
FAQs

Thank you for allowing us to partner with you in support of your Camper! Below are some frequently asked questions and answers about our camp. If your question is not included here, please feel free to contact one of our Camp Directors.

Topics:

- Why Attend Our Camp
- Camper Requirements
- Camp Leaders
- Important Numbers to Know
- Camp Cost
- Camp Pick-up / Drop off
- What to Bring/What to Leave at Home
- Camp Program Questions
- Camper Special Needs
- Campers Taking Medications
- If Your Camper is or becomes Sick
- COVID-19 Protocol

Why should my child attend a Camp for grieving children?

"I didn't know there were other kids like me—it's good to know I am not alone." --8 yr old

"I was mad at you—why are you talking to my children about such things? I don't want them to have to worry about any of this! Then I stopped and thought, they already are, and then I was thankful they have a place and someone to ask—besides me." --Parent

As parents, legal guardians, and others concerned about a child's well-being, we share at least these things in common:

- We wish to protect our children, shielding them from unnecessary distress, while at the same time,
- We want to provide the best support to help each child cope with difficult challenges including the loss of a loved one or special person, something that is an inevitable part of life.



Loss from death and the grief that follows are opportunities for growth and for building a child's resilience. Fostering resilience requires a few necessary things:

- ✓ A safe and comfortable environment wherein the hard work of grief can be nurtured and completed;
- ✓ The presence of natural, manageable struggle that is motivation to face difficulty and difficult feelings;
- ✓ Empowerment through providing clear information and opportunity to practice new skills; and
- ✓ Validation of feelings that comes from connecting with others, children and adults who share similar experiences.

Our Camp provides this and more, in a way that is easy, enjoyable, and even fun for all who attend.

Are there Age Requirements for Camp?

Yes, **Campers must be between the ages of 8-15.** We intentionally chose this age range so that the Camp program is engaging and appropriate for each Camper. Exceptions to this age requirement may be made, on a case-by-case basis. For example, if your Camper turns 8 years of age during the first week of July, or turns 16 the last week in May, or if siblings are also attending, an exception may be granted.

Campers who have experienced a loss no sooner than 2 months and no more than 2 years from the date of death benefit most from this program. Please ask us about support for children experiencing a more recent or later loss.

My child attended last year. Can they attend again?

Yes, with the understanding that priority will be given to campers new to the program. Campers who attended a prior day camp program can still benefit. They are older now, have additional life experience, and additional practice living their grief forward. Therefore, they can absorb more from the camp curriculum at a different level than they were able to before. In addition, they can practice what they've learned by sharing their knowledge and experience with campers who are newer to their grief experience. In doing so, they continue to master their grief and give purpose to their loss.

Will my Camper have fun?

Yes, just because we are dealing with grief doesn't mean fun is allowed to sit out! We value humor and joy as essential to good coping. We have planned our Camp program from a whole-person perspective,



meaning we purposefully incorporate FUN. It is an important counterbalance to the work of grief and a great way to self-regulate.

Who will be leading the Camp?

The Camp is led by licensed counselors who have special expertise and experience in grief and loss, expressive therapies, and in leading camps like ours. The Camp Directors are Jenny Martin, LMFT and Joe Ferry, LPAT, CT. Other counselors and trained camp volunteers will assist. We screen and complete criminal background checks on all of them.

Jenny is a Licensed Marriage and Family Therapist with 20 years of experience with children and families in various settings from foster and residential care to schools. Jenny serves as Hoparus' Youth and Families Grief Counselor, meeting weekly with our G-Force Support Group for ages 6-12, and with guardians during G-Force Basic Training Group Sessions, as well as with individual youth and their families. Jenny walks beside youth and their families as they navigate the loss of a loved one and the many changes in the family. She is known for her ability to meet people where they are and to guide families toward a path of continual growth. Jenny loves being a part of Day Camp, where she gets to see the youth grow each day!

