



The **MISSION** of Camp Susan Curtis is to provide a transformative camp experience that nurtures self-confidence and a sense of belonging in Maine children facing economic hardship.

THE CAMP SUSAN CURTIS STORY

Since 1974 nearly 18,000 campers have played, laughed, strengthened habits and skills, developed character, enjoyed friendships, and spent valuable time in the great outdoors while honoring the legacy of Susan Curtis.

Camp 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 children within the state and discovered that many were unable to enjoy a camp experience due to the high-cost. The development of CSC included opportunities for social and recreational skill development, positive role models to guide campers, and experiential education to promote learning and future aspirations.

In the words of Governor Curtis:

"When my daughter Susan died, as governor I was visible, and we had lots of memorial gifts sent to us. We got the idea that we could use our visibility – our tragedy – to make life better for other kids. Not to memorialize our daughter, but – to make her tragedy more meaningful. I was governor, but ours (loss) wasn't any different from a lot of other families who suffer every day of the year."

"One thing we found is that kids at camp wanted to know who Susan Curtis was. So, we put a picture of her in the dining area, and they saw she was a child, like they are."

You know, there is nothing you can do to replace any human being in a family, but if you can help other people, well that's good. And we probably have got one of the nicest summer camps in the whole state. It's a tribute to the deserving kids of Maine and to the caring of the people."

We look forward to welcoming you to the CSC Family!

CONTACT INFORMATION

Registration

Andrew DeStaeble, Program & Relationship Manager andrew@susancurtis.org 207-774-1552

Program

Terri Mulks, Camp Director terri@susancurtis.org
207-774-1552 (Oct-Apr) 207-928-2955 (May-Sep)

Location: 236 Allen Road, Stoneham, ME 04231

www.susancurtis.org

ACCREDITATION & LICENSING

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



SOCIAL MEDIA

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

All pictures will be uploaded after the session ends.



Friends of Camp Susan Curtis



camp_susan_curtis



CAMP CHECK IN/OUT

Please plan 15-45 minutes from arrival to departure.

THE ASSIGNED SESSION DATES ARE IN THE EMAIL YOU RECEIVED WITH THIS INFORMATION.

Check In: Sunday **Time:** 3:30-5:00 p.m.

**Our friendly staff will guide
you through the process!**

Check Out: Wednesday **Time:** 1:00 p.m.

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

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

You may update this list in UltraCamp until noon on Monday before Check Out.

The person picking up the camper (Authorized Adult)

MUST BE ON THE CAMPER LIST & HAVE PHOTO ID!

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

SAFETY FIRST. NO EXCEPTIONS!

BUS TRANSPORTATION is free of charge. Campers must take the bus in both directions. Times, specific locations, and sign-up opportunities will be available before the session.

Session 1: Biddeford, Portland, Naples

Session 2: Bangor, Waterville

Session 3: Waldoboro, Topsham, Lewiston

Session 4: Farmington, Norway

If there is no centralized bus location within 60 minutes of your address during your session, please contact us to receive a gas gift card.

VISITING CAMP BEFORE SUMMER BEGINS

If you are interested in seeing where your child will live, eat, and play during their stay we have options for you. Please note that Check In/Check Out takes place entirely on our upper field and are not an opportunity to see camp.

- **OPEN HOUSE:** Stop by on Saturday, May 17 from 10-12 or Sunday, June 8 from 1-3 for a staff-led tour.
- **PRIVATE TOUR:** Call or email camp and set up a tour at your convenience anytime between May 1 and June 8.



LIFE AT CAMP

Camper Cabins Our beautiful lakeside cabins have plumbing (toilets, sinks, showers) and electricity. Each cabin has 8-10 same grade campers and at least 2 staff. Campers sleep in a twin-sized bunk bed and have 3 shelves for their belongings. All cabins have night lights, screened windows and doors, and a porch.

Cabin Supervision Campers must have a staff member with them any time they are inside a cabin. Campers may change privately in a bathroom stall or curtained shower area. Staff sleep in the same room as campers, generally in the center of the room. For the past few years, females have far surpassed males in applying for staff positions. Because of this, we sometimes have female staff members living in male-identifying cabins.

Gender Inclusion We honor camper choice by allowing those who identify as transgender, non-binary, or exploring to choose the cabin situation they are most comfortable with. This has been our policy for the past decade. We are very experienced in this practice and believe that it is beneficial to the safety, comfort, and well-being of our campers and staff.

Health Care Our Wellness Staff supervise dispensing medications as instructed by the prescription and take care of routine illness and injury. A family member will be contacted at the soonest opportunity in case of contagious illness or a concerning situation that may require an appointment to be scheduled with their regular health care provider.

