

BBYO MENTAL HEALTH POLICY SIGN-OFF

BBYO is committed to providing an emotionally, mentally, and physically safe and respectful environment for our teens. When there is concern of a teen being at risk: whether through suspicion of abuse, a mental health concern, suicidal ideation, or something else, BBYO has a responsibility to act. For more information on the steps BBYO takes to support teens and our policies on mental, emotional, and social health please see our Ensuring Safe Environments Policy.

Participation Requirements

All teens must complete their CampDocs profile and are asked to include any relevant information regarding their mental, emotional, and social health.

Any teen who has been hospitalized for mental health challenges or diagnoses in the last year or is receiving intensive mental health care (such as a residential treatment center, day hospital program, etc.), must have their participation in BBYO overnight programming cleared by the Senior Director of Wellness and Inclusion prior to participation in overnight events.

Teens in the following situations may not be allowed to participate in BBYO programs:

- An in-patient, hospital program
- A day hospital program
- Recent dismissal from a residential treatment program, wilderness program, or other equivalent
- Inability to be in school or participate in school programming
- Level of support that would require a one-to-one

The decision about participation and the level of support needed will be made in consultation with BBYO's Senior Director of Wellness and Inclusion. Parents are encouraged to reach out to the [Senior Director of Wellness and Inclusion](#) to discuss teen needs and accommodations prior to programs to best ensure teen support. With appropriate knowledge and planning, BBYO is able to accommodate needs and set up systems of support for teens.

Responding to Mental Health Needs

If a teen appears to be struggling at a BBYO program, staff will:

- Check in with the teen
- Communicate with caregivers
- Implement strategies to support success

BBYO will work with caregivers, appropriate mental health professionals, and the teen to build out appropriate help and support within the limitations of the program.

However, BBYO programs are not a therapeutic environment. As a result, there may be times when a decision is made to remove a teen from programming due to mental, emotional, or social health needs.

Teens who express or are dealing with the following challenges may be sent home from a BBYO program:

- Suicidal thoughts
- Threats of harm to self or others

Teens who engage in the following behaviors may be dismissed from a program or require daily check-ins, asked to consult with their home-based therapist, or require additional staff support (potentially at parental expense):

- Non-suicidal self-injury behaviors
- Disordered eating
- Aggressive behaviors
- Depression that interferes with participation in program
- Extreme anxiety that interferes with participation in program
- Need for individualized support not known before program

I have disclosed all information about my teen's mental health and their needs prior to attending a BBYO program. I understand and accept BBYO's mental health policy.

Parent/Guardian Signature

Date

BBYO can only support the mental, emotional, and social health challenges that it is aware of. Withholding or not sharing information with BBYO staff regarding a participant's mental, emotional, or social health history can be detrimental to the teen and the program, and may result in a teen being sent home from a program.