

Mental, Emotional, and Social Health (MESH)

Tips for Dealing with MESH Situations – Other than Suicide

Everyone is having fun in your latest scouting activity, you hear some shouting. It appears that there are two scouts arguing. You step in and ask what is going on. You find that they are having a loud discussion on a specific merit badge requirement. After pointing them in the correct area to look up specific merit badge requirements the activity continues. Is this a MESH situation? No. Then one of the scouts starts shouting again, calling the other scout an idiot and other demeaning names. He throws materials from the table across the room. Is this a MESH Situation? Yes. Here are some tips on how to handle the situation.

- Ensure your own safety and the safety of others before approaching. Stay calm and call for another adult to help. **Two deep leadership applies in this situation.**
- Stay with the Scout.
- Remove dangerous items from around the Scout.
- Be sure to respect the Scout's privacy.
- If possible, walk the Scout to the Event Health area. If that is not possible, ask anyone who is not helping you to leave the area.
- Communicate in a calm manner. Do not be judgmental.
- Do not promise to keep it a secret. Use age and development appropriate language.
- Do not force a conversation.
- Use active listening. Respond to cues from the individual. This may include repeating or slowing down the conversation, especially if they become confused or agitated. Speak calmly and quietly.