



Teen Reach Adventure Camp - T.R.A.C.

FAQ

➤ **Who attends T.R.A.C.? What ages?**

- Youth who are in or have been in foster care between the ages of 12 thru 15. This includes youth who have been reunited with biological families or adopted.

➤ **When and how long is T.R.A.C.?**

- We have two separate camps- one for boys and one for girls. Each camp is three days (early Friday morning through late Sunday afternoon).

➤ **Where is T.R.A.C.?**

- We prefer to keep the exact location limited to only those that must know. This is for the safety and confidentiality of the campers. Case workers can be provided this information if deemed necessary.

➤ **What does T.R.A.C. cost?**

- We want to provide this camp as a service to the youth and foster families, therefore we do not charge to attend our camp.

➤ **Is T.R.A.C. a religious camp? If so, do campers have to share the same views to attend?**

- We are a faith-based camp. However, we do not proselytize and we welcome campers of all religious views. We respect their right to believe as they choose. Our curriculum provided by Teen Reach Nation Headquarters is based on characters in the Bible that encourage, inspire, and grow positive character traits in the youth who attend. T.R.A.C. The curriculum offers positive life lessons in overcoming difficult circumstances regardless of their belief system.

➤ **What activities are available for youth at T.R.A.C.?**

- Activities include but are not limited to; archery, hiking, crafts, swimming, paddle boating, and challenge course. The challenge course is an integral part of Teen Reach Adventure Camps as this is the place where campers are challenged to greater trust and work within a team. They have fun and it allows them to connect with more quickly to their fellow campers and counselors.

➤ **How does my youth sign up for T.R.A.C.?**

- Space at camp is filled on a first-come, first-served basis allowing for returning campers after the first year. If space is available, we will accept late applications as well. We encourage return campers so our Camper Recruitment Coordinator will be making every effort to keep in touch with past campers and get their applications in early. Once campers' applications have been accepted, the case-worker/foster family/guardian will be advised of the date, time and location for registration. The camper must be accompanied by an adult to registration where they will be accepted into our care and bussed to the camp location.

➤ **My youth has specialized behavioral needs. Can T.R.A.C. manage difficult youth?**

- Teen Reach is a national organization with a proven model for camps that are designed specifically for youth involved with foster care and their special needs. Camp directors attend six days of national training on running camps on this model before they are allowed to start a camp. We are required to have a professional mental health counselor at camp 24 hours a day. We are also required to have a medical staff person with a minimum of LPN or RN credentials at camp 24 hours a day to ensure that medications are properly handled. We have a camper to counselor ratio of only 2:1 to ensure that each camper gets the personal attention they need. When necessary, we will arrange for a 1-to-1 pairing. Campers and Camp Counselors travel in groups of 2 Counselors and 4 Campers.
- In addition, each counselor or staff person who will have direct contact with campers must attend 8 hours of training on the national model for their first year of service and 4 hours of refresher training each subsequent year. In addition, T.R.A.C. Camas requires that all of our senior staff be trained in Trust-Based Relational Intervention (TRBI) through attendance at either an Empowered to Connect conference or similar on-line program. This ensures that the key decision-making staff have the best possible understanding for how to manage behavioral issues and ensure that every camper has a successful camp experience. The TRBI training that we are requiring for our camp is in addition to the stated national requirements. T.R.A.C. staff is not trained to work with youth who are severely disabled, mentally or physically.

➤ **My youth has medical needs. Can accommodations be made?**

- T.R.A.C. strives to meet all medical needs, however there are some limitations. Special needs are reviewed on a case-by-case basis. This is an outdoor camp and electricity is not available throughout all areas of the camp which can impose limitations. We have a medical staff person at camp with a minimum of LPN or RN credentials 24 hours a day. All medications are properly and securely stored by the medical staff and dispensed only as prescribed. The medical director will review all applications and determine if there are medications or medical needs involved that could indicate a risk to the camper to attend camp. T.R.A.C. will make accommodations as best as possible but only while still ensuring the safety and

well-being of the camper. We ask to please avoid putting youth on a 'medication vacation' prior to coming to T.R.A.C.

