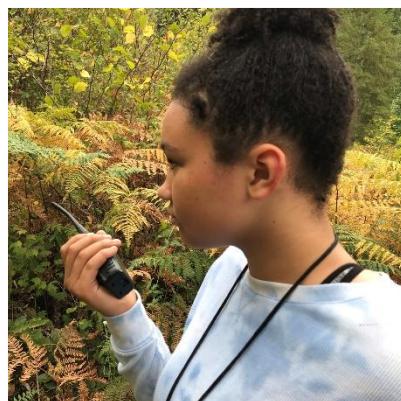


2021

Camp Hope Annual Summary

Search & Rescue Training



Oregon Trail Challenge



Lupine Education Services



Youth Retreats



Camp Hope of SW WA

Annual Summary of Camp Activities

10/21/2021



2021 Camp Hope of SW Washington Annual Summary of Camp Activities

Oct. 1, 2020 – Oct. 1, 2021

Mission

Camp Hope of Southwest Washington is a non-profit, 501(c) (3) charity organization in Clark County founded in 2012. Programs at Camp Hope were established in response to the rise in teen suicides, substance abuse, mental health issues and low academic performance among youth in Southwest Washington. A team of caring adults began looking for ways to connect with youth and meet their emotional and social needs to combat this trend. *The Camp Hope mission is to compassionately reach youth, empowering them to overcome life's challenges through the principles of trust, truth, and unconditional love.*

The campgrounds are located on a 107-acres along the shores of the East Fork of the Lewis River in Battle Ground, Washington. Formerly run by the Girls Scouts of America from 1946-1996, Clark County Lands and Parks agreed to lease the land to Camp Hope in 2012 to develop and use the property. Outdoor youth programs began here in 2016. The beautiful, forested property provides an ideal setting for outdoor education and to nature. The service area of Camp Hope includes southwest Washington, Oregon, and the surrounding areas.

Investing in Youth

Camp Hope seeks to empower youth, particularly at-risk youth, and provide them with skills to overcome life's challenges by stirring the body, mind, and heart in an outdoor community of love and support. The outdoor educational camps are carefully designed to build confidence and resiliency in youth as they learn valuable life skills while having fun alongside peers and caring adults.

Outdoor Recreation Critical During COVID-19¹

Recent research highlights the critical role that time outdoors and time in nature play in bolstering adolescents' resilience to stressors such as the COVID-19 pandemic and underscore the need to facilitate outdoor recreation opportunities for youth during times of crisis. Camp Hope is uniquely positioned to provide the essential outdoor recreation for youth and families through our camps and facility rentals to partner youth organizations. The location a few miles north of the City of Battle Ground provides a close-in get-away.

Camp Hope Camps

The Discovery Day Camp program occurs from March through November of each year. One Saturday per month the camp leads a full day of camp to enrich the lives of youth ages 10-18, often reaching at-risk and disadvantaged youth. In addition to these monthly Saturday camps, Camp Hope led 7 days of

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7967628/>



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summer camp for Rock Solid Teen Center, 2 foster youth day camps, The Boys and Girls Club camp, and assisted 2 foster overnight camps led by a private organization on the campus.

Demographics

From Oct. 1, 2020 – Oct 1, 2021, the hometowns of participants in the Discovery Day Camps are noted below. Of the 224 Discovery Day campers this past year, 145 were on free-lunch programs at their schools (65%).

Amboy 98601	0.4%
Battle Ground 98604	16.1%
Brush Prairie 98606	0.4%
Gresham Oregon 97080	0.4%
Kalama 98625	5.4%
Kelso 98626	0.9%
La Center 98629	10.7%
Longview	0.4%
Ridgefield 98642	1.3%
Vancouver, multiple zip codes	54.5%
Washougal, 98671	0.4%
Woodland 98674	1.3%
Yacolt 98675	7.6%
Total	100%

Scholarship Program

To assure that youth of all socioeconomic backgrounds can participate, Camp Hope has established a scholarship program to remove any financial barrier that might keep youth from taking part in the outdoor programs here at Camp Hope, including Discovery Day Camp, Foster Camp and our partner camps with Rock Solid Teen Center and foster adventure camp. *The Parks Foundation* provides scholarships for campers through a generous grant.

No Child Left Inside grant money from the WA Recreation and Conservation Office has provided financial support for staffing, stipends, supplies, and food at the camps. The support of both organizations and the many donors and volunteers makes the camps possible for hundreds of youths.

The fee schedule in 2021 was \$40 per camper. The family rate reduces the rate to \$30 per camper. In 2021 Camp Hope provided 227 scholarships covering 50% of camper-days and 76% of campers.



