

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