➤ **Can T.R.A.C. accommodate dietary needs?**

- We will make every effort to accommodate dietary needs with accurate and timely notification at the time of application. This will allow T.R.A.C. to be prepared and have the appropriate food items in stock and plans to prevent cross-contamination in place. All staff serving or handling food will hold a current food handlers card.

➤ **What is the supervision of youth at T.R.A.C.?**

- Counselors are responsible to know where their campers are at all times. Campers are paired with counselors in a 2-to-1 ratio. Counselors are paired with a co-counselor who will also have up to 2 campers. Campers are not permitted to go off on their own, and must stay with their group. If a camper does not want to participate in any given activity, we have a fully-staffed activity center where the camper can hang out, do crafts, or rest. Additionally, there is a "two-deep rule", which means that no adult is ever alone with a camper.

➤ **What happens at registration?**

- Once applications have been accepted, parents/foster parents/legal guardians will be provided the date, time and location for registration. Registration happens on the morning of the first day of camp. Registration is usually at a convenient community location such as a church or meeting place.
- An adult guardian must accompany campers to registration to ensure that medications are properly turned over to the medical staff and that the camper and their belongings have been placed into our care. T.R.A.C. staff will let the adult know when it is okay for them to leave as there are a few different steps they will need to go with their youth.
- In the same way, on return, the camper will only be released into the care of the appropriate adult guardian. Unless arrangements are made, this needs to be the same person who brought the camper to registration.

➤ **Is there a supply list for camp? What does my youth need to bring?**

- Camp will provide:
 - A camper t-shirt for each day at camp (required to be worn except after shower time in the evenings when campers are in PJs)
 - Bug spray (if there are sensitivities, campers may bring their own but it needs to be checked in as a medication with the medical staff)
 - Sun screen
- Below is a typical packing list:
 - Comfortable closed-toed shoes (like tennis shoes). Campers are required to wear these throughout camp (except at shower time) to avoid foot injuries

- Socks
- Flip-flops for shower time
- Water socks or old tennis shoes for in the river (rocky)
- Undergarments for 3 days
- Pants or shorts (modest please)
- Pajamas
- Jacket and/or sweatshirt for mornings and evenings
- Modest swim attire
- Sleeping bag
- Pillow
- Flashlight
- Toiletries (deodorant, tooth brush, tooth paste, soap, shampoo, etc.)
- Towel for showering and after water sports
- Wash cloth
- Medications (to be provided by adult accompanying camper directly to medical staff)

Note: Paints and dyes and other craft items may be used at camp that could stain clothing or shoes so we strongly recommend that older clothes and shoes be brought and brand-new items left at home.

- What campers MAY NOT bring to camp:
 - Cell phones
 - Electronic games
 - Music players
 - Anything that could be considered a weapon
 - Chemicals, medications or drugs of any kind in their own possession
 - Any reading material that could be considered profane or offensive

➤ **What happens after T.R.A.C.?**

- There is a program called *T.R.A.C.life* which is a mentorship program specifically for campers and staff of our camp. T.R.A.C. cannot guarantee that every camper will be able to participate, but where a staff person has the ability to take on the additional responsibility, and as deemed appropriate by case-workers and foster/custodial parents, mentorships can be set up. This is a monitored relationship with a one-year commitment to twice a month face-to-face visits of two hours or more for the benefit of the camper. Campers not involved in *T.R.A.C.life* will not have continued contact with camp staff. Teen Reach Lincoln launched *T.R.A.C.life* in 2020.

➤ **My youth just moved placements out of the county, can they still attend?**

- Absolutely! If the camper can make it to registration, they are more than welcome to return. On rare occasions, some accommodation to “meet in the middle” might be made as well. However, this cannot be promised or guaranteed except on a case-by-case, pre-arranged basis.