



Celebrating **45** Years!

Welcome to SUMMER 2019!

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.

CONTACT INFORMATION

Terri Mulks, Camp Director

tmulks@susancurtis.org

Susan Curtis Foundation Office

(October-April)

1321 Washington Avenue, Suite 104, Portland,
ME 04103

207-774-1552

Camp Susan Curtis (May-September)

236 Allen Road, Stoneham, ME 04231

207-928-2955

www.susancurtis.org

THE CAMP SUSAN CURTIS STORY

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, Susan, 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. Nearly 18,000 campers have strengthened their habits and skill for lifelong achievement while developing character, enjoying friendships, and spending valuable time in the great outdoors.

Accreditation & Licensing

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

**National Recipient of the American Camp Association
Eleanor P. Eells Award for Program Excellence-2015**

Maine Children's Alliance-Giraffe Award, 2018





CHECK IN

Please plan 30-60 minutes from arrival to departure.

FOR YOUR ASSIGNED SESSION WITH DATES: SEE THE EMAIL YOU RECEIVED WITH THIS INFORMATION.

Day: Sunday

Time: 3:30-5:00 p.m.

All GPS/Mapping Tools will bring you to our front gate at **236 Allen Road, Stoneham**

Once you arrive, the CSC Staff will guide you as you:

- ◆Park
- ◆Drop luggage
- ◆Hop on the van for transport to main camp

Van space is limited. Please be aware of the number of individuals you have with you to allow space for other families. Pets must stay at the parking field.

Camp terrain is very outdoorsy with roots, rocks, holes, hills, etc. Please be sure to have someone with you to walk the camper to the cabin if you are not able to do so yourself.

Please keep medications with you and separate from luggage for the check in process because you will explain and turn them into the Camp RN immediately.

CHECK OUT

Please plan 15-30 from arrival to departure

Day: Thursday

Time: 1:00 p.m.

Once you arrive, the CSC Staff will guide you as you: ◆Park ◆Sign out your camper

- Luggage Pick Up-Your camper will have a tag with how many pieces of luggage they need to pick up. Example: Tag has the number 3, Camper has 3 items (pillow, bag, stuffed animal)

CAMPERS WILL ONLY BE RELEASED TO AN ADULT LISTED AS AN AUTHORIZED PICK UP.

You may make changes to this list in UltraCamp until noon on Tuesday before Check Out.

The Authorized Adult

MUST HAVE ID WITH A PICTURE!

Driver's License, Passport, State Issued ID, Work ID, School ID.

SAFETY FIRST. NO EXCEPTIONS!



TRANSPORTATION

Camp Susan Curtis, in collaboration with partner agencies, offers transportation to our families free of charge to and from certain locations.

Staff members are present to assist with supervision, luggage, and check-in, check-out.

Please see Check Out Information for information about Authorized Adults & ID.

Session 1

To/From Presque Isle Boys & Girls Club: Sunday @ 9:00 a.m., Thursday @ 6:00 p.m.

From Camp to Biddeford Park & Ride, Exit 32 Biddeford: Thursday @ 3:00 p.m.

Session 2

To/From George J. Mitchell Elementary (Waterville): Times TBD by school, for AOS 92 only

From Camp to Westbrook High School, 125 Stroudwater: Thursday @ 2:30 p.m.

Session 3

To/From Bangor Park & Ride, Exit 182 (Odlin Rd.): Sun @ 12p.m., Thur @ 3:30 p.m.

From Camp to Cascade Brook Elementary School, Learning Lane, Farmington: Thur @ 3:00 p.m.

Times and locations are subject to change. Information will be sent before the session.

Transportation home will be signed up for during the Check In Process.

SOCIAL MEDIA

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



Friends of Camp Susan Curtis



@campsusancurtis



Instagram

camp_susan_curtis

PICTURES FROM CAMP

Our top priority is *always* camper's physical and emotional health and safety. There are many things that staff are responsible for **before** they are able to take and post pictures. We ask that you be patient and kind until we can get to it.

Photos are a snapshot of the camp experience and not the whole picture. Even if your camper is frowning or has not brushed their hair; they are safely making friends, playing, and learning.

We do our best to get to every camper but with over 130 individuals participating in over 10 activities during any hour of the day, that can prove challenging.

REMINDER: If you request in the Media Release that your camper not be in any pictures- we take that seriously and they will not be in any pictures including Session Cabin Photos.



FREQUENTLY ASKED QUESTIONS

Where will my camper live? In a cabin with at least 2 staff members and 8-10 same grade/age campers. Cabins have bunk beds, electricity, a full bathroom, cubbies, and a porch.