Joe is a licensed therapist and a certified thanatologist and grief educator with over 40 years of experience, including a combined 23 years with Hosparus Health. He is an experienced camp leader, serving as Director of Camp Evergreen, now in its 32nd year; he has also facilitated many other day camps and retreat experiences for teens, adults, and families. A perpetual student, he credits the success of this and other programs to those with whom he has companioned through grief. He is known for his creative and often out-of-the-box approach to supporting youth and families coping with one of the most serious, important, and special experiences they will ever share. Joe is passionate about the transformative power of grief as a healing and creative response to loss. "Grief is a force of nature. So are we."

Important Numbers to Know:

For general questions contact the Grief Counseling Center.

Phone Number for the Grief Counseling Center: 502-456-5451.

For questions regarding the Camp program, preparing your Camper, or other concerns contact your Camp Director:



Jenny Martin: 502-992-0773

Joe Ferry: 502-719-8934

How much does Camp cost?

Thanks to our generous donors at Hosparus Health, including Kosair for Kids and WHAS Crusade for Children, this Camp is offered at no cost to approved participants (\$4035 value per Camper). You are welcome to make a donation in any amount towards camp should you wish ensuring all youth who might benefit have the opportunity.

What time is Camp drop-off and pickup?

Ephraim McDowell Drive Location:

You can drop off your Camper between 8:30 and 9 a.m. Tuesday through Thursday, and 8:00 to 8:25 a.m. on Friday at the Grief Counseling Center, which is located at 3532 Ephraim McDowell Drive, Louisville KY 40205.

You can pick up your Camper at 5:00 each day at the same location.

Republic Bank Foundation YMCA Location:

We are working collaboratively with the Republic Bank Foundation YMCA, 1720 West Broadway. For campers participating from areas near that location, we are arranging pick-up and drop off at the Y each morning and afternoon.

You can drop your camper off between 8:00 and 8:25 a.m. Tuesday through Thursday. **The bus will leave promptly at 8:30 a.m. to arrive at our east campus for the start of the program day. Please note: We cannot accommodate late arrivals from this location.**

Morning Drop Off Time for Friday is between 8:30 and 8:55 a.m. as we will begin our program at the RBFYMCA that day.

You can pick up your camper between 5:30 and 6:00 p.m. at the Y location.

Camp activities start at 9:00 a.m. sharp. Off-site activity is planned for each day and Campers will depart the drop-off location by 9:30 a.m. We apologize, but we cannot accommodate any early or late



Camper drop-off or pick-up times. Campers may not join us at off-site venues. They must travel to and from venues with the camp group on the bus.

Parents/guardians must sign the Camper in and out each day of Camp. Your camper must participate in the full program day. We apologize but we cannot allow early dismissal as it is disruptive to the program and other campers. Thank you in advance for your support and understanding.

What should my Camper bring to Camp?

Please review your Camp information packet. In there, you will find a list of required and recommended items your Camper should bring for each day of Camp. Please label all belongings with the Camper's first and last name.

What should my Camper leave at home?

Your Camper will be busy! Please leave all personal electronics at home, including phones (as you and your camper are comfortable), tablets, watches, and other electronic devices. Most Camp activities are off-site where Campers can unintentionally leave things behind. The Camp including Hosparus Health, the Grief Counseling Center, or our contracted venues are not responsible for any Camper item that is lost, missing, or misplaced.

How can I communicate with my Camper?

Camp staff will have cell phones and walkie talkies specifically for camp use if you need to communicate with your Camper. Know that your application "who to contact" information travels with us, should we need to communicate with you.

During Camp Week, June 9 – June 12 you can reach your Camp Directors at the following numbers:

Jenny Martin 502-992-0773

Joe Ferry 502-719-8934

This phone will be active only during daily camp program hours, 8:00 a.m. to 6:00 p.m.

Who do I contact with questions about the Camp, the Program, or any Activity?

