



Congratulations and welcome to the Camp Susan Curtis Family. Your camper has been chosen to participate in a memorable summer experience! The following information will be helpful as you plan and prepare for your camp session. The dates of your session are in the email that this packet was attached to.

### THE CAMP SUSAN CURTIS STORY & MISSION

Since 1974, economically disadvantaged youth of Maine have been invited to attend Camp Susan Curtis on Trout Lake in Stoneham. The legacy began when Governor Ken Curtis and his wife Polly lost a daughter to Cystic Fibrosis. They gathered a group of friends to research the needs of youth within the state and discovered that many were unable to enjoy a camp experience due to the high cost. The development of Camp Susan Curtis included opportunities for social and recreational skill development, positive role models to guide campers, and experiential education to promote learning and future aspirations.

**The mission of the Susan L. Curtis Charitable Foundation and Camp Susan Curtis is to ensure that economically disadvantaged Maine youth develop the individual character, self-confidence, and skills essential to becoming independent, contributing citizens.**

*99% of our campers who are with us for 4 years or more and complete Leadership Development graduate from High School. 82% enroll in college or certificate programs.*

Camp is made possible by the generous contributions of individuals, businesses, service clubs, corporations, and grants. Each year, the Susan L. Curtis Charitable Foundation fundraises over \$500,000 to keep camp tuition free for our campers and families.

### CONTACT INFORMATION

Terri Mulks, Camp Director  
[tmulks@susancurtisfoundation.org](mailto:tmulks@susancurtisfoundation.org)

#### Administrative Office

1321 Washington Avenue, Suite 104, Portland, ME 04103 ♦ 774-1552

#### Camp Susan Curtis

236 Allen Road, Stoneham, ME 04231 ♦ 928-2955

*Any GPS/Mapping Tool will bring you right to our front gate.*

**Please use this email for messages.** Messages sent on our Facebook Page may be delayed or overlooked.

### Accreditation & Licensing

Camp Susan Curtis is licensed by the Maine Department of Health & Human Services and nationally accredited by the American Camp Association.

National Recipient of the ACA Eleanor P. Eells Award for Program Excellence-2015

### SOCIAL MEDIA



Friends of Camp Susan Curtis



@campsusancurtis



camp\_susan\_curtis



A great way to be part of camp all year long is to join us on social media.

## CHECK IN/CHECK OUT INFORMATION

The CSC Staff Team will guide you through Check In/Out. Your **specific session dates** are in the email.

Information	Check In	Check Out
Day	Sunday (June 25 or July 9 or 23 or Aug 6)	Friday (July 7 or 21 or Aug 4 or 18)
Time	3:30-5:00 p.m.	9:30 a.m.
Important Reminders	Please keep medications, swimsuit & towel separate from luggage for the check in process.	Camper will not be released to anyone without a Photo ID. Individuals must be listed in UltraCamp as Authorized.

Campers who have not been picked up by 10:30 a.m. may be charged a fee and/or lose the opportunity to return to Camp Susan Curtis in the future. Law Enforcement will be contacted if no family contact has been initiated by noon.

### A TYPICAL CAMP DAY

7:00-7:45	Prep for the Day
7:45	Password (Daily Thought/Goal)
8:00	Breakfast
8:45	Cabin Clean Up
9:30	Cabin Family Time (5-2-1-0/Literacy/Healthy Choices)
10:00-12:00	Morning Activity Periods
12:00	Lunch
12:45	Rest Hour
2:00	Social Recreation
2:50	Snack
3:00-6:00	Afternoon Activity Periods
6:00	Dinner
6:45	Unstructured Play
7:15	Evening Activity (campfire/competition/games)
8:45	Cabin Summit (reflection on day/experience)
9:00	Staff Reads Aloud to Campers
9:30	Lights Out

#### Color Key

Cabin Family	All Camp
Meals	Activities

*Activity Periods are chosen by Traditional campers on the first night of camp in 5 Program Areas: Creative Arts, CSC Explorers, R.O.C.K., Sports & Games, and Waterfront. Swim Lessons are required for all Red & Yellow level swimmers.*

Weekend, Special Event, & Extreme Weather schedules vary.

