

mesh

ALLIANCE FOR CAMP HEALTH
RESOURCE GUIDE 2.0



Camp Directors +
Leadership Staff

Camp Nurses and
Healthcare Providers

Behavioral Health
Specialists

ALLIANCE FOR CAMP HEALTH

At ACH, our goal is to break the mold of care at camp. We know that healthcare happens at every level at camp. Who is on your healthcare staff?

EVERYONE!



PLAY



CONNECT



Email

ach@allianceforcamphealth.org

Instagram

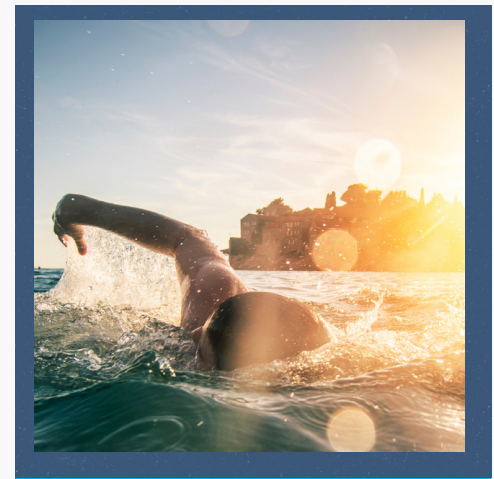
Campnurses

Website

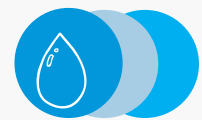
<https://allianceforcamphealth.org/>

Phone

(502) 830-8393



RENEW



What is MESH?

Mental Health

how we think and act

Emotional Health

ability to manage and express feelings

Social Health

ability to interact and form meaningful relationships

Mesh Plus

Alliance for Camp Health

Mesh + is a conceptual theory building upon the mental, emotional, social health framework, with practical implications for creating a safe environment for individuals and communities. It offers a palette of care to integrate the mind, nature, and spirituality with individual character development and communal engagement. The intersection of play and presence, gratitude and hope, offers a creative approach to awaken and challenge growth with self and others. The destination for mesh + care is a holistic understanding of our collective experiences and the opportunities for development in an intentionally cultivated setting.



Helping Campers Get Their Basic Needs Met

We must create an environment where children and youth believe their thoughts and actions are connected to what they believe they can do. *(Glaser 1998)*

Power

- Teach them a skill
- Describe impact
- Specific Praise
- Recognize effort
- Let them try stuff
- Involve in First Aid
- Ask them questions
- Give Awards
- Listen to them

Freedom

- Offer quiet time
- Bandaid choices
- Give Options
- What's Next?
- Validate
- Be Flexible
- Give Space
- Let them decide

Love and Belonging

- Offer an ice pack and water
- Listen to them
- Share about you
- Notice and See
- Calm words
- Invite into the moment
- Validate their emotions

Fun

- Change it up
- Play music
- Explore space
- Celebrate wins
- Be silly
- Play a game
- Tell a story
- Be creative

Compassion Fatigue

- Feelings of exhaustion, frustration, anger and depression
- Emotional cost from shared suffering and internalized pain
- Neurological Exhaustion and spritual disconnection



HUMAN CENTERED DESIGN

Making individuals the center of our emphasis and influence to create experiences that promote healthy lived experiences.

SPACE

giving time and opportunity to be fully present in the moment

VOICE

sharing lived experiences, ideas, and aspirations

CURIOSITY

using a questioning approach for relationship building

LEAN AND LEARN

Creating opportunities for space and curiosity where youth can educate others



GREAT THINGS TO SAY WHEN CAMPERS SHARE HARD THINGS

Things to Avoid Saying

Try this instead

Don't be so negative

I'm here to listen

There are people in much worse situations

I admire the courage you showed by telling me

It's not so bad

I'm glad you told me

Just be positive/ Cheer Up

I can't imagine how you are feeling, but I want to help in any way I can

You're getting upset over a little thing

Are you having a tough moment?

Things will get better

I am here for you

It's all in your head (or your imagination)

Thank you for trusting me enough to tell me

There is no need to be angry

It must be very difficult to be in this situation



COMMUNITY AGREEMENT IDEAS

All Bodies/All Expressions

Welcome all types and expression of movement- both physical and aesthetic differences.

Be a Croissant, Not a Donut

Be open to new ideas like a croissant, not closed like a donut.

Be Conscious of Intent vs. Impact

No matter intention, you're responsible for your impact.

Be Curious, Open, Respectful

Call in, not out. Throw sunshine, not shade. Respect self, others, and space.

Challenge with Care

Find ways to respectfully challenge others and be open to challenges of your own views.

Community Self Regulation

We are all responsible for keeping each other accountable to our agreements.

Confidentiality

Don't speak for others without explicit permission, don't share something communicated in a private or safe space.

Don't Yuck My Yum

You can make constructive criticism, but be supportive of others and do not shut down ideas.

Impact over Intent

If someone shares that they feel hurt or harmed by something you have said or done, listen authentically and be accountable to the impact (even if you didn't mean it).

