



## Behavioral Health Management Outta Bounds Day Camp

The safety, well-being, and health of your camper is top priority at Camp Timberline. Our environment, programmed activities, and staff availability are how we determine the best scenario in meeting camper medical and behavioral needs. We want it to be a successful experience for each camper. Thus, for the Day Camp program, we have found that campers who have completed kindergarten through 6<sup>th</sup> grade thrive the best in this setting. Kids in this age group are comfortable with a daily schedule, being in small groups, and having an adult other than their parent guide them through activities. Please consider your camper's age as well as medical and/or behavior conditions listed below if you would like your child to attend Outta Bounds. Please notify our staff if your child has not attended kindergarten yet or there are medical and/or behavior conditions to consider prior to attending camp. Each condition is considered on a case-by-case basis and final acceptance is at the sole discretion of the Camp Director after consultation with the medical team.

### Medical and/or Dietary:

These are conditions that require careful monitoring of the camper's physical condition.

- **Medical Concerns:** Diabetes, Cystic Fibrosis, Hemophilia, Epilepsy, and heart conditions need to be reviewed by our directors. The Day Camp program does not have a registered nurse on site, but the Day Camp Director or Healthcare Assistant can administer basic medications and emergency prescriptions such as inhalers and EpiPens. If your child needs insulin or medication requiring a syringe, please have a parent commit to being present to administer medication/care when those items should be taken.
- **Dietary Concerns:** Celiac Disease, peanut allergies and dairy allergies need to be reviewed with our directors and food service staff.

### Social/Emotional/Behavioral:

These are conditions in which the camper and the lives of those around them are impacted.

- Separation Anxiety, Depression, Suicidal Tendency, Learning Disability, Language Delay, Observed Behavior Challenges, Autism, Asperger's, and Down's Syndrome are some examples.

### Essential Functions of a Camp Timberline Camper:

Ultimately, each child is expected to thrive within the Essential Functions of Camp Timberline as defined below.

- **Function Independently** – In an active environment for a full week without requiring one-on-one supervision. All health and behavioral issues need to be self-managed without a parent/guardian present.
- **Interact Cooperatively with Others** – Campers must be able to effectively interact in a group-based or community environment.
- **Be Attentive and Follow Directions** – Campers need to respond well to authority and follow directions from the counseling staff over a sustained period of time. Safety is priority and each camper is responsible to follow the guidelines and rules set forth by the Camp Timberline staff.
- **Maintain Physical Activity at 5,000-6,000 Feet Above Sea Level** - Our program is very active for campers. Daily activities include sports, high ropes courses, climbing walls, and games. Campers must be able to engage in activities within these conditions.

### Bullying:

Camp Timberline is a place where each and every person is known and loved. Our core values promote inclusion, kindness, patience, positivity, gratitude, forgiveness and safety. Therefore, behavior that contradicts these actions in the form of direct or indirect bullying that causes physical, verbal, social or emotional harm to a camper will NOT BE TOLERATED at Camp Timberline. A Camp Director will immediately address any incident of reported bullying and reserves the right to dismiss a camper from camp without refund based upon the severity of the behavior. Each incident will be evaluated and reviewed on a case-by-case basis.