

anxiety

TYPES: GENERAL ANXIETY, SOCIAL, SEPARATION, SPECIFIC PHOBIA, PANIC, SELECTIVE MUTISM
COMMON SYMPTOMS: WORRY, FEARS, PANIC, AVOIDANCE OF PEOPLE PLACES OR THINGS, RESTLESSNESS, ACHES, PAINS, RAPID HEARTBEAT, SHORTNESS OF BREATH, NAUSEA, SWEATING, SHAKING, DIFFICULTY CONCENTRATING, UNEASY, AGITATION, REFUSING TO GO TO ACTIVITIES, TANTRUMS, CRYING, MELTDOWNS, DIFFICULTIES WITH TRANSITIONS, HIGH EXPECTATIONS FOR PERFORMANCE

depression

COMMON SYMPTOMS: VERY SAD ALL THE TIME, HOPELESSNESS, UNEXPLAINED CRYING, BIG CHANGES IN EATING AND/OR SLEEPING, IRRITABILITY, PESSIMISM, NOT CARING ABOUT ANYTHING, LOSS OF ENERGY, MOVING OR TALKING SLOWLY, FEELINGS OF GUILT, WORTHLESSNESS, UNABLE TO CONCENTRATE, INDECISIVENESS, INABILITY TO ENJOY FORMER INTERESTS, SOCIAL WITHDRAWAL, UNEXPLAINED ACHES AND PAINS

URGENT: ANY THOUGHTS OF DEATH OR SUICIDE

People first language!

Behavior IS Communication!

DON'T DIAGNOSE!

DON'T ASSUME!

Remember your role!

adhd

TYPES: INATTENTIVE, HYPERACTIVE-IMPULSIVE, COMBINED
COMMON SYMPTOMS: DIFFICULTY WITH: PAYING ATTENTION, STAYING FOCUSED, CONTROLLING ENERGY LEVEL, BEING PATIENT, TAKING-TURNS, SITTING STILL, ORGANIZING, FAILING TO COMPLETE TASKS, LISTENING, MAKING CARELESS MISTAKES, FORGETTING THINGS OFTEN, GETTING EASILY BORED, FIDGETY

NOTE: SOME CAMPERS TAKE A BREAK FROM MEDICATION OVER THE SUMMER

the autism spectrum

DIFFICULTY WITH COMMUNICATION AND INTERACTION WITH OTHER PEOPLE, RESTRICTED INTERESTS AND REPETITIVE BEHAVIORS.
COMMON SYMPTOMS: LACK OF EYE CONTACT, SLOW TO RESPOND TO ATTEMPTS TO GAIN ATTENTION, DIFFICULTIES WITH CONVERSATION, FOCUSED ON A FAVORITE SUBJECT, UNUSUAL TONE OF VOICE, TROUBLE UNDERSTANDING ANOTHER PERSON'S POINT OF VIEW, RESTRICTED INTEREST, SENSORY SENSITIVITY, RIGID WITH ROUTINE

struggles with eating

TYPES: ANOREXIA NERVOSA, BULIMIA NERVOSA, BINGE-EATING DISORDER
COMMON SYMPTOMS: EXTREME STARVATION, EXTREME THINNESS, OBSESSING ABOUT GAINING WEIGHT, EXCESSIVE EXERCISE, EXTREME WEIGHT LOSS OR GAIN, EXCESSIVE EATING, SECRETIVE EATING, EATING TOO MUCH FOLLOWED BY VOMITING OR TAKING LAXATIVES,

URGENT: IF YOU NOTICE EXTREME WEIGHT GAIN OR LOSS

oppositional defiant symptoms

COMMON SYMPTOMS: UNPROVOKED ANGER, BLAME OTHERS FOR THEIR BEHAVIOR, ARGUE WITH ADULTS, DELIBERATELY ANNOY AND BOTHER OTHERS, DISPLAY DEFIANCE OR REFUSE TO FOLLOW DIRECTIONS,

NOTE: AN "OPPOSITIONAL DEFIANT" DIAGNOSIS CAN EASILY BE MISSAPPLIED AND RESULT IN UNFAIR STIGMA AS MANY OF THESE BEHAVIORS ARE HIGHLY SUBJECTIVE AND NORMAL FOR CHILDREN OR TEENS IN CHALLENGING OR STRESSFUL SETTINGS

obsessive-compulsive symptoms

UNCONTROLLABLE, REOCCURRING THOUGHTS (OBSESSIONS) AND BEHAVIORS (COMPULSIONS) THAT THEY FEEL THE URGE TO REPEAT OVER AND OVER.
COMMON SYMPTOMS: FEAR OF GERMS OR CONTAMINATION, UNWANTED THOUGHTS INVOLVING RELIGION, OR HARM, AGGRESSIVE THOUGHTS, WANTING THINGS SYMMETRICAL OR IN A PERFECT ORDER, EXCESSIVE CLEANING AND/OR HANDWASHING, ORDERING AND ARRANGING THINGS IN A PARTICULAR WAY, REPEATEDLY CHECKING ON THINGS.

substance use

TYPES: SMOKING, VAPING, ALCOHOL, OTHER DRUGS...
COMMON SYMPTOMS: CAUSE ONGOING LEGAL, SOCIAL AND INTERPERSONAL PROBLEMS. SOME YOUNG PEOPLE USE SUBSTANCES TO SELF-MEDICATE FOR EXISTING UNTREATED MENTAL HEALTH DISORDERS.

Trauma and Loss

BEREAVEMENT – REACTION TO A LOSS
POST TRAUMATIC STRESS (PTS) – PERSISTENT REACTION TO A SCARY, OR DANGEROUS EVENT.

- SYMPTOMS: REEXPERIENCE, AVOIDANCE, REACTION, THOUGHTS AND FEELINGS.
- CHILDREN: BED-WETTING, UNABLE TO TALK, ACTING OUT THE SCARY EVENT DURING PLAYTIME, EXTREME NEED FOR CLOSENESS WITH A PARENT OR OTHER ADULT