structured, fun, safe & nurturing summer day & overnight camps for youth ages 6+ experiencing emotional, behavioral, social and learning difficulties.
A 1:1 Ratio of Counselors to Campers

At Camp Starfish, we have more staff than campers. It may sound silly, but when we say we’re one-to-one, we mean it! A cabin of five boys has 5-6 staff members. A group of six campers at arts-n-crafts is supervised by at least 6 adults. During swim lessons, each camper has an instructor by his/her side, in addition to lifeguards on the docks.

Not all campers at Starfish require so much staff attention, but it makes camp a place where they can feel comfortable and safe, knowing an adult is there to help them with little tasks or big issues, and have a hand to hold. Parents, guardians, agency workers, teachers, therapists, and others who send children to Starfish can relax knowing children are well supervised, being guided in their social skill development, actively practicing their social skills, and while doing all this, also having the time of their lives.

Who are the Starfish campers?

Starfish was designed, created, and structured to provide a safe, fun and skill-building therapeutic camp experience to children who, for whatever reason(s), are unable to find success in more traditional environments. Many campers who attend Starfish have been asked to leave other summer or extra-curricular programs because the staff ratio, structure or program expectations did not set up children with extra needs for success.

Some Starfish campers attend public schools with IEPs, 504 accommodation plans or class aides. Some attend private therapeutic schools with small classes and multiple teachers. Others attend residential schools or alternative learning academies. Many receive out-of-class social skills instruction, OT, sensory breaks, speech therapy, or other interventions designed to help them succeed.

All Starfish campers are looking for a place where social interactions are appropriate and simplified, where they are not the "odd one out," and where they can feel at home. They have the ability to participate in a group living environment, even if they don’t always do so appropriately. They may have one, multiple, or no clinical diagnoses. They or their caregivers may need the respite opportunity that camp provides, or they may simply be looking for a fun, enriching camp experience that will not result in early dismissal, but rather in success.

For more information

We encourage you to contact us anytime with questions you may have. We look forward to connecting with you soon.

www.campstarfish.org
info@campstarfish.org
Fall/Winter/Spring: 978-637-2617
Summer: 603-899-9590
Starfish has differentiated many of our program offerings to make sure camp continues to be supportive, challenging and rewarding for campers of all ages and interest levels. And, although it seems like there are finite differences between each program option, Starfish is very much an individually-focused program. As you look through the programs, think about the kind of experience you think your child is ready for. Just because a camper is 14 does not necessarily mean he or she is ready for the amount of choice included in older camper programs. And some teens who are ready for older camper programs may be interested in leadership and opportunities to mentor younger campers, while others might not be. No worries! We’ve got everyone covered, and we can adjust individually as necessary. If you’re not sure what to pick based on where your camper’s interest or readiness is, we’re happy to help you sort through the different options.

Main Camp (ages 6-13+)  Page 5

Overnight Camp is where it all started for Starfish! These camps continue to be the backbone of our summer offerings, and while we keep the traditional aspects the same, each year we spice things up with new special events, activity areas, and evening programs. Offering 5, 14, and 19-day sessions, our overnight programs have a 1:1 ratio of staff to campers. Campers work daily with their counselor Goals Buddy on up to three specific, individualized goals at a time and have multiple opportunities each day to review their progress and work towards their chosen rewards. Campers sleep in a village of rustic cabins with electricity, screen doors & windows, a staff member on each top bunk, and a camper on each bottom bunk. A centrally located washhouse offers showers with private changing areas, toilets, and sinks. These camps most closely mirror a “traditional” summer camp experience, with scaffolding, structure, extensive supervision, and plenty of support built in to ensure success.

Teen Camp (ages 14-16+)  Pages 6-7

Our two main teen programs, OCP & l.e.a.d.e.r.s, are both based out of our conference center-style lodge (“Crescent Lodge”) which overlooks a swim/boating beach and houses up to 40 individuals in modern dorm-style accommodations with indoor bathrooms, electricity, and air conditioning. The Lodge features its own dining room and kitchen, relaxation spaces, and outdoor exploration area, including a field for sports and games, a playground, and its own Gaga court (a must!). During the summer, it is “home base” for our 14- and 19-day teen programs.

