



WELCOME TO QUEST CAMP

2025

Quest Therapeutic Camps of Southern California

We hope that your child's Quest experience is filled with positive changes and fun! The following information will help to answer some basic logistical questions to make the first few days flow easily.

CAMPER DROP OFF AND PICK-UP: Campers are to be **dropped off at the Fountain Valley Sports Park** at 16400 Brookhurst St. Fountain Valley, CA 92708. All staff members are in a meeting until 9am so *please do not drop off children before 9am* since this is disruptive to our therapeutic programming. To assure the safety of all our campers, it is essential that children be **picked up in the designated area**. *At end of day, children will be released back to their parent, caregiver, or preselected pickup person inside the camp boundaries at the designated spot.*

Please do not allow your child to run across the parking lot, driving lanes, or wander outside. *Please be prompt picking up campers as check out begins around 3:20pm. Since counselors must be present, an additional \$15 late fee will be charged for late pick-up after 3:45pm plus an extra \$1 for every additional minute after 3:45pm.* Quest provides a sign-in sheet that must be initialed both when your camper arrives and leaves for the day. Please know that unless your child is fully signed in, your child is still not officially attending camp. *Quest staff can only release campers to people that you designate in your registration forms.*

**Fountain Valley Campus is located at:
The Fountain Valley Sports Park—Field TBD
16400 Brookhurst St.
Fountain Valley, CA 92708**

We will be in the Sports Park Monday through Friday from 9 to 3:30 in our camp's designated area.

COVID-19 PROTOCOLS: We have altered many aspects of our program to promote the health, safety and well-being of our campers, leaders, parents, staff, facility staff, as well as the larger community. Our policies will adapt as more data and guidance is available.

What is the same as always: We are committed to enriching the lives of the children and families we serve! We continue to utilize the Quest Therapeutic Model, as well as aspects of cognitive behavioral therapy, experiential learning theory and concepts for social learning to create a solid camp experience. This year we will place special emphasis on connection and generalizing of the skills learned at camp. We are committed to continuing to bring fun, engaging activities that are highly therapeutic in nature and designed specifically to target our campers' individualized needs.

COUNSELOR COMMUNICATION: Counselors will send home “incident reports” to parents in the event of any illness, injury or serious behavior concerns. Please try to send a note or use email to communicate simple information to your child’s counselor. The Counselors are meeting between 8:30-9:00 to plan the day and interruptions at that time may interfere with the day’s planning. *We request that you notify us by email if your child is going to be absent or late.*

EMAIL: Please check your email for Quest Camp updates. Please contact us at jknott@questsolutionssocal.com if you have any questions.

EMERGENCIES: If you have an emergency and need to communicate directly with the Camp Staff please call Dr. Jodie Knott at (714) 490-3428, option 1. A text to this number will also be sent to Dr. Jodie Knott. You can also email Dr. Knott as a way to try to send urgent messages as Dr. Knott tries to check her phone at least once during the camp day. You can email Dr. Knott by sending your message to jknott@questsolutionssocal.com with URGENT PARENT REQUEST in the subject line.

MEDICATION: If we will be dispensing medication to your child during the day, please bring medication in the *original container* with instructions. **Please hand the medication directly to Dr. Jodie Knott or a head staff rather than simply sending it with your child.**

PARENT MEETINGS AND MULTI-FAMILY GROUPS: We will hold parent meetings virtually each week of programming. Multi-family groups are 6:15 to 7 on Wednesdays, with parent meetings directly following from 7 to 7:45 for young and middle camp families. Multi-family groups are 6:15 to 7 on Thursdays, with parent meetings directly following from 7 to 7:45 for older campers and leadership academy families. The week of the 4th of July, this meeting has been rescheduled for Tuesday, July 1st. Multi-family groups are for the whole family to attend! These groups are specifically designed to be fun, hands-on activity based family group activities to foster connection and learning. Parent meetings are taking place directly following the multi-family groups and are for parents only. Parent meetings are often a place to gather support, discuss therapeutic issues and camp programming. Parents are strongly encouraged to attend all meetings to gain further information regarding camp logistics, home goal development and support, as well as information specific to your child. This meeting is for *parents only so please do not bring any children* into the meeting. Given the virtual setup, this may mean that you have to problem solve what location you have in your house that you can attend the parent meeting without any child overhearing the meeting.

PARENT POINTS AND RESOURCES: Parent Point Sheets should be completed online by each Thursday to be added to your camper’s points earned from camp. These will be used at the camp store. A Parent Points document is sent through Google sharing at the start of camp and can be updated so that your points are instantly available for Quest staff. ***We will use the email provided when registering if it is a gmail account. If not, please email an alternative email that can share Google documents.***

FRIDAYS: Fridays are very special at Quest since these days include special activities, camp store, and special recognition like “camper of the week.” Information will be provided for any special information that you need to be aware of for this day. I am excited to say that we are bringing back field trips in the community. Please see the calendar to know more.

