

THEORY OF Change

OBJECTIVES

- To create space for families to spend time having fun together in an inclusive, supportive, and accepting environment
- To offer families the opportunity to access and test out camp-based knowledge, strategies, and activities that they can integrate into their daily lives

PROGRAM APPROACH

- Create personalized connection by having staff/volunteers learn about each family prior to arrival and integrating that knowledge into planning and flow for the weekend
- Provide high-quality, individualized support to campers and families through the commitment of time and effort by staff and volunteers, buoyed by layers of support and services
- Designed to meet campers and family members "where they are" with an understanding that the experience of each participating family and individual is unique
- Provide "always on," expert medical care in a way that is not intrusive of the camp experience
- Design and execute experiences that allow parents/caregivers to shoulder less daily responsibility so they can focus on sharing and enjoying the experience together

PROGRAM ACTIVITIES

- Separate activity groups for children and parents/caregivers, as well as group family activities
- Intentional variety of activities – sports, artistic, adventure, etc. – and programming that promotes cooperation, creativity, trying new things, and awareness of a family members' strengths within the family
- Intentional programming for parent(s)/caregiver(s) allows them to relax and connect with other families
- Intentional programming for siblings ensures they receive attention and support while having the opportunity to connect with others who have similar experiences
- Continued outreach and touchpoints throughout the year to encourage ongoing connection and community

PROGRAM OUTCOMES

STAFF & VOLUNTEERS

- Skill building focused on family and caregiver support
- Increased sense of worth or meaning in their lives
- Increased giving and receiving of social support, sense of community, social connectedness
- Appreciation/gratitude

CAMPERS & SIBLINGS

- Social emotional learning skills (e.g. self-confidence)
- Enhanced quality of life
- Connection to peers facing similar life circumstances

PARENTS & CAREGIVERS

- Relaxation and respite from daily responsibilities of parenting a child with ongoing medical conditions
- Optimism/Improved outlook
- Appreciation/gratitude

FAMILY

- Fun and quality time as a family, relaxation
- Family cohesion/togetherness, family bonding
- Openness to giving and receiving of social support, sense of community, social connectedness
- Flourishing and thriving parents and children

PROGRAM INPUTS

- Willing campers, parents/caregivers, & siblings
- Trained & dedicated staff & volunteers
- Medical professionals & medical care
- Safe, secure, welcoming, and caring environment
- Appropriate accommodations
- Communal spaces