Our popular Beachcombers program, which provides an outdoor living & trip program for teens, is also part of our Crescent Camps. It has a 1:1 ratio and its own outdoor platform-tent village called “The Grove” where campers live, cook their food over the campfire and camping stove, and use as home base when they are on-site between hiking, camping and boating adventures.

TIDES, Sibling & Respite Specialty Camps  Pages 7-8

We offer three additional awesome summer programs! TIDES is our older teens/young adults life-skills/transitional independent living program. Sibling camp offers children and teens who live with a Starfish camper the chance for their own camp experience. And August Respite Week - a fun “bonus” camp before school starts - isn’t to be missed!
Specialty Sessions
At Crescent Camp

ON MAIN CAMP, AND HAVE ACTIVITIES ALL OVER OUR 43 ACRE PROPERTY.

At Crescent Camp

BEGINNING IN 2020, TEENS WILL BE TAKING OVER THE CRESCENT SIDE OF CAMP! OCP & L.E.A.D.E.R.S. WILL LIVE AND EAT IN CRESCENT LODGE, WHICH IS EQUIPPED WITH DORMS FOR 6 - 14 PEOPLE EACH. BEACHCOMBERS WILL LIVE IN THE GROVE PLATFORM TENTS AND COOK IN THEIR OUTDOOR KITCHEN.

PROGRAM-SPECIFIC ACTIVITIES (OCP CHAT, LEADERS’ FORUM, AND BC OUTDOOR SKILLS) WILL TAKE PLACE AT CRESCENT, AS WILL BOATING/SWIMMING (AT CRESCENT BEACH). TEENS WILL PARTICIPATE AT MAIN CAMP FOR DAILY ACTIVITIES, ELECTIVES, FREE PLAYS, AND ALL-CAMP EVENTS.

<table>
<thead>
<tr>
<th>NAVIGATORS</th>
<th>LITE</th>
<th>FIVER</th>
</tr>
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<tbody>
<tr>
<td>WHO</td>
<td>WHAT</td>
<td></td>
</tr>
<tr>
<td>AGES 7-13</td>
<td>This is our “traditional” camp program, lasting 14 or 19 days. Each camper chooses their activities in 3-day bundles.</td>
<td>1ST TIMERS 6-14 &amp; RETURNING 15's</td>
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<thead>
<tr>
<th>SESSION</th>
<th>LENGTH</th>
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<tbody>
<tr>
<td>1</td>
<td>⭐</td>
<td>6/21-7/4</td>
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<tr>
<td>LITE</td>
<td>⭐</td>
<td>7/6-7/10</td>
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<tr>
<td>2</td>
<td>⭐ ⭐</td>
<td>7/12-7/25</td>
<td>$4,450</td>
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<td>3</td>
<td>⭐ ⭐</td>
<td>7/28-8/15</td>
<td>$5,690</td>
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<thead>
<tr>
<th>OCP</th>
<th>L.E.A.D.E.R.S.</th>
<th>BEACHCOMBERS</th>
</tr>
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<tbody>
<tr>
<td>WHO</td>
<td>RETURNERS AGES 14-16+, (1ST TIMER 14’s, IF SPACE)</td>
<td>RETURNERS AGES 14-16+</td>
</tr>
<tr>
<td>WHAT</td>
<td>The teen version of Navigators and the natural progression for many Starfishers. Teens earn additional privileges by showing safe, responsible participation.</td>
<td>Teens grow their leadership skills through self-development &amp; service, earning credits towards advance entrance to TIDES.</td>
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**Specialty Sessions**

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<thead>
<tr>
<th>TIDES</th>
<th>WHO</th>
<th>WHAT</th>
<th>RATIO</th>
<th>DATES</th>
<th>COST</th>
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<tbody>
<tr>
<td>TRANSITIONAL INDEPENDENCE &amp; DIRECTED EXPERIMENTAL SUMMER</td>
<td>TEENS/YOUNG ADULTS AGES 16+ (DIRECTOR ENDORSEMENT &amp; INTERVIEW REQUIRED)</td>
<td>Trainees live in a house setting, shop for/ cook their meals, and complete daily work shifts and life skills curriculum along with fun activities. *Trainees can earn a stipend for their participation.</td>
<td>1:2.5</td>
<td>TIDES 1: 6/21-7/17 TIDES 2: 7/20-8/15</td>
<td>$5,690*</td>
</tr>
</tbody>
</table>

