



## Quest's Detailed Summer Camp Information for 2025

Quest Therapeutic Camps of Southern California offers 4 weeks of in-person summer day camp from 9am to 3:30pm with additional parent meetings and multi-family groups through an online format. Services are specifically designed for children with mild to moderate difficulties behaviorally, emotionally and/or socially. We are proud to be accredited by the American Camp Association.

### **Quest Camps provide:**

- 1) A safe, supportive environment that has been proven effective;
- 2) Individualized behavior plans;
- 3) Group therapy five times per week (CPT code 90853);
- 4) Small camper to staff ratios;
- 5) Parent meetings with home therapeutic goal development and suggestions for how to support online learning and engagement;
- 6) Multi-family groups designed to be hands-on, fun filled opportunities for whole families to learn about each other and strengthen family bonds through play and activity
- 7) Consistent positive interventions developed in our Quest Therapeutic Model;
- 8) Engaging fun activities for campers such as games, sports, STEAM activities, comic book making, arts and crafts, drama, mindfulness, movement-based activities, etc.
- 9) Theme weeks to excite while provide unique opportunities for growth. This year's themes are Storyteller's Week (with Movie Making and Art), Game Week with Dungeons and Dragons, Videogame Making and Social Media Week, and Olympic Week.

### **Quest Campers**

Both boys and girls participate in our program. Campers range from 6 to 18 years of age and may experience mild to moderate difficulties behaviorally, emotionally and/or socially. Quest campers may struggle finding stable relationships or consistently achieving their goals. They may have diagnoses of ADHD, Asperger's disorder, anxiety, high functioning autism, difficulties with sensory processing and sensory integration, depression, learning disabilities and/or social problems. Many campers do not have a diagnosis but still need help developing self-regulation, social skills, and self-esteem.

Quest campers do not look or act differently from other children. Watching our campers play and interact would be no different from watching children on the playground. The problems our campers experience are often more subtle, but are significant in their impact on the child and family.

*Children who have severe aggressiveness, serious psychological problems, behavioral disorders or severe family problems are not appropriate for the program.*

## **Leadership Academy**

Some teen campers are eligible for the Leadership Academy. This program has low camper to staff ratio and is an accelerated leader program for campers who are considered to be ready for a higher level of program since they are ready to help other campers and model appropriate behaviors consistently. The Leadership Academy also engages in special projects related to leadership such as aspects of student leadership and community support. These campers can earn Quest Leadership Academy shirts and develop leadership skills.

## **Quest Parents and Home Therapeutic Strategies**

Our campers' parents receive directions and techniques to integrate Quest strategies at home. Through individual sessions, campers and parents receive written and verbal evaluations of their child's progress and are given the opportunity to discuss personal needs. Parent involvement in the Quest therapeutic program is essential. During the summer, parents meet in a group with therapists to understand Quest strategies and integrate recommendations based on the staff's experience. Meetings are held at different times based on camper age. Specific meeting times are located on the camp calendar. Additionally, meetings serve as a source of support for parents. Since the coordination between home and camp is essential for many camper's success, parents are urged to use the Quest Camp Parent Point sheet to identify specific goals and assign points on a daily basis. During the summer, these points should be updated in the online system every Thursday to be used with camp points at the Quest Store. Quest staff provide training and support in this area to parents prior to the start of camp and as camp progresses.

## **Quest's Strategy/Therapeutic Model**

Quest utilizes a comprehensive therapeutic system that provides a treatment plan individualized for each child. Interventions combine mental health support and social skill development. Quest implements an experiential learning program that combines aspects of cognitive behavioral therapy, mindfulness, and skill development in a variety of areas including teaching and practicing strategies for emotion regulation and social skill development including how to engage in higher level thinking about social interactions. Through observing the child in camp activities throughout the day, our staff is able to see how problems present themselves. Quest staff is trained to provide positive intervention to teach new, constructive behaviors. Counselors provide verbal support for accomplishments and directions for areas of improvement.

