

DATA SNAPSHOT

2012-2013

OUTCOMES EVALUATION STUDY

About the Study

During the summer of 2012, our camp families completed surveys both before and after camp about the impact of residential camps on the lives of campers and their families. The post-camp surveys were completed one month following the completion of camp. A six month follow-up survey was also completed, with the intention of better understanding the potential for lasting change in campers following camp attendance.

Key Findings at One Month Post-Camp

Changes in Children Noticed by Their Families Following Camp

- 83% of parents/caregivers reported noticing an increase in their child's confidence;
- 80% reported an increase in self-esteem;
- 76% reported an increase in maturity;
- 74% reported an increase in independence; and
- 72% reported an increased interest in social activities.

At Six Months: All of the positive changes were maintained.

Impact on Camper Resilience

Campers were asked to rate the variables below related to resilience on a weighted scale or against relevant criteria. The results are as follows:

- *Camper Quality of Life* - After camp, there was a significant decrease in the frequency of psychosocial problems, such as attentiveness, feeling sad, and relationship building.
- *Illness-Related Stress and Post-Traumatic Stress Disorder (PTSD)* - There was a statistically significant decrease in illness-related stress and PTSD symptoms, such as distress and avoidance, after camp.
- *Positive Coping Strategies* - Parents/caregivers reported a significant increase in positive coping strategies, such as goal attainment and adaptability, following camp.
- *Friendships and Social Support* – There was a significant increase in friendship satisfaction following camp.
- *Happiness* - Camper-rated happiness about health and ability to do things they like to do was significantly higher following camp.

At Six Months: All resilience-related indicators, except for some PTSD and stress variables, maintained their increased levels.

Making Friends and Staying in Touch after Camp

- 98% of campers reported that they made new friends while at camp;
- 58% of campers continued to stay in touch with others they met from camp; and
- The majority of campers reported that they were in touch with 1-10 friends from camp with some reporting even more.

At Six Months: Campers continued to stay connected to friends they made at camp, with 48% reporting that they were still in touch.

The Importance of Family Social Support

30% of families reported that their social support had increased one month after camp; changes in support reflect meeting other camp families and interacting with others from camp through social media, support groups, blogs, etc.

At Six Months: The increase achieved one month after camp in family social support remained steady. (Note: Family social support is a strong predictor of children's relationship-related capacities and shows potential to decrease a camper's psychosocial problems.)

About Yale Child Study Center

The Child Study Center is a department at Yale University School of Medicine which brings together multiple disciplines to further the understanding of the problems of children and families. Among the many disciplines are child psychiatry, pediatrics, genetics, neurobiology, epidemiology, psychology, nursing, social work and social policy. The mission of the Center is to understand child development, social, behavioral, and emotional adjustment, and psychiatric disorders and to help children and families in need of care.