Land the Plane

Get to the point! Don't circle around the airport, just land your plane!

One Mic, One Diva

No side conversations.



"Ouch!" and "Oops!"

If someone offends you, say "ouch," which is an opportunity to explain why. "Oops," is an acknowledgment of the harm and offers space to make mistakes and begin to heal

EMOTIONS VS. FEELINGS

Emotions are physical states that arise as a response to external stimuli

Aroused before feelings

Physical States

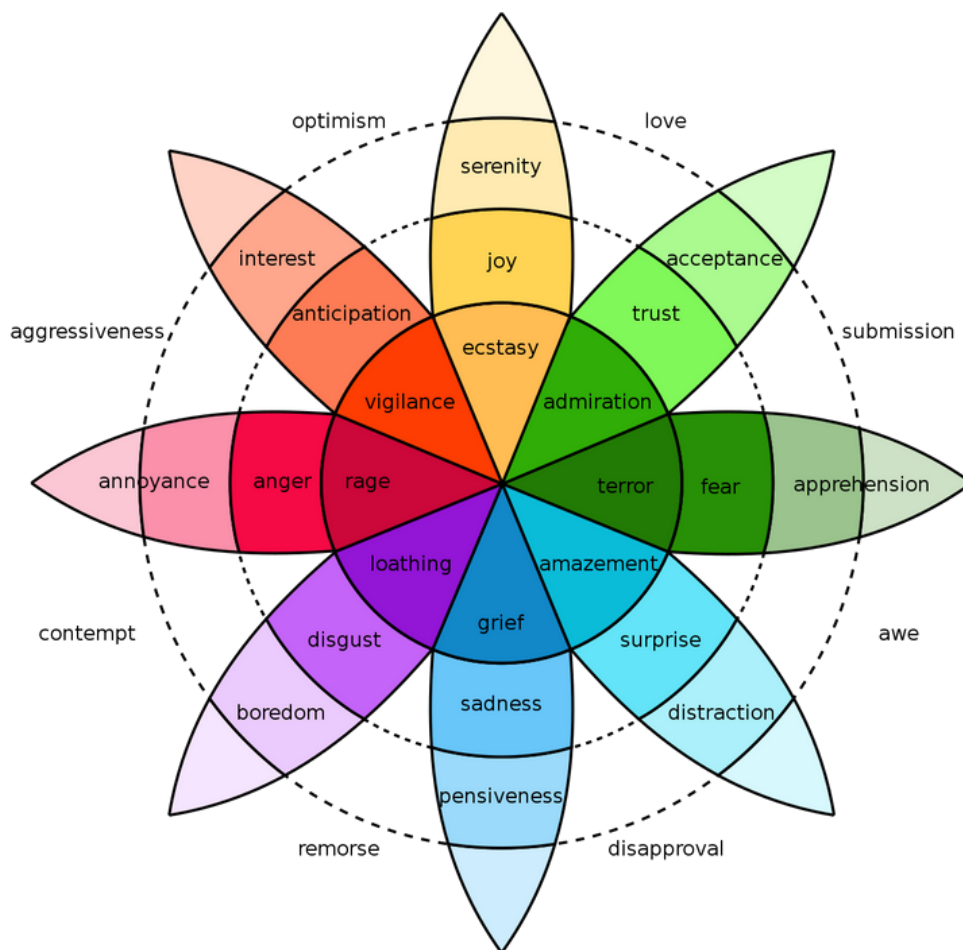
Can be observed through physical reaction

Feelings are mental associations and reactions to emotions

Caused by emotions

Mental associations and reactions

Can be hidden



Psychologist

Robert Plutchik

Emotional Venn Diagram
Wheel of Emotions

1. Happiness
2. Fear
3. Sadness
4. Anger

6seconds.org



Symptoms OF MESH Concerns

Social Withdrawal

- Sitting and doing nothing for long periods of time
- Losing friends, unusual self-centeredness and self-absorption
- Dropping out of previously enjoyed activities
- Declining academic, work or athletic performance

Mood Disturbance

- Deep sadness unrelated to recent events or circumstances
- Depression lasting longer than two weeks
- Loss of interest in activities once enjoyed
- Expressions of hopelessness
- Excessive fatigue or an inability to fall asleep
- Pessimism; perceiving the world as gray or lifeless
- Thinking of talking about suicide

Thought Disturbance

- Inability to concentrate
- Inability to cope with minor problems
- Irrational statements
- Use of peculiar words or language structure
- Excessive fears of suspiciousness or paranoia

Changes in Behavior

- Hyperactivity, inactivity, or alternating between the two
- Lack of personal hygiene
- Noticeable and rapid weight loss or gain
- Drug and alcohol abuse
- Forgetfulness and loss of personal possessions
- Moving out of home to live on the street
- Not sleeping for several nights in a row
- Bizarre behavior, e.g. skipping, staring, strange posturing, grimacing
- Unusual sensitivity to noises, light, clothing

Irregular Expression of Feelings

- Hostility from one who is usually pleasant and friendly
- Indifference to situations, even highly important ones
- Inability to express joy
- Laughter at inappropriate times or for no apparent reason