Quest provides an atmosphere where children feel accepted and respected. The program has been specifically developed to reduce the apprehension or discomfort that campers may experience. This environment allows children to take risks, try new positive behaviors, listen to staff direction, handle disappointments and develop positive relationships with other campers and staff. Using parental input and individual assessment by Quest professionals, each child is provided a treatment plan that helps address the most critical issues. During each hour of every day, the child receives specific staff feedback about the positive and negative aspects of his/her behavior. By developing this open, nurturing environment, campers make positive changes.

Realistically, change takes time. In the first weeks, the camper understands the relationship of his/her behavior to others' reactions. Then, experimentation with new behaviors and

attitudes occurs. As the child feels more confident, positive behaviors are strengthened. As camp attendance lengthens campers are able to solidify new patterns. Based on an independent research study and parent evaluations over several years of the founding Bay Area Camp, Quest has been found to significantly reduce hyperactivity, impulsivity, aggression and inattention while improving peer relations, family relations, athletic competency, behavioral control and self-esteem. A study of the Quest program in Orange County in 2013-14 further substantiated the power of the Quest Therapeutic Model as effective treatment by finding similar results with significant decreases in aggression and impulsivity and significant improvements in social awareness, social cognition, social communication, social problems, and behavioral concerns. More specific information is available on the Quest website at [www.questcampsofsocal.com](http://www.questcampsofsocal.com) under the Research & Support link.

### **Quest Activities**

Quest is fun! Through the day camp activities, children have fun while counselors assist them in solving problems and increasing confidence. Themes, team building activities and electives in areas such as video games, group games, Legos, comic book making, arts and crafts, sports, etc. entertain while providing learning experiences at camp. Hand crafted camp activities provide the most entertainment with opportunity for personal growth within the safety found at Quest Camp, while providing time for connection and fun with others.

### **Theme Weeks**

Each week of camp we offer specific themes to infuse the camp experience with fun additional opportunities for growth. This year's themes are:

#### **Week 1: Storyteller's Week (with Movie Making and Art)**

This week allows our campers to collaborate with others to act, take social risks, and learn social cues while enjoying the arts while engaging in improv, movie making, teamwork and fun. A true storyteller learns what is unique and special about oneself and is able to acknowledge one's strengths and can building resiliency.

#### **Week 3: Game Week (with Dungeon's and Dragons Event)**

This week allows our campers to focus on creativity, flexible problem solving and sportsmanship as they play with a purpose. Games are a great way to build resilience and build friendships.

#### **Week 3: Videogame and Social Media Week**

This week offers our campers opportunities for fun and creativity, while focusing on what unique personal characteristics, mindsets, goals, and behaviors help them to level up in their environments. A special focus is put on online, social media and gaming safety and how to use these avenues for building positive friendships.

#### **Week 4: Olympic Week**

This week allows our staff to challenge campers and celebrate their successes in many areas including athletics, social skills, and reaching individualized goals through a variety of themed activities and challenges.

### **Quest Staff**

Jodie Knott, Ph.D., camp director, a licensed clinical psychologist and behavioral analyst, coordinates the Quest treatment program. She has created and facilitated therapeutic, experiential learning interventions for children for over since 1999 and specializes in the assessment and treatment of attention and learning disorders, in addition to mood disorders. Quest staff is trained 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. Bios of Quest's head staff are available on the website.

### **Nutrition/Allergy Information**

An education component about the importance of good health through appropriate exercise and nutrition is also included into programming. Quest is a soda and candy free zone in which campers earn extra rewards for making good nutritional choices during the lunch component of our program.

### **Payment Options and Insurance**

Payments are connected to our registration link on the website. Quest does offer payment plan options. Our Insurance Information link has a lot of detailed information about how to access insurance benefits and other funding sources such as possibly through the Regional Center.

### **Support for Quest**

**(more detailed information including charts, research, and testimonials available on the website under Research and Support)**

Quest parents consistently rate 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. Physicians, educators, therapists and parents refer families to Quest because of the consistent progress children make with the therapeutic program.

Additional camp information is available at [www.questcampsofsocal.com](http://www.questcampsofsocal.com) or by contacting Dr. Jodie Knott at (714) 490-3428 or at [jknott@questsolutionsocal.com](mailto:jknott@questsolutionsocal.com).