

SSPRPA CAMP/TEEN MEETING

Date: November 1

Time: 2pm

Attendees: Meghan, Tinley Park, Melissa, Oak Lawn, Sara, Pleasentdale, Kirstin, Frankfort, Bethany and Dominic, New Lenox

Item
Teen Programming Updates
Behavior Management
❖ Policy-Campers-agencies shared forms
❖ Parent Manual-do they sign it? Agencies shared forms
❖ Call parents -at what point, who calls, etc.-was a mix of camp counselors and leaders, most had both leaders and counselors present. Several agencies created a basic feedback form for when staff present will not be at pick-up (such as after camp) so parents can see/hear what happened
❖ Do good check-ins too so parents don't only hear bad reports
❖ Start check-ins day one
❖ Role play scenarios in training on how to speak with parents and what type of language to use
❖ Documentation-What Do you Use -agencies shared forms
Trauma Informed Training/Resilience Training -Staff Training and in Policy Changes?
❖ NAMI Training https://www.nami.org/Home
❖ LEAD Training https://www.leadnow.org/what-we-do
❖ Center for Childhood Resilience https://www.luriechildrens.org/en/specialties-conditions/center-for-childhood-resilience/
Open Roundtable Discussion
<ul style="list-style-type: none">• MVCC Mentoring Program-2023• Stacy with MVCC will be joining us in December to go over mentoring program, all are welcome! Please bring special event staff with if you do not lead events, we would love to have as many agencies represented as possible.
IPRA Update -no update at this time, waiting on October minutes will share when they come through
Announcements
Adjournment

Additional Items:

Do you require distance requirements for parents/emergency contacts to arrive at camp/location within a set amount of time?

- Most did 15-30 min requirement
- Several had strike policy's if parent took longer
- Require Pre-K through 1st grade to have space clothes
- Several agencies seeing increase toileting issues even at older grades

What to do about phones?

- Phone jail-phone is out then it is confiscated and returned to parents only
- Set phone use times-lunch and recess
- Staff sitting with campers while on phone to limit recordings/photo takings
- Add phone expectations to parent handbook and parent sign-offs so rules are clear
- Have technology day where electronics can be brought-no other time
- Be strict from day 1 and set clear expectations

Q's to go over with Site Staff in planning

What camp needs did we struggle to meet this summer?

How much did staff & their responses play an issue in behaviors/managing them/de-escalating or escalating them/etc.

What ages struggled the most-what were the repeated struggles

What activities did campers enjoy the most/least

Any changes to emergency form based on needs/behavior issues/camp 2022?

What behaviors did you see over and over/how were they addressed/how will you address moving forward/parents and issues?

Do you let staff know they may experience triggers at camp-eating disorders/abuse/body image issues, etc. Any thought of this being addressed in the future in the interview or training process

Ideas

- **Increase de-escalation training**
 - Teach signs of escalation
 - Anger
 - Discomfort
 - Nervousness

- Pace/tone
- Foot tapping/fidgeting/crossed arms
- Breathing pace
- Intervene before escalation
 - Teach coping skills/self-care
 - Check in moments with campers
 - Be aware of facial expressions
 - Be aware of gestures/postures/body language
- After occurrence-check in with campers about possible triggers, ways could have helped, teach a coping skill to them, be aware of triggers in future
- Teach conversation tips to have staff use when talking with parents-Difficult conversations
- **Incorporating Self-Care into Camp**
 - Yoga
 - Meditation
 - Dance breaks
 - Fidget toys/games
 - Mindful Minute exercises
 - Free periods
 - Coloring/drawing/slime/dough free time

Ideas to bring to camp to assist with staff burnout

- Use more games/team builders/sharing during meetings
- Do secret buddies between staff
- Assign camp families-meet throughout summer
- Hang up funny camper quotes/favorite moments etc. to show staff they are making a difference
- Do you have a plan in place if a staff needs a quick refresh break-

Next Meeting:

December 6: Pleasant Dale Park District, 7425 S Wolf Rd, Burr Ridge 2pm Topic: 2023 Calendar Planning/Activities Roundtable-bring/send your FAVORITE Camp game/Activity

In addition Stacy with MVCC will be in to discuss the Mentorship Program. If you are interested, but cannot attend the meeting, please let me know so you are included in the emails.