

**PRACTICAL PEARLS: Anxiety about summer camp**

<b>INTRODUCTION</b>	<ul style="list-style-type: none"> <li>• In children and adolescents with significant clinical anxiety, anticipating attending summer camps can lead to serious, even disabling stress and agitation.</li> <li>• However, these kids can have very positive experiences with summer camps that lead to personal growth and enhanced self-esteem <a href="http://www.jaacap.com/article/S0890-8567(09)61838-4/abstract">http://www.jaacap.com/article/S0890-8567(09)61838-4/abstract</a></li> </ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"> <li>• Identify kids who have significant anxiety symptoms through yearly behavioral health screening</li> <li>• Reinforce that summer camp experiences, if handled properly, can lead to significant personal growth and enhanced self-esteem for kids dealing with anxiety</li> <li>• For kids showing signs of significant distress or disability in association with anticipation of attending a camp, conduct an in-person evaluation and assess for anxiety symptoms</li> </ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"> <li>• If more than transient distress or if the child is using “avoidance” as a primary coping mechanism (refusing to go to camp, calling frequently to come home, presenting with various non-specific general medical complaints with no identifiable medical cause)</li> </ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"> <li>• (413) 794-5555 (Behavioral Health Central Intake)</li> <li>• (413) 794-3342 (Baystate MCPAP consultation)</li> </ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"> <li>• Comprehensive Evaluation and treatment plan by a trained pediatric mental health professional</li> <li>• Counseling, psychotherapy and psychiatric services provided to family as needed and indicated</li> </ul>

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