

# WHAT'S YOUR MESSH MESSAGE?

AUTHORS: DANI SOBEL AND CIARA GOULDSBORO

MESSH is an acronym for **MENTAL**, **EMOTIONAL**, **SOCIAL**, and **SPIRITUAL HEALTH**. But what does that mean, what does it look like, and how does it show up at Jewish camp?

Watch this video as an example of what some Jewish camp staff have to say – and then, add your own voice: <https://youtu.be/BgtugJ9C5fQ>

## **HOW TO USE AT CAMP**

Have groups of staff watch this short video compilation. Encourage them to react to the video and respond to prompts – here are a few examples:

- Did any of the definitions resonate with you? Why?
- Did any of the responses change your understanding of mental health?
- How does media and/or social media impact your understanding of mental health and what wellness looks like?
- How do you feel camp supports MESSH?
- What else can you do to help camp support MESSH for campers, staff, the community?

## **INVITE FOLKS TO SHARE THEIR OPINIONS IN A FEW WAYS:**

Record their responses and post on social media leading up to or following camp (or during camp as part of staff programming, or showcase a few responses in a newsletter home to parents and families!)

Write their responses in sidewalk chalk around camp, or have a “graffiti” wall with markers and butcher paper/poster board covering walls around a room or building

<b>SUMMARY:</b>	<p>An introduction followed by 3 role-play scenarios aimed at navigating camper boundaries and consent to activities. There is a short themed break and then a closing discussion.</p> <p>This resource also includes quick-reference cards to help staff throughout camp.</p>
<b>TOPIC(S):</b>	Camper Care, Camper Management, Mental Health
<b>LEARNING OBJECTIVE:</b>	Participating staff will feel more comfortable navigating campers' consent to participate, and they will feel better equipped to recognize campers' boundaries.
<b>AUDIENCE:</b>	Small groups of approx. 10 camp staff (designed with overnight campers ages 9 and up in mind, but could apply to other situations)
<b>TIMING:</b>	1 Hour
<b>APPENDICES:</b>	Deck of "flashcards" with helpful guidelines for approaching a difficult situation and easy suggestions to implement inside the cabin to normalize topics of consent. These can be found here: <a href="#">Pocket Resources</a>
<b>MATERIALS NEEDED:</b>	None
<b>SET-UP DETAILS:</b>	<p>Choose a time, and create an environment, in which participants will feel open and ready to address difficult topics.</p> <p>Choose a space where the group can break up into 2-3 separate locations and then reconvene.</p> <p>There should be one "time keeper" with each small group, participating, but also familiar with this outline and responsible for keeping the group on time.</p>