



Camp Empower is a therapeutic day camp designed to empower, strengthen and shepherd the hearts and minds of children and families who struggle with emotional, academic and relational needs.

Camp is designed to implement social-emotional and cognitive developmental skills by using hands on tools and techniques. Campers rotate through nature, sensory and brain game groups in a way that connects the dots between twenty-first century science, adversity and achievement.

Camp Empower serves children ages seven to twelve from 9:00-1:30 for three days. Campers are matched with a camp trained "Buddy" to support each camper throughout the day.

Campers and their Camp buddy rotate through four groups led by trained trauma-informed counselors, therapist and/or educators.

The four groups include:

- Nature Group
- Sensory Group
- Movement Group
- Brain Game Group

The groups target sensory development, motor development, emotional development and cognitive development in a playful environment.

Camp Empower also offers trauma-informed, cognitive focused caregiver training one evening of camp. This gives the caregivers the opportunity to experience Camp Empower and be equipped with the same trauma-informed, cognitive focused interventions as their campers.



Questions?

Who hosts Camp Empower?

Church partners, other child welfare agencies, orphan care ministries, and schools typically host Camp Empower. The first year of camp, hosting partners bring Lifeline's Camp Empower staff in to run camp and equip local partners with the Camp Empower model in order for the partner to host Camp Empower the following year independently.

Where is camp held?

Church buildings, schools, orphanages

What kind of space is needed for Camp Empower?

6 rooms:

- room 1: Nature Room
- room 2: Sensory Room
 - (tables, chairs needed)
- room 3: Brain Game Room
 - (table, chairs needed)
- room 4: Buzz Room / Sensory Friendly-Inside directed obstacle course
- room 5: Tent Room (Quite Room)
- room 6: Movement Room (Boot Camp)

Who are the buddies at Camp Empower?

Camp buddies are typically students or adults ages 17 and up interested in serving children and families from vulnerable situations. Buddies must participate in a training program before camp. Church partners, agencies, etc are responsible for recruiting Buddy volunteers. Volunteers must fill out an application and be accepted by Camp directors.

How many staff and/or volunteers are needed at Camp Empower?

20 staff members/volunteers

- 1 Licensed Counselor
 - (social work, psychologist, family)
- 2 educators
 - (teachers, educational therapist tutors)
- 1 Assistant
- 15 Volunteer buddies
 - (17 years and up)

What is the typical ratio of campers to staff/buddy at camp?

- 1:1 Buddy to Camper
- 1:5 Staff to Camper

What is Camp Empower Parent Training?

Depending on the location and time frame, Camp Empower staff hosts one parenting training. One-to-one parent meetings are offered throughout the camp. This is an opportunity for Camp Empower staff to communicate individual camper observations and answer questions parents may have.

Is the parent/caregiver training required?

It is not required, but highly recommended to help the caregiver and families to understand the tools and strategies the campers are being taught in order to help families integrate these strategies in the home.

What are Nature Groups?

Nature Groups are more about experience than education. Nature Groups are designed to teach with experience, rather than instruction or lecture. The activities are designed to help the caregiver and the child to connect and nurture your relationship.

Questions?

What can I expect to learn through nature groups?

You can expect to participate in activities that promote attachment and bonding. You will be introduced to new activities that encourage connection. At the group, you will practice these exercises one-on-one with your child. You will learn some TBRI connecting strategies, as well as TBRI catch phrases or scripts that will serve as reminders. You and your child will also work on self-regulating behaviors.

What are Sensory Groups?

Sensory groups are designed to create a sensory rich environment that helps children understand their body and how it processes the world around them.

What can I expect to learn through sensory groups?

You can expect to participate in sensory rich activities that help children self-regulate, express emotions, and become more self-aware by using their senses.

What are brain game groups?

Brain game groups are about learning to play cognitive games that promote working memory and visual/auditory processing growth.

What can I expect to learn through brain games?

You can expect to learn games that strengthen your cognitive executive functioning skills which in turn impacts your ability to think and process information.

What is movement group?

Boot Camp! Movement impacts learning, attention, focus and brain development.

What can you expect in movement group?

Movement groups are designed to equip the students with particular movements designed to integrate and develop reflexes related to motor-sensory development which impacts the central nervous system.

What is the cost of camp?

\$500 per camper 3-day camp. These fees cover all camp supplies and staff expenses. Scholarships have been provided through churches, aid agencies, and individual donations.

What does Camp Empower's daily schedule include?

9:00-9:15	Door Greeting/Buzz Room/Outside/Tent/Tent Room	Buzz Room/Outside/Tent Room
9:15-9:55	Nurture	Nuture
9:55-10:05	Snack	Snack
10:05-10:45	Sensory	Movement
10:45-11:10	Outdoor Rec	Outdoor Rec
11:10-11:30	Lunch	Lunch
11:30-12:10	Movement	Movement
12:10-12:50	Brain Games	Brain Games
12:50-1:00	Calm Down/Pick Up	Calm Down/Pick Up