



Quest Therapeutic Camps, Inc.
907 San Ramon Valley Blvd. #202
Danville, Ca 94526

Afterschool programs 2022-23



Register online at :
www.questcamps.com

2022-23 Afterschool Fees
10 Weeks
in-person groups
4:00-6:00 PM \$950
New Camper One-time screening fee: \$175
Discount for signing up for additional sessions::
2 sessions- save \$100 off
3 sessions save \$285 off

Quest Registration and Refund Policy
Due to the psychological nature of our program, all campers must be screened prior to attending camp. The initial camp screening fee is \$150.
We will always work to assure the quality and benefit of our program for your child. If you are not satisfied with the program, consult the director, a refund minus processing fees will be provided.
Due to staffing commitments, there are no make-ups or reimbursement for missed groups.
Afterschool therapy may be covered by PPO insurance companies for group therapy and ABA services and vendorized by the Regional Center

Professional Staff:
Natasha Edrinbgtton, M.A. Director
Tonya Edrington, MA, LPCC

Summer 2023: 6/19-8/4
NEW! Coming to San Diego
Quest's evidence-based intensive summer program will begin June 19, 2023
Established in 1989 by Robert Field, Ph.D. in the SF Bay area, Quest has provided its' highly effective summer program since 1989. Three research studies have found a consistebnt "strong treatment effect" in helping children improve emotional and social functioning.

Improving Mental Health for Children & Adolescents

Since its inception in 1989, Quest has been an effective treatment for children with mild to moderate emotional and social problems that occur with ADHD, anxiety and high functioning autism. Utilizing the naturalistic setting of play, Quest staff has been trained to provide helpful observation and strategies to teach better coping skills while they occur.

Integrating concepts of emotional and social intelligence into treatment provides a greater understanding of how to make changes that improve behavior as well as self esteem. Quest has developed "hands on" therapeutic exercises in the daily group therapy that helps children understand the basic concepts of social interaction and emotional coping that create success. Studies have shown these skills generalize to home and school.

Is Quest Safe?

Throughout the months of COVID, Quest safely operated in the SF Bay area with a modified program to protect campers interacting in person. As needed, these procedures will be implemented. In addition, Quest is safe from bullying and harassment by others. Counselors continually observe and structure the program to assure emotional safety as well as physical.



Afterschool Therapeutic programs

4:00-6:00 pm

Fees (10-week program)
\$950

Location:
Highland Ranch Elementary
14840 Waverly Downs Way
San Diego, CA 92128

Dates:
Tuesdays
Fall: 9/13-11/15
Winter: 1/10-3/14
Spring: 3/21-5/30

Quest's Afterschool is covered under most PPO insurance plans as group therapy (90853) or ABA social skills. If treatment plan development is necessary for insurance, please contact asap.

Treatment Approach

Based on screening and observation in the program, specific behavioral goals are uniquely developed for each camper. A baseline, indicating the frequency of positive qualities of emotional and social behaviors is assessed and the child's specific goals are the focus of a cognitive-behavioral approach, increasing positive behaviors by teaching skills and methods to manage challenges. Each week, as progress is noted, expectations increase to challenge each camper to grow closer to their potential. Other components of change are provided through the accepting, safe environment, allowing campers the chance to "take a risk" without fear of criticism and the group process. When groups are formed, individuals find a role comfortable to them. For many children, it's based on negative experiences of social failure. Quest therapists positively impact group dynamics to facilitate constructive change.

Programs to meet your child's needs and development

There is no better time to provide treatment for the trauma and isolation of the past 17 months. Every child has been impacted by isolation, anxiety and loss of opportunity for normal development. Emotional and social abilities require opportunity to interact through play and conversation.

Over the past 32 years, Quest has specialized teaching children how to interact, understand each other and manage emotions. The techniques and environment have been proven to be effective tools of positive change. Research on both the summer and Afterschool program have found a "strong treatment effect at reducing negative social and emotional behaviors".

Using activities including sports were competition is minimized, scores are not kept, interactive arts and crafts, board games and creative play, Quest staff observes children and intervenes with positive strategies for change.

Director

Natasha Edrington, M.A.

Natasha, a San Diego native and school counselor, acted as assistant director of the Pittsburgh, Pa program while she lived there. She has returned to San Diego to open the program locally. She operates the program with the assistance of Robert Field, PhD, founder. Natasha currently provides counseling services at Highland Ranch Elementary & Midland Elementary Schools.

Asst. Director

Tonya Edrington, LPCC

Tonya's clinical expertise and years of experience working with children and adolescents provides strong skills to the operation of Quest programs.

The Therapeutic Program

- All new campers are screened by the director prior to the start.
- During the first week, children are placed in groups by age and assigned a specific counselor and observed within the group setting.
- During the first hours, campers are observed during interactive activities for staff to assess coping and social skills. Intervention is provided when issues appear.
- Feedback occurs at the end of each hour and campers earn points for their effort.
- Campers join the staff in group therapy. Various therapeutic activities are used based on the level of the group members and issues observed. Individualized "contracts" of goals are written including each camper in the process.
- During later weeks, campers are rated by staff and each other about progress on their goals.
- Parents provide daily ratings on "home goals"