

SUPPORTING YOU AND YOUR CHILD

in building long-term success by focusing on:

- following rules and improving behavior
- developing social skills and building friendships
- increasing academic aptitude and boosting self-esteem



Camp STAR: The Details

- Camp STAR is for children entering grades 1-7 with ADHD and related behavioral, learning or social difficulties.
- Camp STAR is a seven-week, full-day program (Mon - Fri) located in Highland Park, IL.
- Bus transportation to and from Chicago is available for an additional fee.
- Scholarships are available.

EVIDENCE BASED TREATMENT

Camp STAR adheres to the evidence-based therapeutic Summer Treatment Program (STP) model developed by William E. Pelham, Jr., Ph.D., a leading psychologist in the field of ADHD research. This model program delivers treatment tailored to children's individual behavioral and learning needs.

Camp STAR is the only treatment program of this type in Illinois, and one of only twelve such programs across the world.

The STP treatment model accolades:

- Named as a Model Program for Child and Family Mental Health by the Division of Child, Youth, and Family Services of the American Psychological Association.
- Awarded Program of the Year by CHADD, a national parent advocacy group for children with ADHD.
- Listed in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

In order to ensure that Camp STAR is a good fit for your child, the enrollment process includes an in-person family intake with our clinical staff.

For more information or to begin the enrollment process, call (847) 433-6001 ext.106, or email CampSTAR@jcys.org.



Camp STAR
Summer Treatment Program
for ADHD & Related Disorders

Camp Administration Office:
JCYS George W. Lutz Family Center
800 Clavey Road, Highland Park, IL 60035
(847) 433-6001 jcys.org/HighlandPark



Camp STAR

Summer Treatment Program
for ADHD & Related Disorders

An award-winning treatment program



Call (847) 433-6001 ext. 106,
or email campstar@jcys.org
for information or to enroll!

IF YOU WANT MORE FOR YOUR CHILD...

Camp STAR provides a FUN summer day camp experience that integrates TREATMENT and SKILL-BUILDING into everyday activities!



Operated by Jewish Council for Youth Services and co-sponsored by University of Illinois at Chicago



CAMP STAR: A THERAPEUTIC SUMMER DAY CAMP

The primary approach to treatment at Camp STAR is behavior management with a focus on positive reinforcement, effective commands, and immediate consequences.

Unique aspects of the program include:

- Group and tailored individual treatment plans implemented by trained paraprofessionals under the supervision of experienced senior staff members and a licensed clinical psychologist.
- Groups consisting of 12 to 15 similar-age children with a **3:1 child to staff ratio**.
- Daily camp-home communication about progress on individualized treatment goals.
- Weekly evening Parent Group led by clinical staff to help parents and caregivers learn effective techniques and strategies to improve behavior, increase compliance, and foster a positive parent-child relationship.
- Evaluation of medication efficacy in partnership with your child's doctor (*available by request*).

WHAT'S IN A CAMP STAR DAY?

Having Fun and Learning New Skills!

Swimming, sports, art, field trips and more... Throughout all of our daily activities we provide training in social skills and emotional regulation strategies. This gives children an opportunity to practice these new skills in real situations, similar to ones they may encounter at home or school!

Swimming:

Campers receive daily Red Cross swim instruction and free swim at the JCYS Lillian L. Lutz Recreation Center.

Sports:

All children become a part of the team, regardless of skill level or prior experience. Skills practice improves campers' abilities and builds self-esteem. Game-play provides opportunities to put social skills into practice, and to work on following rules and directions! Children become adept at sports and other activities.

Art Studio:

Campers get creative with both individual and group projects, giving them an opportunity to express themselves and practice working cooperatively with peers.

Experiencing Classroom Success:

Many parents are surprised to find out how much their child likes going to our Academic Learning Center! Campers love 'ALC' time because staff are highly-trained to provide support and positive reinforcement while helping children develop behaviors necessary for school success.

Making Friends:

All children fit in at Camp STAR – each camper has their own special goals to work on, and no one stands out for being 'different'. Our energetic and supportive staff are always present to help children facilitate meaningful interactions with their peers and learn to make and keep friends.



PARENT TESTIMONIALS

"What a wonderful experience!

*In the three years since her diagnosis of ADHD and ODD, we haven't found anything as effective as Camp STAR. We saw not only a **tremendous improvement in her behavior and self-control**, but also a dramatic improvement in how my husband and I parent her. **Our household is much calmer** and we feel more prepared than ever to help her teachers at school continue the great work you have begun."*

– Parent of a 9-year-old girl

"Camp STAR has been a 100% positive experience for him.

*He loves it because it meets his needs. The immediate feedback, structure, consequences, and positive reinforcement provide him with an environment where he can thrive. **The Camp STAR counselors are positive, skilled, and FUN!** Most importantly, he has met other kids with whom he has much in common. When asked about his favorite things at Camp STAR, he names his friends."*

– Parents of a 9-year-old boy

To read more praise from parents of Camp STAR participants, visit: jcys.org/CampSTAR