



Ohio 4-H Camping Program

Keeping Mental Health in Mind

Competencies covered in this lesson:

- 4) Health, Wellness, and Risk Management

Intended Audience:

- Camp Counselors

Lesson Objectives:

Participants will:

- Understand the definition of mental health
- Learn statistics and facts to help increase awareness of mental health

Time: 30 minutes

BACKGROUND

It is important for camp counselors to keep the health of their campers in mind during camp. Counselors monitor camper's physical health by making sure that they are drinking water, eating during meals, resting, and avoiding situations that could lead to injury. Physical health is just a part of a person's overall health, so it is important that counselors are also aware of their camper's mental health.

Mental Health is a state of successful performance of mental function, which results in productive activities, fulfilling relationships, and the ability to cope with adversity. In other words, a person has positive mental health when they are able to work, play, have fulfilling relationships, and cope with change. When a person is unable to do one or more of these things, they could be in a state of negative mental health and/or be suffering from a mental health disorder.

As a camp counselor, knowing basic facts and stats about mental health can help you be aware and better monitor the overall health of your campers.

WHAT TO DO

Activity:

- Hang up the TRUE and FALSE signs at opposite ends of the room.
- Read each of the "Mental Health Facts" statements and ask counselors to decide if the statement is TRUE or FALSE, moving to the appropriate sign to indicate their answer.
- After all counselors have moved, reveal the correct answer and read the accompanying fact.



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Equipment and supplies:

- TRUE and FALSE wall signs
- Tape
- Mental Health Facts sheet

Do Ahead:

- Review lesson.
- Gather supplies.
- Place TRUE and FALSE signs on opposite walls in the room

Sources:

- Youth.gov (n.d)
Retrieved from <http://youth.gov>
- SAMHSA – Substance Abuse and Mental Health Services Administration. (2017, September 13). Retrieved from <http://samha.gov>
- Mental Health First Aid USA. (2013, October 10). Retrieved from <http://mentalhealthfirstaid.org/>

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TALK IT OVER**Reflect:**

- Which of these facts surprised you the most?
- Based on these facts, what can you infer about the number of campers who may be dealing with a mental health disorder?
- What types of mental health problems do you think we may encounter most at camp?

Apply:

- Think about what you know about mental health and mental health disorders. How can you use the power of this information to benefit your campers?
- When at camp, if you notice a camper has a headache, you suggest they drink more water and get hydrated. This is just one way that you keep campers' physical health in mind. What can you do at camp to monitor campers' mental health?