

Information Regarding Quest for Vendorization

Quest Therapeutic Camps was founded in the Bay Area by Dr. Robert Field, a licensed psychologist. Quest has been providing services to children and their families for 25 years. Our original Quest Therapeutic Camp program in the Bay Area is vendored through the East Bay Regional Center (Vendor # HB0746). The Quest program was previously vendored as a treatment program, but is now vendored instead for 21 days of respite for families. We are sending this request to apply for the exact same vendorization as our Bay Area program to have Quest Therapeutic Camps of Southern California be eligible for 21 days of respite.

Quest Therapeutic Camps of Southern California offer 6 weeks of summer day camps in Huntington Beach for children with mild to moderate difficulties behaviorally, emotionally or socially. Typically program participants are ages 6 to 18, but we occasionally work with young adults. Children who participate in Quest programming often have diagnoses of ADHD, anxiety, Asperger's Disorder, autism, epilepsy, cerebral palsy, depression, learning disabilities and/or social problems.

Quest Therapeutic Camps provide:

- 1) individualized behavior plans;
- 2) group therapy four times per week;
- 3) occupational therapy services to assist children in building their skills in self-regulation, sensory processing, motor skill development and bilateral coordination;
- 4) a 6 to 1 camper to staff ratio;
- 5) parent meetings with home therapeutic goal development;
- 6) consistent positive interventions
- 7) Engaging fun activities for campers such as rock climbing, soccer, arts and crafts, and field trips such as high-ropes courses, trips to Knott's Berry Farm, The Discovery Science Center, The Ocean Institute, beach days, and campouts.
- 8) A safe, supportive environment that allows parents to have some respite time while their children are being cared for.

Quest also provides ten-week rock climbing therapeutic groups that are conducted throughout the school year in the spring, fall and winter. Each sequence occurs on Wednesday nights from 6 to 8 PM at ClimbX Indoor Rock Climbing Gym in Huntington Beach. Typically the first hour includes therapeutic team building and emotion regulation activities and the next hour focuses on further skill development through rock climbing. The culmination of each 10 week group is a 6-hour outdoor rock climbing trip. The ten week group included developing 5 individualized goals for all participants as well as school and home goal development. Two parent meetings are provided throughout the course of the group. Quest plans to expand the school year program with an additional two-hour per week, 10 session group in the fall that still includes all our therapeutic components, but will not include rock climbing, but instead will have some team based interaction time such as working together as a group to develop a video game.

Quest utilizes a comprehensive therapeutic system that provides a treatment plan individualized for each child. By observing the child in camp activities throughout the day, our staff is able to see how problems present themselves. Jodie Knott, Ph.D., is a licensed clinical psychologist, and

has been the owner/director of Quest Therapeutic Camps of Southern California since 2009. She has created and facilitated therapeutic, experiential learning interventions for children for over 12 years and specializes in the assessment and treatment of attention and learning disorders, in addition to mood disorders. Dr. Knott's professional training includes earning a B.S. in Psychology from the University of California, San Diego, and both a Masters in Counseling Family Human Services, and a Ph.D. in Counseling from the University of Oregon. She has provided services to children and adults of all ages, in addition to having worked in a variety of settings including university counseling centers (providing services to students, adults, and children and their families), hospital services (inpatient and outpatient), county services (juvenile justice, foster care, and day treatment), and private practice. Quest staff is trained directly by Dr. Knott in the Quest Therapeutic Model to provide positive intervention to teach new, constructive behaviors. Counselors provide verbal support for accomplishments and directions for areas of improvement. By developing an open and nurturing environment where children feel accepted and respected, campers make positive changes because they feel safe to try new behaviors.

We are very proud at Quest to have evidence-based research that supports what parents and professionals have seen for 25 years. During the summer of 2008, 155 families participated in an independent research study by Lisa Greenberg to measure the effectiveness of Quest's therapeutic program. The results demonstrated treatment benefits rarely seen in psychological programs. Quest was found to provide effective individualized treatment for children 6-18 years old with mild to moderate behavioral, emotional and/or social problems. Significant reductions in hyperactivity, impulsivity, aggression and inattention were found, along with improvements in peer relations, family relations, athletic competency, behavioral control and self-esteem. Behavioral problems were found to decrease not only at camp, but also at home, school and everyday life. Children who come to Quest struggling to make friends, handling frustration and conquering their fears, leave with increased self-esteem and improved peer and family relationships. Their fears and frustrations are reduced and behavioral problems become less influential in their lives. In addition, Quest parents have consistently rated Quest highly. Specifically, rating very high satisfaction with the overall summer program, quality of staff, individualized goals and behavior ratings, campers' enjoyment, and the ability to keep their child's interest.