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| **A red letter on a white background  Description automatically generated** | **UNIVERSITY OF WISCONSIN-LA CROSSE (UWL)**  **YOUTH PROTECTION**  **OVERNIGHT CAMP MENTAL WELLNESS SAFETY PLAN** |

UW-La Crosse takes mental health and wellbeing incredibility seriously. Developing a camp mental health crisis response plan for overnight campus activities involving minors is an essential step in ensuring participant safety and well-being. Overnight camp staff are also subject to more rigorous training on emergency response and incident recognition.

**Identify Crisis Response Team Members –** will be present and onsite overnight.

These individuals must be identified to all attending participants at the start of the camp, and easy to find at any point during the day/night activities. A crisis team member must be present at all times. Their contact information must be shared alongside the Camp Directors *(if not the same person)* in case of emergency.

Preparation: *the UWL Counselling Center (608-785-8073) will help provide any specific details for planning, noting they can NOT provide services to minors without parents present.*

**1. Identify Potential Risks or Triggering content:** Conduct a thorough risk assessment to identify potential mental health crises that could arise during overnight campus activities.

**2.** **Define Crisis Levels:** Establish a clear system for categorizing mental health crises based on severity. For example, you could have three levels: low, moderate, and high. Define the specific criteria for each level, including observable signs, behaviors, or symptoms.

**Low:** There is no concern for students’ or other’s immediate safety, but the student is having significant personal issues. *(Example: student is crying)*

1. **Find out more information/use listening skills**
2. **Contact Camp Director for support**

**Medium:** Indicators of distress are observed but severity is unclear. The interaction has left you feeling uneasy or concerned. 24/7 support is available through community, regional, and nationwide resources. These resources are accessible to anyone and not limited to UWL Students. Some resources may be more accessible or comfortable to contact based on your identity.

* **La Crosse County Mobile Crisis: 608-784-HELP (4357)**
* **Suicide & Crisis Lifeline (Call or Text): 988**
* **Veterans and other service members (even for children of service members): press 1**
  + [Deaf or Hard of Hearing options](https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/)
* **Trevor Project: 1-866-488-7386**
* **Text "START" to 678-678**
  + [Chat Online](https://www.thetrevorproject.org/get-help/)
* **Crisis Text Line: Text "HOPELINE" at any time to 741741**
* **Support for folks of Color, Text "STEVE" any time to 741741**
* **211 (Great Rivers 211)**
* **608-789-9000 (University Police)**

**High:** The student’s conduct is clearly reckless, disorderly, dangerous or threatening and is suggestive of immediate harm to self or others in the community.

* **Call 911**
  + **La Crosse PD might provide a co-responder**
* **Remove other students from the area if present**
* **Isolate student if possible**

**3.Training and Education:** Provide comprehensive training to all staff members who will be involved in overnight campus activities. This should include recognizing signs of distress, de-escalation techniques, and how to respond effectively during a mental health crisis. Educate staff on the legal and ethical considerations surrounding minors' mental health and mandatory reporting procedures.

**4. Communication Protocols:** Establish clear communication protocols to ensure that staff members can quickly and effectively communicate during a mental health crisis. Include emergency contact information for mental health professionals, administrators, and parents or guardians. Determine which staff members will be responsible for initiating communication and notifying appropriate individuals.

**6. Privacy and Confidentiality:** Educate staff members on the importance of maintaining privacy and confidentiality when handling mental health crises. Explain the limitations of confidentiality, particularly when minors are involved, and outline the circumstances under which information may need to be shared with parents, guardians, or authorities.

**7. Documentation:**

A record of any reported mental crisis incident must be created by the Camp Director and submitted through (MAXIENT FORM)