

CONTENTS

Foreword: School's Out, Over 'n Out xi
Andrés Martin

Preface xv
Alicia H. McAuliffe-Fogarty and Karen P. Carlson

Foundational Issues in Camp Programming and Outcomes

Organized Camping: A Historical Perspective 751
Ron Ramsing

Organized camping has been part of the fabric of American culture for more than 150 years. Today, organized camps serve more than 11 million youth annually, a significant departure from the first camps that were created to address the challenges of urban living during the Industrial Revolution. This article provides a brief historical perspective of organized camp and its evolution.

Overview of Camp Research 755
Karla A. Henderson, M. Deborah Bialeschki, and Penny A. James

Organized camp experiences for children have been a part of American culture for almost 150 years. Millions of young people and adults have had positive developmental experiences in outdoor camp environments. Research about the outcomes of camp as well as about camp operations has documented the role that camps play in enhancing human development. This article summarizes some of the trends that have occurred in camp research and offers suggestions for future directions to assure that camp experiences continue to "enrich lives and build tomorrows."

Camp Experiences and Developmental Outcomes for Youth 769
M. Deborah Bialeschki, Karla A. Henderson, and Penny A. James

Most children view camp as an enjoyable experience. In addition to the essential fun aspect of camp, researchers are discovering several positive developmental outcomes. This article describes some of the developmental outcomes that occur at camp based on developmental theories that underlie camp programs and the research that has been conducted. The primary developmental outcomes examined relate to the broad areas of self-constructs, social relationships, skill building, and spirituality. The recent national data collected by the American Camp Association to document developmental outcomes are highlighted to better understand how “camp gives kids a world of good.”

Camp Selection and the Role of Health Care Providers 789
Christopher A. Thurber

The selection of a summer camp that best matches a child’s interests, abilities, and developmental level is essential. This article provides information to assist families in their consideration of camp type, location, length of stay, gender composition, and structure. It also outlines the way that health care providers can assist families in selecting the most appropriate camp for their child.

Clinical Consultation to Camp Programs

Consulting to Summer Camps 807
Bob Ditter

There has been an increased need for consultation to summer camps from the allied health/mental health fields because camps are available to children with medical and psychological illnesses. Factors in camp programs that are necessary for effective consultation and the various roles a consultant may serve within the camp community are discussed in this article.

**Using Psychological Science to Improve Summer
Camp Staff Training** 817
Ethan D. Schafer

Preseason staff training is an exciting and stressful time for all camping professionals. By using principles of developmental psychology, learning theory, and self-monitoring, however, we can maximize the usefulness of training sessions. This article also discusses educating staff about children’s mental health issues and managing challenging situations with adolescents.

Staff Burn-Out Prevention and Stress Management

829

Karen Paisley and Gwynn M. Powell

In many ways, adolescent seasonal camp staff are asked to do what no parent would likely be capable of doing: to be best friend, role model, and risk manager for a group of young strangers. The high expectations for camp responsibility converge at a time when the developmental stages of most camp staff and their growing skill sets may be most challenged. What we ask of seasonal staff may, in fact, be at direct odds with their developmental capabilities as adolescents. This conflict may be a primary source of daily hassle-type stress, which has been shown to have tremendous impact on health and general well-being. To help prevent or, at least, mitigate this impact, the combination of administrative structure, supervisory support, and peer and self-care is critical to staff development. This article provides a brief exploration of the developmental stages and capabilities of seasonal staff and, an overview of methods to support and empower staff while on the job to help prevent burnout and encourage stress management. The focus of this article is on mechanical and procedural prevention as a stress management tool.

Preventing and Treating Homesickness

843

Christopher A. Thurber and Edward A. Walton

Homesickness is a normative pathology that ranges from benign to severe. It is defined as the distress or impairment caused by an actual or anticipated separation from home and attachment objects. Symptoms of homesickness, including preoccupying thoughts of home, can be predicted, prevented, and treated. This article summarizes the latest clinical research and practice surrounding homesickness in children and adolescents. Equipped with this knowledge, health care providers can train and consult with summer camp directors and staff to properly prepare and treat new and returning campers.

Developing Positive Behavior at Camp:

Contain-Discuss-Plan

859

Alice Cohen and Karen P. Carlson

Effective work with children is the cornerstone of camper retention in any summer program. The quality of this work depends, in part, upon an effective program for maximizing positive behavior and minimizing behavioral difficulties or crises. This article describes the unique context of the camp environment in relation to the establishment of good child-centered practices for behavior and prosocial development. The authors describe an approach developed by staff of and consultants to The Hole in the Wall Gang Camp and discuss the consultant's role in aiding and monitoring behavior programming.

Specialized Camping Programs

A Specialized Program for Children with Developmental Disabilities Within a “Typical” Overnight Summer Camp: Camp Ramah’s Tikvah Program

875

Howard I. Blas

The Tikvah Program is an overnight camping program at Camp Ramah in New England that serves campers with a range of developmental disabilities. The program has evolved over its 37-year history and includes a camping program, vocational training program, and inclusion program. Select graduates are hired by the camp for summer employment. The Tikvah Program offers a model for serving campers with special needs within a larger “typical” summer camp. Although serving the needs of such campers offers unique challenges, the presence of such a program in a regular summer camp offers tremendous opportunities and benefits for campers with special needs and more typically developing campers.

Medical Specialty Camps for Youth with Diabetes

887

Alicia H. McAuliffe-Fogarty, Ron Ramsing, and Eddie Hill

Camps for children with medical conditions have been in existence for decades. With the advent of new medical technology and research advances, children with medical illnesses are living long lives with chronic conditions. Camp provides an ideal setting to help these youth manage and cope with their disease. Using camps for children who have diabetes as a model, this article reviews the history of medical specialty camps and the psychosocial and medical aspects of the disease that are unique to this population and describes the intentional programming and special considerations within this camping environment. The article concludes with a review of research and recent studies conducted at camps for youth who have diabetes that investigate the benefits of these specialized camping programs.

Challenge by Choice: Adventure-Based Counseling for Seriously Ill Adolescents

909

Karen P. Carlson and Matthew Cook

Adventure-based programming, a component of adventure therapy, is an intentional practice used in summer camps, community-based youth agencies, and other organizations to promote inter- and intrapersonal growth and change. This programming has gained popularity in addressing personal growth, as well as specific problems, including substance abuse, juvenile delinquency, and other life challenges. Adventure-based programming addresses the developmental needs of seriously ill adolescents on several levels. This article describes adventure-based programming in the context of its effectiveness and utility in a summer camp program for children who have life-threatening illnesses.

**Family Camps: an Overview of Benefits and Issues
of Camps and Programs for Families**

921

Sarah Taylor Agate and Christine Davis Covey

One form of family leisure in which many families choose to participate is attending a family camp. Recent increases in family camps (both formation and attendance) and reasons for attending family camps are reviewed. This article addresses types of family camps, and philosophies and foundations of family camps and structures and activities are discussed. Benefits (both immediate and long-term) of family camp attendance are presented, and concerns associated with this type of camp are mentioned. The authors give a call for theoretical-based family camp programs and research and provide specific recommendations for programs and future research.

Index

939