| SIBLING CAMP | CHILDREN/TEENS 6-14 WHO HAVE A SIBLING/RELATIVE AT CSF (OR WITH SIMILAR EXTRA NEEDS) | A chance to have some fun of their own at camp! Make new friends who also understand the unique experience of having a sibling/relative with extra needs. | 1:4 | 7/6-7/10 (COINCIDES WITH LITE WEEK) | $880 |

| AUGUST RESPITE WEEK | RETURNERS FROM CURRENT OR PRIOR SUMMERS, AGES 6-16 | A week of relaxed fun at the end of the summer! Includes the highly anticipated full-day Canobie Lake Park field trip! | 1:1 | 8/17-8/21 | $1,650 |
Main Camp (ages 6-13+)

Main Camp is Starfish’s traditional programming for non-traditional campers!
All overnight programs on Main Camp, whether 5, 14 or 19 days, have a 1:1 ratio of staff to campers. Campers sleep on the bottom bunks in rustic, wooden cabins (with staff on top bunks). The cabins have screen doors and windows, cubbies, and close access to a central washhouse with hot water, private toilet stalls, shower stalls with

Navigators ★★★
ages 7-13+
This is our traditional camp program for younger campers. Campers often spend the initial years of their Starfish experience participating in this program. We call our campers “Navigators” because, with the help of staff, they choose their activities in several-day bundles, allowing them to discover their interests and “navigate” the world around them. First-time and younger campers are strongly encouraged to choose from a wide variety of options; as they progress through the program, most begin spending more time in areas of interest to them and undertaking multi-day or even multi-bundle projects in those areas. All Navigators are scheduled for a daily instructional swim lesson until they reach a basic stroke and water safety proficiency level, at which time they may opt out of lessons or choose to continue expanding their skills. All Navigators also participate in a daily Elective where they choose a unique 45-minute activity that isn’t offered as part of the typical program. This program offers our highest level of structure and is 1:1 at all times. Bunking for this age group is generally based on social and chronological age, emotional and behavioral factors, camper/staff matching and many other factors.

Lite ★★★
ages 6-14, returning 15’s
The 5-day, 4-night "Lite" session offers the best elements of our traditional overnight program, condensed into a 5-day "try camp" experience. Lite was designed to introduce campers to the Starfish Tools (coping skills) and Keys (social skills) with intentional teaching moments. Lite campers participate in traditional camp activities and sleep in rustic yet comfortable cabins in groups of 5-7 children, along with well trained and supportive staff. Emphasis is placed on trying new things, working as a team, and having fun.

Lite campers travel with their bunkmates and cabin staff through a carefully planned calendar of activities, allowing them to try many of the activities that camp has to offer at least once. While Lite campers swim each day (and can swim more than once a day if they want to!), they do not attend swim lessons, due to the short session timeline. It is not required that campers first do a Lite session when starting at Starfish. Many of our first time campers go straight into the Navigators 14- and 19-day program. However, for campers who do not yet feel ready to be away from home for a traditional two-week session, Lite is a great option!

Fiver ★★
boys ages 6-9
This program structure mirrors our Lite session, but actually takes place during a 2-week Navigators session. Up to five boys ages 6-9, usually first-time campers, live together in Fish Village, Bunk 5, and experience a “try-it” week of camp as a unit, while the larger camp of Navigators happens around them. A special staff team and specific Administrator, as well as an older camper “buddy,” is assigned to Fivers to ensure they have a great first camp experience!
Older Camper Program (“OCP”)  

The OCP is Navigators with additional choice built in, more privileges, and a slightly more “relaxed” feel to the structure as appropriate for older campers.

OCP teens choose their activities from 3-day bundles and have the added incentive of being guaranteed their first choices, so long as they maintain a certain OCP Level. All teens are scheduled for a daily instructional swim lesson until they reach a basic stroke and water safety proficiency level, at which time they may opt out of lessons or choose to continue expanding their skills. OCP teens also participate in the daily Elective where they choose a unique 45-minute activity that isn’t offered as part of the typical program. OCP teens may have a staff buddy for daily Free-Plays or may be an Explorer during this hour—traveling around camp without a 1:1 staff member, though still in sight and hearing of staff at all times. Being an Explorer is an earned privilege.