Nutrition & Hydration The Dining Hall serves 3 balanced, nutritious, freshly made kid-friendly meals each day at 8:15 a.m., 12:30 p.m., and 6:00 p.m. Campers eat with their cabin “Family Style”, meaning that food is served from dishes that are passed around. Our menu includes Taco Tuesdays, Pizza Night, Cook Out, pancakes, eggs, chicken tenders, pasta, sandwiches, fruits and veggies, and dessert at dinner. There is a 3:00 p.m. snack of trail mix, fruit, or cereal bars that campers grab on-the-go.

Please contact us NOW if your child has a specialized diet or is a picky eater.

Food from home is not allowed and will be stored in the office and returned at Check-Out. All campers receive a water bottle and are encouraged to keep it full and drink throughout the day. We do not allow flavored or carbonated waters, juice, energy drinks, etc. Campers have juice or water at breakfast and water or milk at lunch and dinner.

Camper Behavior We lead with kindness, character, and a commitment to meeting every camper where they are in the moment. Camper social interactions are monitored closely by Staff. It is not unusual for campers to be uncomfortable as they work through their differences and find their place at camp. We encourage teamwork and guide conflict resolution while modeling and encouraging friendship skills. We *manage* behaviors. We do not *treat* behaviors.



Daily Schedule The first activity of the day is Password (Thought for the Day) at 8:00. It is followed by Flag-Raising, Breakfast, and Cabin Clean Up. The morning then has three 50-minute activity periods. Lunch is followed by Rest Hour, Social Recreation, Snack, and 2 more activity periods. Before dinner is Password Reflection and Flag-Lowering. Evening activities are different each night and include Campfires, Lip Sync Battle, and Movie Night. Staff lead a Reflection Activity and read to campers before Lights Out at 9:30.

Camp Activities include 6 Program Areas with trauma-informed curriculum and reflection designed for growth, learning, fun, and exploration of new interests.

🌻 **Creative Arts: Visual Arts, Jewelry, Pottery, Crafts, Theater** **Bridge Program: StArt**

🌻 **Calm Down!:** Crafts, Literacy, Meditation, Movement, Yoga

🌻 **Nature: Outdoor Adventures, Hiking, Water, Wildlife** **Bridge Program: OWLS**

🌻 **R.O.C.K.:** Teambuilding, Climbing Tower

🌻 **Sports & Games:** Archery, Biking, Field and Court Sports **Bridge Program: SpEad**

🌻 **Waterfront: Swimming, Canoeing, Kayaking, Paddleboarding** **Bridge Program: Splash**

🌻 The **Explore Bridge Program** is a combination of R.O.C.K., Nature, and Mountain Biking

The Waterfront is watched by trained Lifeguards and keeps low ratios for the safety of all swimmers. Every camper takes part in a swim check and is assigned a level based on ability. Campers in Red & Yellow levels attending Traditional Camp must take a swim lesson daily to strengthen their skills and comfort in the water.

Trout Lake is 54 pristine acres, one of the cleanest lakes in Maine, and used exclusively by CSC.

STAFF TEAM HIRING & TRAINING

Staff Team Members are compassionate, knowledgeable, and fun!

Our rigorous Hiring Process includes an Application, References, and Interview with the Camp Director and other Leadership Team Members.

Prior to camper arrival, all staff take part in an intensive week-long training worth 3 college credits that includes Behavior Management, Program Delivery, and an emphasis on the well-being of campers.

Staff have a high school diploma or have completed the CSC Leadership Development Program.



COMMUNICATION WITH HOME

At this time in our world where communication is right at our fingertips 24 hours a day, it is often more difficult for the caregiver to adjust to having their child away from home than it is for the child to adjust to camp life.

Our friendly and knowledgeable staff are always happy to check on your camper and get back to you within 24 hours. Give us a call and we will talk with our staff team to give you the most updated report on your child's adventures and adjustments. We do ask that you limit your calls and have patience with us in getting back to you.

We appreciate your cooperation and understanding with our policy that does not permit phone calls or visits so that campers can fully focus on FUN, FRIENDSHIP, and LEARNING!

You can help campers grow in their independence and build strong relationships by allowing them to fully immerse themselves in their camp experience without outside distractions.

Missing Home: It is not uncommon for a camper to miss home during their experience. At those times they may send you a letter or postcard sharing their feelings in the moment.

By the time you receive the letter, the camper will have moved past the upsetting moment. While it is completely natural for you to be concerned, we will *always* contact you if a camper is truly struggling with their feelings and disliking the camp experience.

Mail: Campers light up when they receive a letter. Letters to and from camp can be treasured for a lifetime. We offer stamps, postcards, pens, and paper. The mail can be slow. If we receive a camper's mail after they leave, we will send it back to you if there is a return address.

