

Pre-Camp MESH-list

Prepare. Think. Communicate.

Articulate & Communicate – to parents, staff, participants:

- Essential Eligibility Requirements - Participants
- MESH Essential Function(s) – Staff
- Importance of communicating concerns with designated camp staff prior to arrival – Use the Camper Assessment Tool (HCIII)
- Identify MESH-triggering camp events & address these with staff.

Plan for a MESH Incident – Prevention has not worked. Now what?

- Discuss and make Action Plan for a MESH incident
- Identify who you'll go to with MESH questions, concerns – psychologist, expert, hospital
- Dedicate time during staff training to MESH related topics specific to your program
- Direct the appropriate person to screen health histories for MESH areas; assess the person's coping plan for camp.

Create MESH spaces in your camp – Places participants can go to cool down or channel different energy

- Non-social time – ex: rest hour, quiet outdoor time
- Mindfulness, prayer, or other internal thought activities
- Mellow play – ex: LEGOs, drawing or coloring, labyrinth
- Tell participants what their options are if they begin to feel like they need a break

Prepare Staff Training and Education Specific to Staff's own MESH concerns

- Burnout and Fatigue
- MESH of staff dealing with kids that are struggling with MESH
- Time off
- Personal MESH and how to combat that in a camp setting
- Cultural differences in how MESH is presented and talked about – International Staff

Additional Ideas – What have we missed that is important to your program?

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