

Karyn Purvis Institute of Child Development Camp Trainings Resource Guide

This guide includes information on the available KPICD resources to assist in the implementation of camps.

The Karyn Purvis Institute of Child Development (KPICD) and the work of Trust-Based Relational Intervention (TBRI) originally began with a camp called Hope Connection. Dr. Karyn Purvis and Dr. David Cross created a respite camp for adopted children in the late 1990s, and from this work, TBRI was developed. Over the next decade, the KPICD was founded, TBRI was formalized, and summer camps continued to occur to meet the needs of adopted children. Soon, the demand for TBRI around the world prevented the continuance of summer camps.

In order to serve a greater number of families, the KPICD began training TBRI Practitioners to host their own camps. Every January for several years, a small group of professionals came to TCU for three days to learn how to conduct their own Hope Connection camps. Participants were given a draft manual (that was never finalized) and sent out to lead camps. Since that time, the KPICD team has grown and the intervention has continued to evolve.

In 2018, students worked to revive the original Hope Connection into a new model called Hope Connection 2.0. This new model focused on meeting the needs of every member of the adoptive family using TBRI. Over the next two years, the camp leadership team at the KPICD facilitated five camps in this revised model. These camps continue to occur twice a year, one in the Spring and one in the Fall.

With the revival of camp at the KPICD, the demand for camp training increased. The camp leadership team decided to create resources, based on their expertise in TBRI and camp implementation, to meet the need for Practitioners who want to host their own camps. The hope of this team is that children and families can benefit from this successful model around the world, far beyond the scope of the KPICD's Hope Connection 2.0.

The KPICD is pleased to offer a variety of resources to assist TBRI Practitioners in implementing camps in their areas and organizations so that we can continue to change the world for children.

What should I do if I previously attended a camp training hosted by the KPICD?

If you were previously trained, please contact hopeconnection2.0@tcu.edu to determine if your camp could qualify as a TBRI Family Camp. You may be asked to submit specific information, be subject to a fidelity check, and need to purchase updated materials in order to qualify.

Free Resources

The KPICD has compiled a list of free resources for anyone to use when preparing to create their own camp.

These free resources serve as a launching point if you are considering creating your own camp or wanting to understand what camp implementation might entail. Note these free resources do not include adequate materials to create a trauma-informed camp or TBRI Family camp.

Guide to Camp Basics includes general guidelines for creating a camp schedule

Guide to Camp Basics

This guide consists of general things to consider when designing a camp environment. The goal of camp is always to meet the needs of campers and their families.



Logistics

Determine who your camp is going to serve and how long camp is going to be.
 Ensure you have a location that is able to accommodate your needs.
 Clearly design and plan each day of camp ensuring:
 Physical activity occurs every 2 hours
 Protein rich food is provided every 2 hours
 Ensure all supplies need to execute camp are ready and available.
 Water bottles, snacks and sensory items should be accessible at all times.



Staffing

Ensure you have enough staff/volunteers to meet the needs of campers and families.
 All staff should have a trauma-informed mindset and understand the goal of camp.
 Identify staff who are capable of meeting the trauma related/ emotional needs of campers.
 Staff are intentional to connect with campers.
 Staff provide a balance of both structure and nurture.



Campers

Campers should be immersed in a supportive environment where they feel loved, valued and seen.
 It is important that campers learn regulation strategies and gain an understanding of what is happening in their brains and bodies.
 Campers are given voice as much as possible.
 Campers should have opportunities to play as much as possible.



Caregivers

Staff responsible for training caregivers provide trauma-informed tools.
 Caregivers can connect to each other as well as the trainer.
 Caregiving training is a supportive, judgement free environment.
 Caregivers can ask questions and problem solve real-life situations.
 Caregivers are given an opportunity for respite.



TCU

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Sample Schedule

TIME	CAMPERS	PARENTS
8:30	Check-In	Training 8:30-11:00
8:40-9:10	Sensory Group	
9:15-10:00	Nurture Group	
10:00-10:15	Snack and Bathroom Break	
10:15-10:40	Sensory Group	
10:45-11:30	Processing Group	Lunch & Respite 11:00-12:45
11:30-12:15	Lunch	
12:15-12:45	Outside Play	
12:45-1:45	Connecting Activity	Training 1:50- 4:00
1:55- 2:25	Rotation 1 - Sensory	
2:30- 3:00	Rotation 2 - Art	
3:00- 3:10	Snack and Bathroom Break	
3:15 - 3:45	Rotation 3 - Processing	
3:45 - 4:15	Memory Books	
4:15- 4:30	Wrap Up Group	

Sample Schedule General layout of a typical camp day

Trauma-Informed Camp Course

This course is an on demand, self-guided course designed to help Practitioners create a trauma-informed camp. It consists of a digital camp manual and four webinars that provide an overview of the principles and practices of implementing a trauma-informed camp. If you want to create a camp, this course will help you understand the basics of a trauma-informed camp and how to include those into your camp design.

If you already facilitate a camp, this course will help you learn how to incorporate basic TBRI principles into your camp model.

Trauma-Informed Camp Goal: To expose staff and families to trauma-informed principles and practices

What is included in this course:

Four 15-20 minute webinars covering the four main areas of camp:

- Staffing - an overview of roles, expectations and how to train those helping with camp
- Caregiver Training - an overview of things to consider when designing caregiver training and TBRI principles to cover
- Programming - an overview of different camper groups and activities
- Logistics - an overview of how to schedule, organize and run camp.

Digital Camp Manual that includes the following:

- An overview of how to recruit and train buddies.
- A detailed camp schedule
- An explanation of the different groups at camp
- List and explanation of camp roles
- An overview of caregiver training
- List of research measures.

Cost to access - \$150

Available March 2021

TBRI Family Camp Training

This training is a guided, in-person, experiential learning opportunity. Practitioners attend two weekends of Hope Connection 2.0 and receive two additional full days of training.

This training will help TBRI Practitioners create a therapeutic camp experience for families replicating the KPICD Hope Connection 2.0 model. This training is ideal for those who already oversee a camp and are interested in empowering families to make lasting change.

TBRI Family Camp Goal: To provide a therapeutic intervention for the whole family utilizing TBRI Principles

What is included in this training:

- Observation of and participation in 2 weekends of Hope Connection 2.0
- TBRI Family Camp Manual including lesson plans and logistic information
- Detailed training manuals and powerpoint presentations for both caregiver training and buddy training
- Box link to recruitment applications, lesson plans, and evaluation forms
- Designated KPICD camp contact person who will provide ongoing consultation and problem solving as you implement your camp
- One camp site visit from KPICD contact person
- Official TBRI Family Camp logo
- Listing as TBRI Family Camp on the KPICD webpage for families to reference

Pricing and application details are currently being finalized.

Organization Consultation

If you work with an organization that oversees multiple camps or one camp across multiple locations, the KPICD Camp Team can consult on an individualized plan for camp training.

The KPICD Camp Team will conduct a one-hour consultation call with your organization in order to discuss organizational needs and will assist you in creating a training plan to fit those needs.

Please contact hopeconnection2.0@tcu.edu
for rates and scheduling information.

