adjustment with the flow of camp;
- Address questions regarding ALGEE and go through a scenario applying the steps.

WEEK FOUR

- Review previous topics and listen to any examples staff may have encountered during the week;
- Verbal communication is emphasized in the next weeks, through the resources in programs “[Communication – I Statements](#)” and “[Communication – Helpful Things to Say](#)”;
- Address questions regarding ALGEE and go through a scenario applying the steps.

WEEK FIVE

- Review previous topics and listen to any examples staff may have encountered during the week;
- Verbal communication is emphasized in the next weeks, through the resources in programs “[Communication – I Statements](#)” and “[Communication – Helpful Things to Say](#)”;
- Address questions regarding ALGEE and go through a scenario applying the steps.

WEEK SIX

- Review previous topics and listen to any examples staff may have encountered during the week;
- Non-verbal communication is often taken for granted, review resources in the programs “[Non-Verbal Communication: Proxemics & Supportive Stance](#)” and “[Non-Verbal Communication: Kinesics & Body Language Tension](#)”;
- Re-address self-care checking-in as needed;
- Address questions regarding ALGEE and go through a scenario applying the steps.

WEEK SEVEN

- Review previous topics and listen to any examples staff may have encountered during the week;
- Non-verbal communication is often taken for granted, review resources in the programs “[Non-Verbal Communication: Proxemics & Supportive Stance](#)” and “[Non-Verbal Communication: Kinesics & Body Language Tension](#)”;
- Address questions regarding ALGEE and go through a scenario applying the steps.

WEEK EIGHT

- Review previous topics and listen to any examples staff may have encountered during the week;
- Discuss and use resources in the program on “[Rational Detachment](#)”;
- Consider what stresses or issues may arise with the added pressure of the last week of the camp;
- Address questions regarding ALGEE and go through a scenario applying the steps.

Questions and Suggestions? Contact jill@jewishcamp.org!

Thank you to Westchester Jewish Community Services, Nanci Kennedy, and FJC colleagues for their work in putting together these resources.