



## CAMPOPEDIA RESOURCE

### Tools for Crisis Management

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<b>SUMMARY:</b>	This session will provide training for staff around managing crises that show up at camp by exploring their response to crises and learning tools that can help staff in moments of a crisis.
<b>TOPIC(S):</b>	Crisis Management
<b>LEARNING OBJECTIVE:</b>	Participants should leave this session feeling better prepared and more aware of how to handle a crisis situation.
<b>AUDIENCE:</b>	Camp staff members
<b>TIMING:</b>	25-30 minutes
<b>APPENDICES:</b>	Crisis Management Handout
<b>MATERIALS NEEDED:</b>	None.
<b>SET-UP DETAILS:</b>	Participants should be sitting in a circle or in rows, dependent on the size of the group.



## **SESSION TIMELINE & OUTLINE:**

- Welcome and Introduction – provide introduction if necessary and go over session goals (2 minutes)
  - Session goals:
    - Identify: What can it feel like to be in a crisis?
    - Tools for Crisis Management
- How We Respond to Crisis – the information around our body’s response to crisis is on the handout along with the discussion questions (15 minutes)
  - Education: Our Body’s Response to “Danger” - spend this time explaining the information that’s included on the handout and going over any questions around how our bodies respond to crisis/danger (5 minutes)
  - Activity: Learning from the past- reflecting on prior experiences with crisis or high stress moments (10 minutes)
    - Participants will have time to answer questions independently about crisis experience and then share observations around themes with the group or in small groups
      - Questions to ask the group:
        - Were there any themes that showed up in answering the questions?  
If so, what?
        - What surprised or didn’t surprise you in answering these questions?
        - How would you like to change or maintain your response to crisis?
- Tools For Crisis Management (10 minutes)
  - Discuss the tools on the handout and apply them to situations – ask the participants to share an example and then talk through that example with the group – if the group is larger, you can have the participants go into smaller groups to have the discussions around the tools.
- Closing (2 minutes)
  - Allow for any final questions and encouragement around new information about crisis management!

## **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

This session can be broken up with just providing the tools part of the handout to staff and not going through the first half of the session.