

# Staff MESH at Camp

## 3 Part Training Series

1

### Light the Fire: Transition into Camp

Create a positive, solution-focused culture where staff prioritizes self-care, enabling them to show up as their best selves for campers while meeting the unique demands of camp.

- **Level setting.** What is vicarious trauma? Can you be lonely when you're with people? What does self-care at camp look like? How can selfish selflessness improve performance? Address the realities of camp and create a common language.
- **Participate in Self-Care Activities.** Practice techniques to relax, decompress, and destress in the camp setting. Discuss technology at camp and learn what activities can help you be at your best without fear of missing out (NOMO FOMO!).
- **Create a Personal MESH Plan.** Each staff member will create a personal care plan that is appropriate for the camp setting. This guided activity helps staff self-identify strategies to take care of themselves to prevent burnout.
- **Connect with an Accountability Partner.** Living where you work can make it difficult to create boundaries while also having an accountability partner. Identify objective supports in and out of camp who can listen, without adding to camp drama.

2

### Fan the Flames: Mid-Summer Check-In

Take advantage of experiential learning to refresh concepts from staff training, creating the space to update plans and give staff personal accountability.

- **Celebrate!** What has been successful? Share techniques and strategies that have worked for you.
- **Participate in (more!) Self-Care Activities.** Explore new ways to refresh and rejuvenate through the introduction of additional techniques and ideas.
- **Update Your MESH Plan.** Time for a talk with self. What is and is not working? What are unanticipated challenges? What was working that you need to re-commit to doing? Update your MESH plan to end the summer strong.

3

### Carry the Torch: Transition Out-of-Camp

Staff often find the transition out of camp back into "the real world" challenging or scary. This session mentally prepares staff for the transition through personal and group reflection, in addition to sharing resources available outside of camp.

- **Reflection.** What did you learn about your MESH this summer? What can this look like after camp, at school or home?
- **Camp Self, Best Self.** Identify what makes you your best self and create an action item to carry with you.
- **Share Resources Outside of Camp.**

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