Taking Care of You: Make sure you plan time to take care of and treat yourself while they are away. This is a **WONDERFUL experience** for them-make it one for you too!

- ✓ **Plan time for yourself:** read a book, eat a special meal, take a longer shower, sleep in a little later or go to bed a little earlier, take a drive and blast the music
- ✓ **Plan a day off from work:** watch a show, clean your house, sit outside, take a walk
- ✓ **Have a treat:** grab a donut, stop for an ice cream, drink a special coffee, go shopping

Urgent Information from Home: Please call our office if there is a situation that cannot wait until a camper arrives home like the death of a family member or pet. If you call us, we can work together to find the best way to share potentially upsetting information that considers the child's feelings and does not have them surprised by reading it in a letter or at Check Out.



COMMUNICATION FROM CAMP

Please be sure that your phone:

- is charged
- has an operating voice mailbox
- has minutes
- and is by your side with volume up

The need for urgent contact rarely occurs but when it does, we need you to be available.

When we contact you and you are not available, these are the next steps we take:

1. We will call and leave a message on the number you have provided us with.
2. We will send you an email asking you to call camp. At this time, we may also send messages through your Social Media accounts.
3. If we have not heard from you after 30 minutes, we will contact any Authorized Contacts that you have listed in your UltraCamp Account and ask them to reach out to you or make decisions on behalf of your child.
4. If we are unable to reach your Authorized Contacts or they are not comfortable making decisions on behalf of your child, we will contact local law enforcement to perform a well-check to your home or place of work.

Why would we contact you during your child's stay?

- An emergency that requires us to contact 911, transport the child to the hospital, or seek immediate care from a behavioral health professional.
- A contagious illness experienced by your child or a camp-wide outbreak.
- A natural disaster that causes camp to close.
- A behavior situation that requires significant intervention.
- Your child is missing home in an extreme way.

LEAVE IT HOME

In the past few years, we have had an increase in items brought from home that are inappropriate for camp.

Cell Phones: It's natural for a camper to want their phone. Phones can be easily damaged at camp **and** we have no cell phone service in our remote location. If we find that a camper has a phone with them, we will keep it in the Office and return it at Check Out.

Vapes: Vaping is *illegal* for children. If your child is vaping on a regular basis, camp may not be the best place for them as withdrawals can be dangerous if not monitored by a professional. Campers with vapes must leave camp so that health concerns can be properly addressed. Vapes and all materials are properly disposed of and will not be returned to the camper or family.



CAMP SUSAN CURTIS COMMUNITY EXPECTATIONS

The culture of CSC is one of joy, acceptance, and well-being. We provide trauma-informed care within a strengths-based model of positive relationship building. We believe that this approach allows our campers to experience meaningful success at camp and beyond.

Campers, staff, families, and community are expected to operate with these 6 character values as the foundation of all interactions and intentions.

Caring
Respect

Citizenship
Responsibility

Fairness
Trustworthiness

We believe that all children deserve to have a fun and empowering camp experience and we do our very best to meet every child and family where they are in a particular moment.

Our FIRST PRIORITY IS THE *Physical, Mental, Emotional, and Social well-being* of **every camper and staff.** We do not deprive anyone of basic comforts, we choose discipline over punishment, and we offer opportunities for collaboration in growth and learning.

Should behavior guidance become necessary, we will do everything possible to make sure it occurs privately. Campers may be asked to sit in a designated area (porches, picnic tables, office) until they are ready to interact with the staff team or while they reflect on their situation.

The following behaviors require intervention at CSC:

- **Interfering behavior**-words, actions, or attitudes that are not an immediate threat or danger to the mental, emotional, social, or physical health of an individual or group.
 - **Examples:** not listening, exaggerated stories or injuries, disrupting an activity, lack of participation, mild swearing
 - **Intervention:** conversation between camper and staff with specific action steps to improve individual participation and group dynamic
- **Aggressive behavior**-words, actions, or attitudes that are an immediate threat or danger to the mental, emotional, social, or physical health of an individual or group.
 - **Examples:** physical or verbal abuse, escalation of interfering behaviors, bullying, sexual overtures, running from supervision, racism, harassment
 - **Intervention:** discussion with a Leadership Team member, contact with a primary caregiver, and dismissal from camp for the session in most cases
 - **Restraint** may be used **ONLY** if a camper is an immediate threat or danger to themselves or another individual. When possible, the Camp Wellness Director will be summoned to check the situation and provide medical expertise as necessary.

Confidentiality protects our campers and families. Staff will not release information about campers to anyone that is not a recognized, connected, involved adult or recognized family member.

We train our staff on these expectations and encourage you to share them with your child and any family members who will be interacting with the Camp Community.