

Table 1. MESH PROFESSIONALS: WHO COMPLEMENTS YOUR CAMP NEEDS?

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NOTE: Descriptions below are generalities. Talk in-depth with a selected MESH professional to fully understand their skills and experience. There is overlap among the scope of services provided by these professionals; consequently, have thorough discussions so all parties understand what's needed to meet camp needs and what boundaries the professional should honor.

This information is subject to state regulation; there is variation from state to state. Consult legal counsel if uncertain what your state directs

Title	Educational Background, License
Mental Health First Aider	Certificate in eight-hour Mental Health First Aid course.
School Counselor	Most states require a Master's degree in School Counseling or Educational Psychology plus a license. May have professional board certification.
Nurse (RN)	Education level varies as does psych nursing coursework and experience. License required.
Psychiatric-Mental Health Advanced Practice RN (PMH-APRN or PNP)	RN with advanced degree; Doctor of Nursing Practice with psychiatric emphasis. License required; may be board certified/credentialed.
(Certified) Therapeutic Recreational Specialist (CTRS)	Bachelor's or better in Recreational Therapy plus 560 hours supervised internship and success on NCTRC exam.
Social Worker	Entry-level: baccalaureate; generally supervised in work setting. Independent practice: Master's.
Licensed Clinical Social Worker (LCSW)	Master's prepared with supervised work experience. Licensed/certified. <i>NOTE: licensed master social worker is not a licensed clinical social worker.</i>
Psychologist	Doctoral degree supported by supervised internship. Clinical psychologists must be licensed; they may also be board certified in specialized areas.
Psychiatrist	Physician (MD) with specialization in MESH concerns. Licensed as MD and board certified as a psychiatrist.

ADDITIONAL NOTES:

- Some teachers, especially those who teach Special Education classes, may be helpful. Teachers often have a feel for youth and, like Mental Health First Aid folks, can help identify troubled individuals, provide support while waiting for the appropriate MESH professional to respond, and often bring their experience to camp.
- Physicians (MDs) may also have an interest in MESH concerns, especially pediatricians, so talk with your camp's doctor. Perhaps they can help.

Scope of Practice Related to MESH	Notes Regarding "Fit" for Camp
<ul style="list-style-type: none"> Identifies people experiencing MESH problems and provides minimal intervention while working to get the person to a MESH professional. 	<ul style="list-style-type: none"> Able to identify people struggling with MESH needs and provide immediate, temporary support while referring person to an appropriate professional.
<ul style="list-style-type: none"> Helps students set and achieve academic and career-related goals. Typically works with youth experiencing trouble with school learning as well as students desiring post-high school education. May also have training/experience in family/marriage counseling and/or substance abuse counseling. 	<ul style="list-style-type: none"> Used to K-12 youth; what about your staff? Camp is not school; discuss the differences so the counselor can shape their interventions appropriate to your camp policies and setting. Depending on your camp, social interaction may be more important than "school learning." Talk with the counselor about this distinction.
<ul style="list-style-type: none"> Varies; often limited psychosocial nursing skills unless experience includes a MESH practice setting. May have complementary psych degree and/or psych nursing experience/interest. 	<ul style="list-style-type: none"> Typically problem oriented; used to referring problem to another professional while providing support to the individual. Needs explanation as to how nursing intervention must complement camp policy and practices.
<ul style="list-style-type: none"> Licensed to practice; may be PNP credentialed. Provides preventive and treatment services in integrated systems. May prescribe medications (determined by each state's Board of Nursing). Skill in both individual and community practice; experience varies. 	<ul style="list-style-type: none"> Skill in working with person/community (camp) on problem area may depend on previous experience as well as understanding camp policy and practice. Able to partner with director to figure out pain points, including those inadvertently created by camp itself.
<ul style="list-style-type: none"> Applies competencies/skills toward life factors associated with client's specific disability/illness. Uses recreation and activity-based interventions to address needs. Provides professional assessment, intervention, and documentation in community settings like camp. 	<ul style="list-style-type: none"> Ask about experience working with people who are not professionals (e.g., camp counselors). At camp, typically adapts what is needed by the client rather than change the nature of the activity. May have noncamp clients, so discuss how and when the CTRS will interface with camp people.
<ul style="list-style-type: none"> Helps people access social services. Refers individuals needing MESH assistance to appropriate MESH professional while providing support. Skill in both individual and community practice; experience varies. 	<ul style="list-style-type: none"> While not a clinician, this professional often supports person with MESH needs while another professional treats the problem. Good/excellent at helping people effectively interact socially. May be best person to provide staff support.
<ul style="list-style-type: none"> Provides counseling in addition to helping people access social services. Professional education includes training in clinical assessments, coursework in case management, and a hands-on experience requirement. 	<ul style="list-style-type: none"> Able to diagnose and treat MESH concerns. Skill, effectiveness dependent upon the LCSW's understanding of camp policies and practices. May not be able to leave their noncamp clients, so be prepared to discuss how and when this person will interface with camp folks.
<ul style="list-style-type: none"> Explores why people think and behave the way they do. Main function is to diagnose and treat a variety of mental health and emotional problems. Generally does not prescribe medications. Can administer psychological tests. 	<ul style="list-style-type: none"> Excellent at diagnosing and treating MESH concerns. Focus is on talking through concerns and coaching change, including those that need parent buy-in. May not be able to leave their noncamp clients, so be prepared to discuss how and when this person will interface with camp folks. Great person for camp director to consult; discuss the terms of availability.
<ul style="list-style-type: none"> Specializes in the treatment, diagnosis, and prevention of mental health problems. May write prescriptions for clients. Education includes a four-year residency in the field. 	<ul style="list-style-type: none"> Skilled at diagnosing and treating MESH concerns. Tends to rely on medications. May not be able to leave their noncamp clients, so be prepared to discuss how and when this person will interface with camp folks. Great person for camp director to consult; discuss the terms of availability.

This document is subject to change. If you would like something added or revised, please email your comment(s) to Linda Erceg, erceg@campnurse.org. Thank you!