**Campers in Bridge & Leadership Programs follow a similar schedule with teambuilding, workshops, and interest-specific activities each day.**

### PICTURES FROM CAMP

We love to take pictures and post them on our **Friends of Camp Susan Curtis Facebook Page**. We know you love to look at pictures of your camper so be sure to “Like” us. Please know that the photos are truly a snapshot of the camp experience and not a gage of how your camper is doing. Be assured that even if your camper is frowning, or not in a picture, or has not brushed their hair; that they are safe, making friends, participating in activities, and being guided through the experience by wonderful staff members. Our first priority is always to the camper experience, much of which cannot be captured in a photo. We do not have a regularly scheduled day or time for posting. Remember-if you request in the Media Release that your camper not be in any pictures-then we will respect that and they will not be in any pictures.

## YEAR ROUND PROGRAMS

In an effort to keep in touch with our families and campers outside of camp, we are adding year-round programming as an extension of our summer season. We will be offering Camp to Campus & Career Trips and related workshops, Regional Gatherings as a day-long event with opportunities for families and campers to play and learn together, and other exciting activities and events. Watch your email for more information!



## FREQUENTLY ASKED QUESTIONS

**Where will my camper live?** Campers will live in a cabin with boys or girls with at least two staff members and 8-10 same grade/age campers. The cabins have bunk beds, a full bathroom, cubbies, and a porch. Venture Out participants live in tents while on a 6 day expedition and in a bunkhouse together while at camp.

**Who are the campers?** Campers are youth in grades 3-12 from all across the state. Like your camper, they have been chosen to attend by their school. We have campers with many kinds of social, emotional, and educational abilities. 70% of our campers return each year and 30% are new. All campers become part of the family quickly!

**Who are the staff?** They are compassionate, knowledgeable, and fun! All have participated in at least one week of training specific to their positions at camp. Cabin Staff are entering their Senior Year in High School or have already graduated. Program Specialists are at least college-age and have previous camp experience.

**What are the activities at camp?** Traditional Campers have the opportunity to choose activities in Creative Arts, CSC Explorers, R.O.C.K. (Ropes & Outdoor Challenges for Kids), Sports & Games, and Waterfront. Beginner & Intermediate level swimmers have a daily swim lesson. Evening Programs are cabin specific or all camp wide. Campers in other programs (stART, Venture Out, SpEad, STEM, Explore, Leadership Development) participate in activities specific to each program: art, stem, sports, backpacking, teambuilding, and leadership workshops.

**What will the campers eat?** The Dining Hall serves 3 balanced, nutritious, kid-friendly meals each day at 8:00 a.m., 12:00 p.m., and 6:00 p.m. Food is not permitted in the cabins and snacks from home are discouraged. If you do send a care package with food, the food will be stored in the office and returned at Check-Out.

**What if my camper is injured or ill?** Our Registered Nurse will dispense medications and take care of routine illness and injury. Should a camper need to be examined by a physician, we will call you to schedule an appointment with their regular physician or make other arrangements. In an emergency situation, we will call you at our soonest opportunity.

**How will I communicate with my camper?** Provide your camper with writing paper, envelopes, and stamps and suggest that they write to you. To keep our phone line clear in case of an emergency, we do not allow campers to place or receive calls to or from home. For the safety of all of our campers, we do not permit any family or friend visits during the camper's stay. We encourage families to send fun letters to the camper. Cell phones and email are not permitted as we find it can interfere with a positive camp experience.

**What about extreme weather?** A camp session may see sun, rain, high temps, cool temps, or storms. We monitor the weather closely and communicate with staff members about what to expect. Campers are encouraged to dress appropriately, drink water, and follow all safety procedures in the event of extreme weather.

