ASSOCIATION OF CAMP NURSING

STAFF MESH SUPPORT

MECHANISMS TO SUPPORT CAMP STAFF MENTAL, EMOTIONAL, AND SOCIAL HEALTH

- **ENGAGE WITH STAFF**
  - Recognition
  - Affirmation
  - Staff Life Facilitator

- **PHYSICAL GAIN**
  - Yoga
  - Running
  - Hiking
  - Personal time in camp activities
  - 100 camp tasks completed = rewards

- **MENTAL PLAY**
  - Breakaway space & time
    - Hammocks
    - Forest time
    - Reading
    - Technology
    - Board games

- **MAKE RESOURCES AVAILABLE**
  - Therapy
  - Connecting with people and animals

- **BEST BEHAVIORS**
  - Instead of an "open door policy" - bring the "door" to staff
  - Let staff know you are "holding space for them"
  - Make mental health resources accessible

- **SELF-EVALUATE YOUR PERSONAL ATTRIBUTES**
  - Validate peers in practice
  - Learn about staff in advance
  - Listen, listen, listen