

Mental, Emotional, Social Health (MESH)

Camp Ton-A-Wandah strives to support, to the best of our ability, campers' social and emotional well-being so that your camper may have a successful session at camp. We want to create a camp community that is safe, inclusive, and welcoming and that helps build on our core values: courage, creativity and community. We understand that campers come to us from different backgrounds, home experiences and history and that these situations may impact behavioral situations as well as social and emotional well-being while at camp.

Camp can lead to a change in typical behaviors as it is considered a new experience and environment for many campers. Guardians should be well aware of the possibility of certain behaviors or situations occurring or presenting themselves while at camp (away from home) as campers tend to become comfortable and willing to share in their new environment. Camp creates connections that encourage strong relationship building and ease of communication, which in some situations may lead to more severe conversations/situations such as suicidal ideation, self-harm, eating disorders, or other mental health struggles and harmful behaviors.

Our staff is trained in a range of pre-season sessions to develop skills and techniques in managing and understanding behavioral, emotional and mental health situations that could arise during camp. As our first point of contact with our campers, they are trained at an appropriate level to support our campers' individual needs and to bring in additional support, such as our infirmary team, administration and/or outside medical personnel when a situation becomes harmful to the individual, the group or when it cannot be resolved.

Please understand that we will work through situations that may arise to the best of our ability and connect guardians as appropriate, depending on the scope of the situation and the individual camper's needs. Our camp team holds a range of compassion and expertise in certain areas, **but we are not mental health professionals nor social workers.** In the case that a behavioral or mental health situation creates a need for 1-1 support, we will develop a plan with the guardian and or your home therapist to find resolution. Should any MESH issues arise during your camper's stay which exceed our ability to serve your camper or should a camper present a danger to herself or others, our camp nurses or administration will contact the guardian and request the guardian to pick up their camper from camp. The guardian will be asked to work with us to create an exit plan for their camper.

Partnering with parents and therapists are essential for assessing camper eligibility to give Camp Ton-A-Wandah staff and potential campers (and their parents/guardians) the information needed to make an accurate, objective assessment when deciding if the individual's abilities are a good fit for camp and that we can accommodate their mental, emotional and social health given a situation arises. Please complete the below form to help us assess your camper's needs. If we feel we need additional information from her therapist, we will reach out with a mental health form for your therapist to complete.

Thank you for your support and cooperation with this endeavor.

Kim Haynes
Camp Director
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Camp Ton-A-Wandah

Mental Health History Form

To be completed by the participant's parent/guardian

Mental, Emotional, and Social Health History:

Does the participant currently have a diagnosis that falls within any of the following categories?

- | | |
|---|--|
| <ul style="list-style-type: none">☐ Attention Deficit Disorder (ADD or ADHD)☐ Depression☐ Obsessive-Compulsive Disorder☐ Anxiety or Panic Disorder☐ Eating Disorder☐ Substance Use Disorder☐ Traumatic Stress Disorder☐ Learning or Processing Challenge | <ul style="list-style-type: none">☐ Executive Function Disorder☐ Self Harm☐ Suicidal Ideation☐ Other Mental, Emotional, or Social Health Issue (please list):
_____ |
|---|--|

Has the participant received mental health treatment for the above issue(s) in the past 12 months? **Yes or No**

Is the participant currently taking prescription medication for any of these issues? **Yes or No**

Will she continue to take her medication during her stay at camp? **Yes or No**

- If no, will this impact her ability to function while at camp? **Yes or No**

Risk of Harm or Suicidal Ideation:

Has the participant expressed thoughts of self-harm in the last 12 months? **Yes or No**

Has the participant expressed thoughts of suicide in the last 12 months? **Yes or No**

Has the participant expressed thoughts of harming others in the last 12 months? **Yes or No**

Has the participant created a safety plan for any of the above? **Yes or No**

(You may be asked to submit this plan at a later date)

Consent to Communicate with Camper's Mental Health Professional (if needed):

To best support our campers, Camp Ton-A-Wandah requests the participant's parent/guardian to allow the camp mental health staff to communicate directly with a participant's mental health provider if needed.

Please note: Camp Ton-A-Wandah requires communication with a participant's mental health professional prior to camp if a camper has expressed self-harm or suicidal ideation within the past 12 months or if they express this during their summer session.

Please check one of the boxes below:

- ☐ I DO NOT AUTHORIZE Camp Ton-A-Wandah to exchange information with my child's therapist/psychiatrist.
- ☐ I AUTHORIZE Camp Ton-A-Wandah to exchange information with my child's therapist/psychiatrist as indicated below.

Information to be Released (please check all that apply):

Specific dates/years of treatment: _____

- All health information (excludes psychotherapy notes)

OR indicate the specific categories to be released:

- ☐ Diagnosis
- ☐ Psychological Evaluations
- ☐ Treatment Plans
- ☐ Safety Plans

Name of Mental Health Professional: _____

Mental Health Practice: _____

Mental Health Phone Number: _____

Mental Health Email: _____

Name of Parent/Guardian: _____

Signature: _____

Date: _____

Camp Ton-A-Wandah