



## **Camp Sno-Mo Camp Counselor Training Outline**

Each Camp Counselor who supports campers receives the following training

### **DAY ONE**

#### **Policies and Procedures** (Camp Director)

- Camp Sno-Mo policies and procedures

#### **Camp Orientation** (Camp Assistant Director)

#### **Radio** (Camp Assistant Director)

- Proper use of camp radios and policy

### **DAY TWO**

#### **Agency Orientation** (Human Resources)

- Health Insurance Portability and Accountability Act (HIPAA)
- Occupational Health and Safety Instruction
- Bloodborne Pathogens / Infection Control / Universal Precautions
- Agency Human Resource Policies and Compliance

#### **Equipment** (Camp Assistant Director)

- Proper use, safety practices camp equipment

### **DAY THREE**

#### **Easterseals Wellness** (Coordinator of Employee Wellness)

- Self-Care Methods
  - Insight Timer use and benefits
  - Healthy Eating
  - Positivity
  - Yoga practice

#### **Lifting** (Occupational Therapist)

- Demonstrate competency of the following: log rolling transfer, side-lying sit transfer, scooting to edge transfer, stand pivot transfer, sliding/boosting to head of bed transfer, sit to stand transfer,
- Demonstrate proper use of gait belt, Hoyer Lift, shower chair

### **DAY FOUR**

#### **Personal Care Services** (Camp Registered Nurse + Assistant Director)

- Demonstrate competency of the following: Body Mechanics, lifting, transfer belt, mobility devices, skin care, bathing, shampooing, hydration
- Emergencies
- Seizures
- Allergic Reactions
- COPD
- Diabetes
- Aphasia
- Falls
- Hand Hygiene
- Personal Protective Equipment
- Universal Precautions

## **DAY FIVE**

### **Clinical** (Licensed Easterseals clinicians)

#### **Trauma Informed Care**

- Define Trauma- The 3 Es
- Types of Trauma
- Symptoms in children
- Negative triad
- Trauma and the brain
- Toxic Stress
- Cortisol Activation
- Resilience
- Toxic stress interventions
- Adverse Childhood Experiences

#### **Positive Behavioral Supports**

- Define and develop an understanding of Positive Behavior supports
- Identify benefits of Positive Behavior Supports for the individual and in the agency setting
- Explore antecedents, behaviors, and consequences
- Obtain an understanding of Reinforcers
- Understand the window of tolerance and approaches to support the youth

#### **Suicide Prevention**

- Suicide Facts and Figures
- Risk and protective factors
- Resilience
- Warning Signs
- Myths
- Help Seeking
- Suicide Prevention

#### **Mental Health 101**

- Neurodevelopmental Disorders
- Intellectual Disabilities
- Person-centered approach to working with individuals diagnosed with Mental Illness and/or Neurocognitive disorders

#### **Overview of Disabilities**

- Overview of disabilities served

#### **Autism Spectrum Disorder**

- Define common disorders related to Autism Spectrum Disorder (ASD)
- Describe how thoughts and cognitive processing may differ in individuals with ASD
- Explain what ASD is
- Identify key characteristics of ASD
- Review examples of how ASD presents in daily life.
- Understanding ASD is diagnosed.
- Discuss known causes of ASD
- Recognize key facts about ASD
- Describe common treatments and interventions for ASD

## DAY SIX

### **MOAB** (MOAB certified trainer)

- Teach principles, techniques, and skills used to recognize, reduce and manage anxious, aggressive, and violent behavior
- Provide effective and compassionate methods of dealing with anxious or aggressive people
- Gain personal empowerment through increased confidence and skills used during threatening situations
- Minimize potential for injury to you, bystanders and the individual(s)
- Reduce fear in stressful circumstances by increasing the ability to successfully react
- Reduce liability risk for inadequate, unnecessary or improper control of aggressive and violent behavior

## DAY SEVEN

### **American Red Cross CPR/AED and First Aid** (Registered Nurse trainer)

- Procedures and steps caring for adults and children
- This course will review the critical first steps in giving care in an emergency until help arrives.
- Give the learner the confidence, knowledge, and skills to recognize a life-threatening emergency and give immediate care
- The learner will demonstrate competency in all required skills by attending and fully participating in the various assessment scenarios.

## DAY EIGHT

### **Person Centered Language** (Camp Director)

- Definition and application of person-centered language
- Disability etiquette

## DAY NINE

### **Scout Program and Camp Training** (Scout Staff)

- YPT Training – Youth Protection training mandated by BSA
- Emergency procedures
  - Alarms
  - Evacuations
- Therapeutic Riding program training
  - How to support campers and safety dealing with horses.
- Program trainings
  - Visit each area
  - Learn how to **support** campers in program areas depending on variable
  - Learn how to promote badges and accomplishments independently

## DAY TEN

### **Documentation** (Camp Director)

- Procedures in documentation
  - What forms are used for what
  - Where forms are submitted
  - What information goes on each form.
- Training on how to read documents on campers
- Training on how to fill out ES forms