



BBYO Passport Mental Health Commitment

BBYO Passport is committed to giving every teen a meaningful and positive experience and has outlined guidelines below that we ask staff, teens, and parents to review.

Please consider that due to the nature of the program, our BBYO Passport staff members are unable to be held or to administer any prescription medication.

Our commitment to you is that the BBYO Passport office will:

- a. Provide staff and tour guides training to act as partners and resources for our teens
- b. Provide staff with ongoing professional support and access to healthcare professionals

Our BBYO Passport trip staff is committed to:

- a. Review each teen's medical history and care
- b. Design the schedule to provide teens the opportunity for adequate amounts of sleep
- c. When necessary, facilitating room changes
- d. Act as resources to teens who have concerns during the program

BBYO Passport teens are asked to:

- a. Set daily alarms as a reminder to take their medication. BBYO Passport staff can assist if there is confusion with time zone changes
- b. Travel with additional medication that is kept in a separate bag from their main supply
- c. Approach staff with when they feel the need to discuss their feelings, emotions, etc.
- d. Travel with an extra written prescription in cases their medication needs to be replaced
- e. Contact their mental health professional for additional resources during the program, before and during the program

BBYO Passport parents are encouraged to:

- a. Discuss their teen's summer medication requirements with their family doctor
- b. Remind teens to take their medication when speaking to them
- c. Try to allow teens the space to keep their attention on the group experience rather than relationships at home
- d. Provide the BBYO Passport staff with a list of best practices and strategies to support their teen while away from home

Many teens are prescribed medication to help them focus or concentrate during the school year. While some families choose not to continue taking this medication during the summer, we would ask that parents and teens consider doing so. The program can be demanding with long days, hours of touring and group programming. Some teens feel more successful on the program while taking their medication. We respect your choice if you choose not to continue your teen on their medication during the summer, however, please consider sending them with their medication in case they should require it.