

*If you have additional questions, please call (800) 767-4411 ext 588*

## What is Challenge Camp?

Challenge camp is an exciting opportunity for children ages 9 to 13 dealing with attention deficit hyperactivity disorder (ADHD), depression, anxiety or related disorders to improve their self-esteem, social skills and sense of personal responsibility. In a safe, supportive environment, Rogers Memorial Hospital camp staff guide your child through fun activities that help your child develop personal skills needed to deal with his or her behavioral health challenges. ***Each camp session is limited to a maximum of 20 children, ensuring a high degree of personal interaction and attention between the camp staff and your child.***

## Where is Challenge Camp located?

Challenge camp is held at Rogers Memorial Hospital – Oconomowoc, a 50 acre wooded campus in western Waukesha County, Wisconsin. Your registration materials will include driving directions along with carpool consent forms.

## What will my child do at Challenge Camp?

Under the guidance of trained camp counselors, your child will participate in activities such as:

- ◆ Daily goal setting
- ◆ Problem solving initiatives
- ◆ High and low elements on the Ropes and Challenge Course
- ◆ Arts and crafts
- ◆ Swimming
- ◆ Kayaking or canoeing
- ◆ Biking

## What will my child learn at camp?

Your child can become more independent and responsible at home and at school as they learn about:

- ◆ Core ADHD symptoms
- ◆ Personal boundaries
- ◆ Social skills
- ◆ Coping strategies
- ◆ Self-esteem
- ◆ How to build friendships
- ◆ Communication and organization
- ◆ Self-observational skills

## When is parent/caregiver participation required?

Parents and/or caregivers are required to attend twice:

- ◆ Orientation on the first day of camp, from 8:00 to 9:00 a.m.
- ◆ Awards ceremony on the last day of camp, from 12:30 to 4:00 p.m.

***Please note that Challenge Camp does not provide transportation. Parents/caregivers drop off campers between 8:30 and 9:00 a.m. and pick up between 3:30 and 4:00 p.m. each day.***

## Who are the camp staff and hospital personnel helping my child at camp?

Peter M. Lake, MD, a board-certified child and adolescent psychiatrist and the medical director of Rogers Memorial Hospital-Oconomowoc, oversee the program and provides consultation to camp staff as needed. Karin Beal, a certified youth care worker with a masters in education who has over 13 years experience working with children in a psychiatric setting is the camp director. Lance Douma is the Challenge Camp lead counselor for the 2008 season. Lance has a background and training in special education and will provide daily direct oversight of the camp staff and activities. All Rogers Memorial camp staff are specifically trained in mental health issues, child development, behavior management strategies, plus Ropes and Challenge Course facilitation. In addition, nursing resources are available on campus each day.