

Camp STAR Background



A collaboration between the Hyperactivity, Attention, and Learning Problems (HALP) Clinic at the University of Illinois at Chicago and Jewish Council for Youth Services, Camp STAR was founded in 2008 in response to the need for quality summer programming for children with ADHD and related disorders. Camp STAR blends typical camp activities with individualized treatment plans, educational services, parent training sessions and pharmacological evaluations to create a meaningful and memorable summer camp experience.

Tailored to children's individual behavioral and learning difficulties, the Summer Treatment Plan was developed by William E. Pelham, Jr., Ph.D. and was named as a Model Program in Child and Family Mental Health by the American Psychological Association and Program of the Year by CHADD, the national parent advocacy group for children with ADHD. **Camp STAR is one of only 12 programs in the United States that follow the Summer Treatment Program, and the only program in Illinois.**

Through individual and group activities throughout a structured program, Camp STAR helps children overcome struggles and build upon skill sets that will aid them in the coming school year and beyond.

Classroom Behaviors Many campers struggle with basic classroom behaviors throughout the school year. During Camp STAR's Academic Learning Center, counselors mimic the classroom setting and allow campers to practice good classroom behavior. Campers practice raising their hand rather than speaking over other students, learn tips on how to stay on task throughout the lesson, and how to independently complete assignments and check the accuracy of their work. Through this individualized attention, campers learn and model behaviors that will help them throughout the school year.

Social Skills Training Every week, for seven weeks, small groups of campers work through four main skill sets of communication, cooperation, validation and participation through role-playing, group discussions and different activities throughout the day. The goals of these lessons are that campers not only define what these skill sets are but exhibit and embody them by the end of summer.

Problem Solving Skills Throughout the day, counselors and campers alike can initiate Problem Solving Discussions where the entire group sits down to sift through an issue together. From as simple as "someone is hogging the ball" to "my feelings are hurt," these Problem Solving Discussions allow campers to identify how their actions affect others. Through signed contracts after each discussion, campers continue to be held responsible for their actions beyond the initial discussion.

Working with Partners and in Teams Through daily recreational activities, the Academic Learning Center and other activities throughout the day, campers hone their listening and cooperation skills, and learn how to work with a partner or a group of peers. Equally as important, it allows campers to foster close relationships with their peers.



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