Together, we all share responsibility for providing each Camper with age-appropriate information, an opportunity to gently confront challenges and fears, and the opportunity to receive grief support and build coping skills. While we have expertise in grief education and support, we believe YOU are the best expert on your Camper. Your questions and feedback help inform us about what is best for your child.

Please review the Camp information packet and feel free to call one of our Camp Directors with any comment, questions, or concerns with respect to the Camp program. They can be reached at:

Jenny Martin 502-992-0773

Joe Ferry 502-719-8934

If, after speaking with us, you decide your Camper should opt out of a program day please let us know your Camper will be absent. Your Camper is always welcome to rejoin Camp the following day.

What if my Camper has special needs?

Our Camp experience is activity-based and takes place in a variety of third-party community settings and locations, which may limit our ability to provide your Camper with special accommodation. We ask that you, as the parent/guardian and our partner, let us know whether your Camper can safely participate in each Camp activity. The easiest way to do so is by taking time to complete all questions on your Camper's Application and Health Form. Most activities require a Camper to be mobile, to interact with others in social settings, and to self-regulate his/her own behavior. We can only provide accommodation that is within our control and capacity to help your Camper have a successful experience. Please contact our Camp Directors with any questions.

What if my Camper needs or takes medication?

Whenever possible, we ask that you as the parent/guardian give your Camper all required medications at home – whether before or after Camp. If your Camper requires medication of any kind—prescribed, OTC, or herbal—during the Camp Day, you must:

- ✓ Sign all medications in and out, each morning and afternoon of Camp on a required form that will be provided at drop-off and pick-up.

- ✓ Bring all medications personally to the Camp and give them directly to a Camp Director, along with the required doctor's note.
- ✓ Bring all medications in the original labeled bottle or package for the person it was prescribed, in an amount sufficient for the dosage needed that day only.
- ✓ A doctor's note is required for all OTC and herbal medications.

Please Note: We will return medications to a Camper's parent or guardian **ONLY** and at the end of each day.

What if my Camper is or becomes sick?

If your Camper is not feeling well, for any reason, please exercise caution and do not send them to Camp. Should your Camper be ill and not attending program please leave a message for one of the Camp Directors.

Your Camper can rejoin Camp the following program day if feeling better and if without fever for 24 hours without the aid of any fever-reducing medication.

If your Camper becomes ill during the day, the Camp will notify the parent/guardian and arrange for immediate pick-up.

Please read our policy on COVID-19 below.

What is the Camp's current COVID-19 protocol?

COVID-19 is an unwelcomed Camper and is not allowed to participate in our program! Therefore, we require the Camp team and all Campers to meet the following criteria:

Please stay at home if:

- ✓ Showing any symptoms of COVID-19.
- ✓ Living in a household with someone diagnosed with, showing symptoms of, or a confirmed exposure to COVID-19.
- ✓ Traveled to/from a high-risk area as defined by the CDC.



If a Camper is identified as having potential symptoms of Covid-19 during the day, the Camper will be removed from the group to the extent possible and the parent/guardian notified to arrange for immediate pick-up.

At Camp, we practice and encourage proper hand hygiene and will provide and reinforce opportunities for Campers to wash and/or sanitize their hands throughout key times in the program day (including after using restroom, before and after eating, sharing art materials, etc.).

We do not require Campers to wear masks or socially distance; however, Campers are free to do so.

We ask that you educate your Camper on proper hand washing and reinforce respiratory etiquette (e.g., covering your mouth, using tissues, coughing into sleeve, distancing yourself or turning your head from others when needing to cough or sneeze, etc.).

Surfaces are cleaned at least once daily to reduce the risk of germs spreading.

Our COVID protocol is subject to change at any time, and we will consult with our Hosparus Medical Director about the safe viability of Camp and communicable diseases before and during the Camp week. We will notify Camper parents/guardians of any necessary changes to this protocol.