**Is there a Lost & Found?** Sometimes it is hard to keep track of everything as a busy camper. Most lost items are displayed in the Dining Hall or returned if it has a name on it. We tend to toss socks and underwear. We are not responsible for keeping track of camper items or for mailing items home. We remind campers to look after their things and encourage you and your camper to label items and double check belongings at Check Out.

**Can I pick my camper up early?** We strongly discourage picking campers up before the end of the session. Campers who leave early miss the complete camp experience. If you are unable to allow your camper to stay for the whole session, we ask that you forfeit their spot to a camper who is able to do so. Early pick-ups will lose the opportunity to return to Camp in the future and are responsible for paying \$100/day for each day that is missed.

## A WORD ON HOMESICKNESS

It is a natural part of the camp experience to feel homesick, especially at the beginning. Campers may send you a letter saying that they miss you/are not having fun/have not made friends/are crying every day. **Please do not panic if you receive such a letter.** Our staff is trained to provide compassionate assistance to any and all campers who are homesick. We will know long before you will know that they are homesick and by the time you receive the letter, they will be having a great time. We do understand that it is incredibly difficult to receive such letters and while your first inclination is to come and pick your camper up, please do not do that. If a camper is truly homesick and cannot be consoled, we will contact you and discuss a plan of action. Part of the camp experience is learning to work through challenges and uncomfortable situations. We will absolutely and totally support your camper while they are doing that.

It is helpful to the camp process that you prepare your camper for being away from home. Here are some things to do in advance of the camp experience.

- Involve children in the decision to spend time away from home. Taking part in even the smallest decisions will increase perceptions of control. Allow campers to help with packing, looking up directions, or sharing thoughts on pictures from the website at [www.susancurtisfoundation.org](http://www.susancurtisfoundation.org) or our Facebook Page “Friends of Camp Susan Curtis”.
- Educate children. Young people should be told, “Almost everyone misses something about home when they are away. Homesickness is normal. It means there are lots of things about home you love.”
- Arrange for practice time away from home, such as a weekend at a friend’s or relative’s house. Ideally, these 2 or 3 days do not include telephone calls but do include opportunities for writing a letter or postcard home. After the practice time away, families can discuss how things went.
- Refrain from expressing anxious or ambivalent feelings about time away from home. Well-intentioned families have often made homesickness worse with comments such as, “I sure hope the food there is good,” “I hope you’ll be okay,” or “If you do not like it, I will come and get you.” Families should express enthusiasm and optimism about the separation and not let their own feelings of anxiety get in the way.
- Maintain predictability and perspective about the time away. Use a wall calendar to show children the time between today and the day of the separation. Highlight which days or weeks the child will be away, so he or she can see that it is a short period of time, not an eternity.
- **VISIT US BEFOREHAND** or **GIVE US A CALL:** We are happy to speak with you by phone or give you a tour of camp. Sometimes it helps to hear a reassuring voice or to see the place where your child will be. You can also email us with any questions if that is easier.



## BEHAVIOR EXPECTATIONS AGREEMENT

The culture of CSC is one of joy and acceptance and includes a collaborative problem solving model of Behavior Management designed specifically for our campers. The goal is to provide a strengths-based program that ensures individual character and skill development with fair and compassionate interventions that recognize and relate to the individual youth.

We ask that all campers, staff, and family members interact with one another using these values:

