



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

For over 50 years Maine children 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 IN THE ULTRACAMP REGISTRATION SYSTEM.

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

- We offer centralized bus routes that are optional and free of charge.
- Campers who choose to take the bus 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 gift card for gas that will be given to you at Check In.



CONNECTING WITH CAMP BEFORE SUMMER BEGINS

If you are interested in learning more about 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 HOUSES & PRIVATE TOURS

- **OPEN HOUSE:** Stop by on Saturday, May 16 anytime between 11-1 or Sunday, June 7 anytime between 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.

VIRTUAL INFORMATION SESSIONS

- **INFO SESSION 1:** Mar 3, 2026 at 5:00 PM
Click this link to join us: <https://us06web.zoom.us/j/84730188030>
- **INFO SESSION 2:** May 5, 2026 at 6:30 PM
Click this link to join us: <https://us06web.zoom.us/j/88440541163>

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.

All staff are supervised and coached throughout their experience to provide the best possible care of your child.

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



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 live on-site and supervise dispensing medications as instructed by the prescription and take care of routine illness and injury. The Staff are generally Registered Nurses and our orders for treatment are provided by Western Maine Pediatrics.

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 Tuesday, 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.

We will provide a water bottle and suggest that kids keep their big cups or personal water bottles at home.



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.

If your child requires special services at home or school that relates to their behavior, please reach out to us so that we can make sure camp will be a good fit for your child. Campers who are asked to leave camp early often feel like they have failed. Our goal is for every child to feel successful and proud of what they have accomplished. Your child may not be ready yet for the camp experience and it is okay to wait a year or two.

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 Trout Lake Waterfront is supervised 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.



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 the highly active and social camp life.

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

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.

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.

Packages: Please keep them small and flat. If they don't fit in our mailbox we have to travel to the Post Office to pick them up and our rural office is only open a few hours a day that often don't match our schedule.

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
- 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 if voicemail is available.
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.



CSC COMMUNITY EXPECTATIONS

Philosophy

Our FIRST PRIORITY IS ALWAYS THE Physical, Mental, Emotional, and Social well-being of every camper and staff. This is achieved by cultivating a culture of joy and acceptance that provides:

- Trauma-informed care.
- A strength-based model of positive relationships.
- An effort to meet every child where they are in a particular moment.
- Discipline that teaches rather than punishment that threatens.

This holistic approach allows our campers to have a fun, empowering experience and meaningful success at camp and beyond.

Character Strengths

Campers, staff, families, and the community are expected to operate with these four Character Strengths as the foundation of all interactions and intentions:

Courage **Integrity** **Hope** **Kindness**

The following behaviors require intervention at CSC:

- **INTERFERING BEHAVIOR**-words, actions, or attitudes that are **not** an immediate threat to the physical, mental, emotional, or social well-being of an individual or group.
 - **Examples:** not listening, disrupting an activity, non-participation, mild swearing
 - **Intervention:** conversation between camper and staff, specific action steps to return to the program,
- **AGGRESSIVE BEHAVIOR**-words, actions, or attitudes that are an **immediate threat or danger** to the physical, mental, emotional, or social well-being 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 Supervisor, contact with a primary caregiver, and dismissal from camp for the session in most cases

Note on Restraint: Restraint may be used **ONLY** if a camper is an immediate threat or danger to themselves or another individual. Its use is monitored by the Camp RN when possible.

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

Camp Staff are trained on these expectations and Families review them in the Welcome Information to ensure that everyone is aware of procedures and practices related to the well-being of the Camp Community.



LEAVE IT HOME

In the past few years, we have had an increase in concerning 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.

Cameras: To best protect the safety and privacy of all campers, staff take photos and post them to Social Media at the end of each session. Campers will receive a Cabin Photo to take home.

Should a camper arrive at camp or receive by mail any of the items listed with an **X**, we will keep them in the Office and return them at Check Out.

X Electronics (Battery or Plug In)

X Toys/Sports Equipment

X Make Up/Mirrors

X Drinks or snacks

X Jewelry

X Animals

X Money

X Big Cups/Water Bottle

The items **below** are illegal for a camper to have in their possession at any time.

Campers will be sent home and the items may be turned over to law enforcement or disposed of under their guidance.

Weapons

Alcohol

Drugs

Fireworks



PACKING LIST

Camp provides all that is needed except for clothing and shoes!

- We will have all bedding and toiletries for your child.
- Please pack enough clothing to last for 6 days. Pratt Abbott Cleaners will pick up and wash laundry on Friday and return on Saturday. They also supply a Laundry Bag.

Tips

- We play and learn outside! Please do not send anything that can't be dirty or lost.
- Have your camper help pack -it encourages them to take responsibility for their stuff.
- Label belongings when possible. Permanent marker works best.
- A clothing check list is available below.

Suggested Items

If you do not have something on the list, please let us know. We are here to help!

- | | |
|--|---|
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Hair Care: Brush, Hairties, etc. |
| <input type="checkbox"/> Pants (any: Jeans, shorts, sweats, leggings) | <input type="checkbox"/> T-Shirts (Long and Short Sleeve) |
| <input type="checkbox"/> Sweatshirts <input type="checkbox"/> Jacket with hood | <input type="checkbox"/> Pajamas or comfy sleep clothes |
| <input type="checkbox"/> Shoes: Sneakers, Hikers, or Sport Sandals | |

Campers may also bring Crocs or Flip Flops to wear to the Beach or Shower ONLY! We require sneakers, hikers, or sport sandals for all activities and walking around.