OCP teens are automatically scheduled to participate daily in the OCP Chat, a discussion- and project-based activity that focuses on issues facing teens such as safe choices, how to figure out if someone is being a good friend, peer pressure, boy/girl drama, social appropriateness and similar topics. Participation in the daily Chat and an ability to follow the basic Starfish expectations for safety are required for campers to maintain Level status and therefore earn the privileges that come along with OCP such as 100% choice in activities and having their music players with them at camp. If participation in Chat is not of interest, teens should be signed up for the Navigator program even if they are technically old enough to be in OCP.

OCP teens live in dorms together with l.e.a.d.e.r.s. teens.

l.e.a.d.e.r.s.  

This program is similar to OCP, with a slightly different focus. Campers who are in the l.e.a.d.e.r.s. program are building their self- and peer- leadership skills, and are beginning to receive guided opportunities to build work skills on camp. Their daily Leaders’ Forum is similar to the OCP Chat but also adds more detail towards setting personal goals for leadership in their own lives, their school, their home and their community. A credit system provides opportunities for regular self-reflection, feedback on goal achievement and clarity around their readiness to take on additional responsibilities around camp and graduate to TIDES.

This is a good program for teens who want to spend time as a role model to a younger camper and who may be interested in participating in TIDES down the road. L.e.a.d.e.r.s. participate in off-site community service. Additionally, they are expected to be able to not only follow the basic guidelines for safety at Starfish, but also to help other campers and teens enhance their own ability to do so through positive role-modeling. Any teen considering joining l.e.a.d.e.r.s. must familiarize themselves, alongside parent/guardians, with the Starfish Guide to Teen Programs l.e.a.d.e.r.s. section detailing expectations, responsibilities, privileges, credits and advancement.
Beachcombers (1:1) ★
outdoor living & adventure, teens 14-16

Beachcombers is different than other Starfish programs. When on-site, campers live in platform tents with cots and sleeping bags, cook 2 of 3 daily meals outdoors (the other is eaten in the dining hall), and follow a completely separate schedule to the rest of camp. The living accommodations are rustic and simple platform tents, with a washhouse nearby that has with toilets, showers, running hot/cold water and privacy. The Beachcombers experience is about being willing to try new things: teambuilding; working together on camp chores like wood collecting, food prep, fire building, shelter maintenance, and such; growing their skills in canoeing, hiking, camping and other outdoor pursuits; and experiencing off-site camping, hiking and rafting trips. Beachcombers swim and mingle with other camp programs at least once daily when on site. They experience plenty of adventures, including hiking Mts. Monadnock, Sunapee and Watatic; white water rafting the on the Zoar Gap, visiting state parks, camping on the beach, and more.

Important things to know when selecting Beachcombers:

Teens do not need to be outdoor-savvy to participate in Beachcombers, but they do need to active and willing participants in the program. Teens should be fully aware that they are being enrolled in this program, and what it entails. Your teen should have the ability and willingness to hike a one-mile uphill trail with plenty of breaks, carrying a backpack similar to but a little larger than one they would use for school. They must be willing to try camp food that is different to what is prepared in the dining hall and be offered alternatives that are simple but filling. They will get a little “dirtier” because of their outdoor-based experience and will be more routinely faced with new challenges. The day is scheduled, though differently each day and susceptible to changes due to weather, therefore less predictable than the overnight camp structure. And, unlike in younger camper programs where they are scored and discussed daily, Beachcombers’ individual goals are supported and managed in the greater context of group living and safely navigating the outdoor life.

Because the Beachcombers program goes off-camp and requires campers to be able to safely travel, hike, camp, and participate in camp chores off-site, a level-system called the Waterways is strictly enforced. Campers are given clear guidance from staff surrounding the expectations for each level. Campers must be at Waterway 2 (Rivers) or above to participate in off-campus excursions and at the neutral Waterway 3 (Ponds) or above to participate in overnight off-campus excursions. Both campers and Beachcomber parents/guardians must sign a Waterways Agreement before the start of the session.