**Caring** ♦ **Citizenship** ♦ **Fairness** ♦ **Respect** ♦ **Responsibility** ♦ **Trustworthiness**

### Behaviors & Interventions

- *Interfering Behavior:* words or actions that are not an immediate threat or danger to an individual or group.
  - **Examples:** not listening, inappropriate language, exaggerated stories or injuries, disrupting an activity, non-participation
  - **Intervention:** conversation between camper and staff with specific action steps to improve participation and group dynamic
  - **Escalation:** Leadership Team staff will work with Cabin and Program Staff to develop a Camper Action Plan
- *Aggressive Behaviors:* words or actions that are an immediate threat or danger to an individual or group or an escalation of Interfering Behaviors that negatively impact the individual or group experience.
  - **Examples:** physical violence or self-harm, verbally abusive language, bullying, sexual overtures, possession of alcohol, drugs, tobacco, weaponry
  - **Intervention:** discussion with a Leadership Team member, contact with a family member, referral partner, or associated social service agent
  - **Escalation:** Termination of the Camp Experience; in some situations this will happen immediately if we feel that staying at camp is no longer beneficial to the emotional or physical health and safety of this camper or others. This decision may be revisited in future summers and is, by no means, a permanent expulsion from Camp.

### Additional Information

- *Physical and emotional safety* is essential to the camp experience and campers will never be deprived of basic comforts, punished, or humiliated. Whenever possible, behavior guidance will occur away from other campers. At times, campers will sit in a designated area (porches, picnic tables, office) until they are ready to participate in a discussion or while they wait to go home.
- *Confidentiality* protects our campers and families. Staff will not release information about campers to anyone that is not a recognized, authorized adult. The identity of other campers involved in the same situation (a fight, for example) will not be revealed to an authorized adult representing another camper unless it is mutually agreed upon by all involved parties.
- *Restraint* may become necessary to prevent harm or injury and will be used ONLY if a camper is an immediate threat or danger to themselves or another individual. The RN will be summoned to monitor the situation and provide medical expertise as necessary.



## PACKING LIST

**🏠 Labeling:** Please label your camper's belongings as much as possible. Permanent marker on clothing tags, shoe tongues, or hat brims will work best and, in most instances, guarantees return if they should get lost.

**🏠 Clothing:** Please send comfortable clothing suitable for playing in the woods and the water all day, every day. We discourage clothing that is tight or revealing such as tank tops, short shorts, or dresses.

**🏠 Laundry:** Camper laundry will be sent out on the first Friday and returned on Saturday. Pratt Abbot Cleaners does all camper laundry at no charge including pick-up and return to Camp. They are awesome!

### Bedding

- 1 Set Single Bed Sheets       Sleeping Bag or Comforter/Blanket       Pillow

### Clothing

- 7 pairs Underwear       7 pairs Socks       1 set of Pajamas (sleepwear)  
 5-7 Short Sleeve T-Shirts       1-2 Long Sleeve T-Shirts       1-2 Sweatshirts  
 5-7 pairs of Shorts       1-2 pairs of Jeans or Sweatpants       1-2 Swimsuits (no bikinis)  
 1 Raincoat or Poncho       1 Jacket or Windbreaker

### Shoes

- 1 pair Sneakers or Low Hiking Shoes       1 pair Sandals or Flip Flops for the Beach

### Toiletries

- Soap       Shampoo       Hair Brush or Comb  
 Toothbrush       Toothpaste       Deodorant

### Other

- 2-3 Towels (for shower & beach)       Sun Block       Insect Repellent  
 Stamps for Postcards and Letters       Flashlight       Dirty Clothes Bag

### Optional

White T-Shirt for Tye Dye

Notepad/Journal

Pen

Book

**Please leave the following items at home so that they do not become lost, destroyed, or disruptive at camp.**

- Electronics (phones/music players/etc.)       Jewelry       Make Up       Money  
 Games/Toys/Sports Equipment       Matches       Fireworks       Live Animals  
 Alcohol/Tobacco/Drugs       Hair Dryers/Curling Irons       Weapons/Knives

### VENTURE OUT

Please try to bring clothing that is fleece or nylon, 2 pairs of wool socks, hiking boots, a winter hat & gloves. If you do not have these, we can help you out 😊

**Don't have something on the list or less than the suggested amount? Forgot something at home? Don't panic! We have many items available at camp. Let us know by calling ahead or alerting the Cabin staff on Check-In Day.**