Who are the campers? 3rd-12th graders from across the state. All have been nominated 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.

Who are the staff? They are compassionate, knowledgeable, and fun! All have participated in at least one week of intensive training, worth 3 college credits. Staff are high school or CSC Leadership Development graduates. Most are enrolled in college or career professionals.

What are the activities at camp? Creative Arts, R.O.C.K. (Ropes & Outdoor Challenges for Kids), Science & Nature, Sports & Games, and Waterfront. Beginner & Intermediate level swimmers have a daily swim lesson. Evening Programs are cabin specific or camp wide. Campers in Bridge & Leadership Programs participate in activities specific to each program: art, science, sports, outdoor pursuits, public safety, service learning, and leadership workshops. All campers participate in intensive teambuilding during their first 2 days.

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. There is a 3:00 p.m. snack. Food is not permitted in the cabins and snacks from home are discouraged. Food from home will be stored in the office and returned at Check-Out.

What if my camper is injured or ill? Our Registered Nurse dispenses medications and takes 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. Camper safety is our number one priority. In an emergency situation, we will contact a family member at the 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. For adjustment purposes, we do not allow campers to place or receive calls to or from home, send or receive email, or have any communicating electronic devices. For safety, we do not permit camper visitors.

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 and how to respond. Campers are encouraged to dress appropriately, drink water, and follow all safety procedures in the event of extreme weather.



Is there a Lost & Found? Most lost items are displayed in the Dining Hall or returned if a name is on it. We discard underwear and socks. We are not responsible for keeping track of camper items or for mailing items home. We encourage you and your camper to label items and double check belongings at Check Out.

Can I pick my camper up early? 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. Early pick-ups 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. 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 all campers who are homesick. 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 cannot be consoled, we will contact you and discuss a plan of action. Part of the camp experience is building resilience by learning to work through uncomfortable situations. We will absolutely support your camper in our kind and compassionate atmosphere while they are doing that.

Here are some suggestions to prepare your camper for time away from home:

- Allow children to take part in even the smallest decisions to increase perceptions of control. Allow campers to help with packing, looking up directions, or sharing thoughts on pictures from our social media pages.
- Let children know that: “Almost everyone misses something about home when they are away. Homesickness is normal. It means there are lots of things about home you love.”
- Families should express enthusiasm and optimism about the separation and not let their own feelings of anxiety get in the way. 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.”
- 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 CAMP 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.

CAMPER MAIL FIGHTS HOMESICKNESS!

Camper Name & Cabin Number
236 Allen Road
Stoneham, ME 04231



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 to experience meaningful success at camp. The goal is to provide a strengths-based program that ensures 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 individual participation and group dynamic
 - **Escalation:** Leadership Team staff will work with Cabin and Program Staff to develop a Camper Action Plan that will specifically address steps toward camper success.

- ⇒ *Aggressive Behaviors:* words or actions that are an immediate threat/danger to an individual/group or an escalation of Interfering Behaviors that negatively impact the individual/group.
 - **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 primary caregiver, referral partner, or associated social service agent
 - **Escalation:** Termination of the Camp Experience; this may 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 when possible. Permanent marker on clothing tags, shoe tongues, or hat brims will work best and may help us to return them.
- **Clothing:** Please send comfortable clothing suitable for playing in the woods and the water. We discourage clothing that can not be worn in an active situation.
- **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)
- 1-2 Swimsuits(no bikinis)
- 5-7 Short Sleeve T-Shirts
- 5-7 pairs of Shorts
- 1-2 Long Sleeve T-Shirts
- 1-2 pairs of Pants
- 1-2 Sweatshirts
- 1 Jacket/Raincoat

Shoes

- 1 pair Sneakers or Low Hiking Shoes or sports sandals
- 1 pair shower shoes or Flip Flops for the Beach

Toiletries

- Soap
- Shampoo
- Hair Brush/Comb
- Deodorant
- Toothpaste
- Toothbrush
- 2-3 Towels (for shower & beach)

Other

- Sun Block
- Insect Repellent
- Journal
- Stamps/Paper/Pen(cil)
- Flashlight
- White T-Shirt (for Tye Dye)

Please leave the following items at home so that they do not become lost, destroyed, or disruptive at camp. Some items may be cause for immediate dismissal. Others may be stored in the office until Check-Out.

- Phones, Electronics, Tablets
- Money
- Jewelry
- Live Animals
- Hair Dryers/Straighteners, etc.
- Make Up
- Games/Toys/Sports Equipment
- Matches/Lighter
- Fireworks
- Weapons/Knives/Firearms
- Alcohol
- Tobacco, E-Cigarettes
- Drugs, Marijuana, CBD