

## Camp Tamarack Summer 2023 Camper Wellness In-Take Form

- a) Please describe your child's emotional wellness.
- b) Have you noticed any changes to your child's emotional and/or psychological wellness over the past year? For example, anxiety, panic, depression, disordered eating, substance use issues. If so, please explain.
- c) Has your child received any formal mental health diagnosis?
- d) Have there been any significant losses or life transitions in the past year (deaths, divorce, moving houses or schools, traumatic event)? If so, how has your child coped?
- e) To your knowledge, does your child have a history of self-injurious behaviour, suicidal ideation and/or suicidal attempts?
- f) Does your child receive any form of therapy? If yes, would it be important for your child to have access to this support throughout the summer?
- g) Are there any concerns related to daily routines (unable to follow instructions, poor organization)?
- h) Are there any concerns related to peers (very shy, bullying incident, aggressive behaviour towards peers, social difficulties)?
- i) Are there concerns related to bedtime (difficulty falling asleep, sleep anxiety, rituals that your child might need to follow)?
- j) Do you have any concerns related to your child's eating habits (picky eater, eat too little, eat too much, etc.)? If so, please explain.
- k) How does your child typically express their emotions (crying, avoiding, aggression)? How does your child typically cope with their emotions?
- l) How would you recommend we best support your child's emotions? What has worked for you and your child?
- m) Is there anything else you believe would be helpful for us to know about your child's emotional wellness and/or how to best support your child at camp?
- n) Would you like to speak to a member of the leadership team regarding your child's emotional wellness?