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Camp Summary: The following table summarizes the camps lead by or supported by Camp Hope staff:

Month/Year	Name of Camp	Campers	Days	Camper-Days	Scholarships
March	Discovery Day Camp	39	1	39	23
April	Discovery Day Camp	36	1	36	21
April	Boys & Girls Club Day Camp	15	1	15	0
April	Foster Kids Quilt Camp	6	1	6	6
May	Discovery Day Camp	36	1	36	23
June	Discovery Day Camp	47	1	47	28
July	Foster Kids Day Camp	9	2	18	18
July	Rock Solid Teen Center	15	3	45	0
July	Foster Overnight Camp	8	3	24	24
August	Discovery Day Camp	25	1	25	9
August	Foster Overnight Camp	16	3	48	48
August	Rock Solid Teen Center	20	4	80	0
August	Foster Kids Day Camp	6	2	12	12
September	Discovery Day Camp	21	1	21	15
	Sum Totals	299	25	452	227

Volunteers Contribute more than \$43,143 in Labor

Camp Hope relies on many volunteers to run the Discovery Day Camps. In addition, several businesses and organizations have contributed this past year with hours of maintenance of trails, campgrounds, and facilities.

Executive Director volunteers average of 50 hours/mo. X 9 months x \$20/hr.	\$9000
Day camp is run by 5 part-time staff and 9 volunteer mentor counselors and cooks. Recreation and Conservation Office approved a rate of \$18/hour for a wage equivalency of (9 camps x 9 volunteers x 10 hrs. x \$18).	\$14,580
Facility and grounds maintenance volunteers average 25 hours per month, or 300 hours per year x \$15.49/hr. ²	\$4647
Boy Scout Troops/Trail Life serve 1 hour each camp. 159 campers x 15.49	\$2463
LDS Young Women's camp served for 2 hours during camp. 100 x 2 x \$15.49	\$3098
The Red Team from Keller Williams Realtors (50 volunteers x 5 hrs x \$15.49)	\$3872
Second Saturday from Crossroads Church (75 volunteers x 4 hrs x \$15.49)	\$4647
BG Foursquare Men's Group (12 guys x 4.5 hours x \$15.49)	\$836

² The median hourly wage for grounds maintenance workers was \$15.49 in May 2020. [Grounds Maintenance Workers : Occupational Outlook Handbook: : U.S. Bureau of Labor Statistics \(bls.gov\)](#)



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Discovery Day Camps Summary

Stirring the Heart, Mind and Body in an Outdoor Classroom

1. **Stirring the Heart.** Camps include opportunities to inspire emotional wellness and character development with sound principles of truth, love, and good sportsmanship.
2. **Feeding the Mind:** Camps strive to challenge youth with experiential understanding of history, science, and the arts.
3. **Activating the Body:** Camp is recreational and educational. With 15 acres to explore, campers have many opportunities to keep moving and practice new skills.

History Comes Alive. On a drippy day in March, St. Patrick told campers the true story of his capture, escape, and resulting adventures. Soon they were whisked into the story as each team passed through an eventful scavenger hunt, escaped from pirate captors, and found their way home.

In August campers learned how to prepare to face the challenges of the Oregon Trail. After gathering provisions, the teams packed their “wagons” and headed out into the treacherous wilderness, working together to overcome a variety of obstacles, make trail-smart decisions, forage along the way, and protect themselves from ambushes from the natives!

Search and Rescue. The lead veteran instructor taught Search and Rescue strategies as well as basic first aid response. By the afternoon when some “distressed campers” came and reported their friends missing, campers kept cool heads as they split into two teams. From there, they gathered necessary information, created a search plan, located the victims, and built stretchers from vine maple trees to get them to safety. While working to recover the victim, one of the foster youths said that she was inspired to work as an EMT in the future.

Teamwork. During Camp Hope Summer Olympics, camp competitors paraded to each event with their team’s hand-made flag. After competing in events like archery, paper airplane design, challenge course, and water-balloon volleyball, the teams gathered around for the award ceremony where winning teams received medals. Campers and leaders alike were given the opportunity to encourage and applaud each other’s strengths and efforts as they reflected on the day. One camper remarked, “Even though we didn’t win any medals, I think our team did a really good job and worked together well.”

Overcoming Fear. In June campers teamed up to skirmish against each other with paintball guns from behind hay bales and pallets. While some campers were buzzing with enthusiasm, others wrestled with trepidation or intimidation. After getting walloped by a well-aimed paintball, one foster youth made her way off the field slightly stunned and feeling more than a little defeated. A volunteer spied her out and exclaimed, “Wow! That must have hurt! You’re so tough; you must be so excited to get back out there and try again!” She grew about three inches taller and said, “Yeah!” and went out the next chance she got!



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Overcoming Stress. Camp was honored to welcome a U. S. Air Force pararescue member to talk with the campers about what it takes to overcome immense challenges and deal with different levels of stress. The campers enthusiastically engaged in discussion, their input ranging from, “Why is there war?” to, “You look like Thor!” Bringing out some deeper concepts, this was a great opportunity for a few campers to engage in follow-up conversations with staff about difficult circumstances in their lives.