MAKE-UPS: Unfortunately, missed days may not be made up.

ATTIRE: The weather is variable during the summer so it is a good idea to be prepared for cool mornings and hot afternoons. Hats are recommended to shield campers' heads from the intense sun. **Shoes should be closed toe tennis shoes to provide good traction and protection. Do not send your child in sandals.** Many articles of clothing are lost each day. If you would like your child's items returned to you, PLEASE MARK YOUR CHILD'S NAME IN EACH PIECE OF CLOTHING SENT TO CAMP.

*For our Leadership Academy---*After our leaders demonstrate enough leadership qualities and are role modeling enough appropriate behaviors for our campers they are awarded their green Quest shirts to wear when they would like to at camp. *Leaders are a reflection of Quest and must be "camp appropriate" in dress, language and behavior to maintain eligibility in the program.*

PROHIBITIONS: Of course, this is a smoke and drug free environment. The use of any illegal substances, the possession of any dangerous items, violent behavior or the use of profane language will not be tolerated. NO WEAPONS, ANIMALS, TOYS, VIDEO GAMES OR PLAY THINGS SHOULD BE BROUGHT TO CAMP. THIS INCLUDES POKEMON AND OTHER PLAYING CARDS. They will be confiscated and not returned until the end of the summer. NO CELL PHONES OR IPODS. Please notify staff if a special occasion arises and you need your child to bring a phone to camp. *Please know that we do not allow children to share their personal information such as their phone number, email, game username, etc. without your consent. If your child has someone else's contact info and we haven't discussed this with you this has occurred without our knowledge. Our expected process is for children who would like to share/exchange information with a peer is for your child to first ask us and you so that we can discuss this with you and create an opportunity to introduce you to the other child's parent or guardian.*

SUNBLOCK & HAND SANITIZERS/WIPES: Please be sure to apply a good, strong, waterproof sunscreen on your child every morning. We also apply sunscreen to all campers throughout the day. Quest typically uses sprays from Banana Boat Kids Mineral Enriched when possible, but will use other common brands with sunblock products designed for children when needed. *If you did not give consent for sunblock please provide the first day of camp the sunblock you would like used instead for your child in a bottle clearly marked with your child's name. This year we will only be assisting children with spray sunblock. Also, if you opted out of both Quest hand sanitizers and wipes you **must** supply an alternative for your child on the first day of camp. Your child will not be able to stay at camp without a suitable hand sanitizer or wipe alternative.*

ALLERGY POLICY & FOOD POLICIES: Quest Camp is a **NO PEANUT** camp. ***We do not allow peanut butter or peanuts.*** Children are allowed to bring snacks "processed in a plant with peanuts" but nothing that actually has peanuts or peanut butter in it. We do still allow other nuts as a way to try and balance the dietary needs of some campers versus the allergy concerns for others. Please send a non-perishable lunch and snack with your child's name on it every day. We are also a NO SODA, NO CANDY camp since we have a strong focus on building healthy habits. We monitor lunchtime closely to ensure that children do not share food and that children

eat their lunches. If your child struggles to eat his or her lunch we ask that you draw a star on the item they must eat to move on from lunch. We typically recommend that you place a star on an item that contains higher levels of protein such as a sandwich or a nutritional shake. *Quest campers need to bring 1 to 2 water bottles filled with water to camp each day. All water bottles must be clearly marked with your child's name and kept with their other possessions. Please make sure to take your child's backpack of materials, lunchbox, and water bottles home from camp each day. As we have to move sometimes multiple times throughout the camp day, please do not have your children bring ice chests or other very large lunchboxes and instead bring more compact lunches.*

NEEDED SUPPLIES: All campers should have a supply kit that is readily accessible each day in something that they can be responsible for such as a backpack. We ask that you assist your child in sanitizing these materials. We will have some extra supplies for some of these items when possible, but this year we will be focusing more on skill building related to managing one's own materials.

Our daily supply list:

- ☐ 2 pencils
- ☐ 2 pens (if desired)
- ☐ a set of at least 12 colored pencils
- ☐ 1 glue stick
- ☐ lunch and afternoon snack
- ☐ jacket (optional)
- ☐ journal (Quest will provide first day)
- ☐ water bottle (Quest will provide first day)

FINALLY: It is vital to the success of our program and the safety of your child to have all online forms at your earliest convenience including the supplemental form. These forms are due on June 5th at the latest. If you register after the 5th, please complete the supplemental form ASAP. If your child is brand new to Quest as either a camper or a member of the Leadership Academy please call to have your screening appointment scheduled. Our staff will be available to assist with registration questions.

Unfortunately, campers may not attend camp unless all forms have been completed. Please complete ALL parts of our online forms by June 5th at the latest. Thank you for your time. We look forward to seeing you this summer!

****Please note that these policies might be altered based on updated safety guidelines/regulations from Orange County, CDC and the American Camp Association.**

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