**INTRODUCTION**

- In children and adolescents with significant clinical anxiety, anticipating attending summer camps can lead to serious, even disabling stress and agitation.
- However, these kids can have very positive experiences with summer camps that lead to personal growth and enhanced self-esteem.
  
  http://www.jaacap.com/article/S0890-8567(09)61838-4/abstract

**INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE**

- Identify kids who have significant anxiety symptoms through yearly behavioral health screening.
- Reinforce that summer camp experiences, if handled properly, can lead to significant personal growth and enhanced self-esteem for kids dealing with anxiety.
- 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.

**WHEN TO REFER**

- 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).

**HOW TO REFER**

- (413) 794-5555 (Behavioral Health Central Intake)
- (413) 794-3342 (Baystate MCPAP consultation)

**WHAT TO EXPECT FROM BAYSTATE CHILDREN’S HOSPITAL VISIT**

- Comprehensive Evaluation and treatment plan by a trained pediatric mental health professional.
- Counseling, psychotherapy and psychiatric services provided to family as needed and indicated.