

YMHFA & CampWell

Level Two Comparison



Why YMHFA: Teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents (Ages 12-18)

Content Covers:

- **Common** signs and symptoms of mental health challenges; signs and symptoms of substance use challenges
- **How to** interact with an adolescent or child in crisis and to connect youth with help
- **Expanded** content on trauma, substance use, self-care, impact of social media, and bullying
- **Provides** adults with skills to use a 5-Step action plan to help a youth who may be facing a mental health problem or crisis such as suicide
- **Informs** adults about common mental health concerns among youth

Why CampWell: Invites you to harness the experience of well-being at camp as a foundation for flourishing in the world (self, family, school, community).

Content Covers:

- **Common** understanding of well-being at camp: When all are well, they participate fully and contribute in the ways they choose because they are safe, supported, and connected.
- **How to** provide holistic support for one's well-being as opposed to providing therapy
- **Expanded** content from a strengths-based, positive psychology perspective on stress, coping mechanisms, and active listening
- **Provides** an interactive learning experience, consistent language, and clear outcomes to train staff to help youth
- **Rethinks** how you design your camp training through the lens of well-being
- **Considers** the unique setting of camp
- **Created** by camp people for camp people

Both Programs Seek To:

Utilize evidence-based content, cited sources, and references for youth development;
Reduce and **Change** the stigma around mental health

Objectives:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage Appropriate professional help
- Encourage self-help and other support strategies

Course:

1. In-Person: Learners receive their training during a six and a 6.5 hour instructor-led in person session.
2. Blended Learning: Two hours self paced online course and participate in a 4.5-5.5 hour instructor-led training. This instructor led training can be a video conference or instructor led class.

Outcomes:

- **Safe** - Secure with self, secure with others, and secure in the ecosystem.
- **Supported** - Grow in self, grow with others, grow through the ecosystem
- **Connected** - Connect with self, connect with others, and connect to the ecosystem
- **Contributing** - Give to self, Give to others, Give to the ecosystem

Training:

In-Person: Six hours of interactive classroom learning, over two days with additional time for a shared experience in the natural world, internal assessment of your staff training, and practice time. Also includes: One hour pre-introduction to cohort and CampWell content.