

Social Skills Training at Camp



A Collaboration between Camp Mak-A-Dream &
The Children's Brain Tumor Foundation (CBTF)



What we do...

- Located in Western Montana
- Serve a National Population
- In Business for 20 Years!
- Programs specific to:
 - Age (Kids, Teen, YAC, Adult)
 - Need (Siblings)
 - Diagnosis (Ovarian, Brain Tumor)
- Offered 10 programs in 2014; 11 in 2015

What we all do...

Help Young People to:

- Develop new skills
- Build confidence and self-esteem
- Problem solve
- Work as a team
- Have fun!



Young Adult Programs

- We were one of the first camps to offer programs specifically for young adults
- First YAC was held in 1996
- Any cancer diagnosis
- Relaxed structure
 - Lots of free time
 - Choice
 - Educational opportunities not requirements



Not For Everyone...

- Loose structure didn't work for brain tumor survivors
- We wanted to do more to meet their specific needs

Heads Up Conference (HUC)

- In 2007 we partnered with Children's Brain Tumor Foundation
- 2008 first HUC; 18-25 year olds
- Structured program centered on learning and skill development
 - Social Skills
 - Employment Challenges
 - Relationships
 - Health & Nutrition



Teen HUC

- Benefits of targeting younger population
 - Heading off some problems before they set in
- 2010 first Teen Heads Up Conference; 13-18 year olds
- All programming is designed to encourage social interaction



Social Skills & Programming

- Small Group and Fireside Chats
 - Topic of the day
 - Role Plays
- Community Service Day
 - Montana Food Bank
 - PSAs
 - Cooking for the Shelter
- Icebreakers
- Recreational Activities
- Teens being teens!



Icebreakers

- Speed “Dating”
- Tell Me More...



Role Plays

- A way to “dig” deeper
- Talk about more sensitive issues
 - Bullying
 - Self Advocacy
 - Parents
 - Teachers
 - Friends
 - Friendship and Relationships
 - Body Image and Self Esteem



Teambuilding

Do you see what I see?



Why it Works

- Takes them away from the “noise”
 - Provides Focus
 - Free to explore who they are
 - Experience new things
 - Ask Questions and “Practice”
- ...all in a “Judgment Free” zone



**Camp is more than just fun - we
teach people how to live...**



Thanks for all you do!