TIDES Transitional Independence & Directed Experiential Summer (1:2.5)
teens 16+, young adults ★★★

When joining TIDES, teens make the shift from being a camper participant, entertained and supervised by counselors, to being a “trainee,” responsible for managing their day with support from advisors. TIDES is specifically designed to address 3 of the 4 major areas of transitional planning for special needs youth: independent living, community participation and job skills. In addition, the program incorporates a focus on both interpersonal interactions and self-advocacy. Goals and details for these areas are explained in depth on the camp website at www.campstarfish.org. TIDES trainees help run a business, budget/shop for/cook their own food, do their laundry, earn a weekly “paycheck,” and participate in community activities on- and off-camp.

A significant aspect of the program is that instead of living in cabins with counselors as when they were campers, trainees live in dorm-style sections of the TIDES House, where Advisors are housed in the building, but not in the room. Advisors provide guidance, instruction and supervision to ensure trainee’s safety and encourage their success in the program, but do not do things for trainees. Due to the unique structure, responsibilities and freedoms of TIDES, trainees may not participate in TIDES then return to general camp programming. TIDES applicants will require an interview and references, as well as Director approval.
Sibling Camp (1:4)
ages 6-14, live with/close relation of a Starfish camper or of a child with similar needs

As the brother or sister of a Starfish camper, siblings might sometimes feel left out or different themselves. Making friends who can relate to what they’re going through allows siblings to feel less “alone” or different from their peers.Sibling Camp presents the perfect opportunity for children to make connections and friendships with others who “just get it.” Children will participate in activities that promote healthy coping skills, empathy, and social skills with qualified staff and alongside peers who really “get” them, while also enjoying traditional camp fun such as boating, swimming, athletics, arts and crafts, campfires, and more! Sibling Camp emphasizes that every child is a valuable member of the community, and celebrates campers for who they are individually, without comparing them to others. The program intentionally has a staff-to-camper ratio of 1:4 or better, as our intent is for siblings to feel like they have their own place at Starfish — not that they are attending the 1:1 programs their brothers or sisters utilize. Siblings who require higher supervision should consider other Starfish options. Siblings do not need to attend camp the same dates in order to participate.

August Respite (“Bonus”) Week (1:1)
ages 6-16, current or prior attendees of any Starfish program

Looking to add an extra week to summer? Or just cover those few days before school starts again? Our Respite programs still have a staff-to-camper ratio of 1:1 and they’re chock full of activities, fun and friends. During Respite, our structure is slightly more relaxed compared with our typical summer camp day. Campers pick activities in the moment or for just that day, and everything is choice-based. In addition, while we still expect campers (and staff!) to use the Starfish Tools and Keys, we do not work directly on individual goals during the Weekenders program in the way we focus on them during summer camp. It is a time for relaxation and a true "respite" - a break and a full focus on fun, within safe limits and while respecting others’ right to also have fun.

Typical Respite Week activities have included: speedboat rides on the lake with Captain Kevin, a full-day trip to Canobie Lake (an amusement park & water park), hiking on Mt. Watatic, a full-camp Goldrush, a “movie under the stars,” luau beach party, and much more! Plus there’s time for Free Play and the typical camp games and activities too. If you aren’t sure whether the Respite style of Starfish programming is going to be right for your camper, we encourage you to talk with a member of our year-round team. You can also learn more online at:
http://www.campstarfish.org/camps/augustrespite.html

About Our Treetops Initiative (1:4)
Making camp accessible for campers who are housing unstable

With specific grant funding through Philanthropy MA’s SummerFund, paired with Starfish Campership funds, we are able to offer camp sessions to youth who are housing unstable, food unstable, homeless, in a shelter, or in geographic crisis. If you or someone you know can benefit from this opportunity, please speak with a director.
Year-Round Office
636 Great Rd., Suite 2
Stow, MA 01775
Phone: 978-637-2617
Fax: 978-637-2609

Summer Office
12 Camp Monomonac Rd.
Rindge, NH 03461
Phone: 603-899-9590

Website
www.campstarfish.org

E-mail
info@campstarfish.org