Science Living Laboratory

In March, they explored the mysteries of non-Newtonian fluids as they assembled and interacted with their own “Oobleck” concoctions from Dr. Seuss. On the Oregon Trail campers experienced some of the wonders of chemistry as they learned how to make soap by combining sodium hydroxide and long-chain fatty acids. Campers also learned how to launch a rocket using only the force of a vinegar-baking soda chemical reaction.

In September campers learned the laws of impact ($K=(mv^2/2)$) as teams designed and tested egg drop contraptions. Using only plastic straws and tape, every team but one was successful in keeping their egg intact by slowing the rate of descent (velocity) of their egg.

Several times the Lower Columbia Fish Enhancement Group, as part of their Hope for Salmon program, partnered with us to teach the campers about the watersheds where they live. The location on the East Fork of the Lewis River provides the perfect hands-on learning environment.

Arts & Creativity. Among other crafts like painting, making paracord bracelets, and stamping leather bracelets and keychains throughout the year, Camp Hope hosted a quilt-making camp in April for a group of foster teens. They each designed and assembled a simple quilt pattern. Some of them would take them home for themselves, but some shared they had plans to gift their quilt to someone special. Special thanks to the quilting ladies who machine sewed them all together.

Thanks to a *No Child Left Inside* grant, Camp Hope was able to purchase 6 cameras this year. Kids learned the basics of photography and practiced snapping pictures of the camp and each other. The next day, the campers buzzed with excitement as they poured over pictures they took or pictures featuring themselves. They were each given small photo albums to take home where they were able to artistically display their very own work.

Unplugged. Despite the fun-packed camps, counselors noticed that many campers had a hard time adjusting to life away from electronics and screens. By the time parents arrived to pick up their child, many of the blank stares had turned to sparkling eyes as they chatted about the ice cream they had made themselves or the stuffed animal they had won at the Camp Hope Carnival!



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Facility Rentals Provide Force Multiplier

Local youth organizations and families have created a force multiplier through the facility rental program. Camp Hope can accommodate 128 campers in 16 rustic cabins without electricity or running water for as low as \$6.35/night. In 2021 the following organizations rented Camp Hope, reaching a total of 1714 youth, with 742 adults, over 76 days, for a *total impact of 6259 Camper-Days*.

Group Name	Number of days	Number of Youth	Number of Adults	Camper-Days (people * days)
Apostolic Lutheran Church Senior Grad Party	1	45	8	53
Apostolic Lutheran Church Family Picnic	1	125	75	200
American Heritage Girls	2	132	12	288
Boys Scout of America Troop 475	2	45	22	134
Boys Scout of America Troop 221	2	13	3	32
City Harvest Church Youth camp	3	62	12	222
Foster Kid Adventure Camp	6	24	40	384
Foursquare Church Youth Camp	3	105	25	390
Latter Day Saints Church McLoughlin Ward	4	14	8	88
Latter Day Saints Church Salmon Creek Ward	1	16	10	26
Latter Day Saints Church Young Women's Camp	4	100	49	596
Latter Day Saints Church Young Women's Camp Ridgefield Stake	5	125	35	800
Lupine Education Services Outdoor School	9	30	6	324
North County Pop Warner Flag Football	1	152	48	200
Parkway Baptist Church Picnic	1	170	7	177
Ridgefield Nazarene Men's Camp	2	0	20	40
SMIRNA Church Family Camp	5	146	82	1140
Starting Grounds Church Family Camp	3	52	22	222
Summit View Church Picnic	1	228	75	303
Trail Life Troop	3	50	16	198
Lewis Family Camp	2	6	8	28
Zaebst Family Camp	4	13	8	84
Chumbley Family Camp	3	7	8	45
Shoote Memorial Service	1	25	75	100
Warnke 80th Birthday party	1	15	30	45
Wrathall Family Camp	5	14	8	110
Totals	76	1714	712	6229



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Impacting Mental Health

The importance of investing in youth this year cannot be overstated. In April 2021, Washington Department of Public Instruction published "Behavioral Health Impacts During & After Covid-19".

- According to Census data, weekly surveying shows that symptoms of anxiety and depression have increased gradually for all Washington adults, to approximately 20% higher than pre-COVID levels.
- UW Medicine reports that, for patients under 27 years old, depression diagnoses have increased approx. 30% since 2019, and nearly 50% for anxiety diagnoses.
- **According to the CDC, nationally, the proportion of emergency visits for mental health issues for youth 12-17 increased by 31% during the pandemic. This trend has also been found at state inpatient facilities such as Swedish, Seattle Children's, and Mary Bridge Children's Hospitals.**
- A CDC report from June 2020 found that mental health conditions are disproportionately affecting young adults (aged 18-24). One in four young adults was found to have seriously considered suicide – an increase from one in 10 young adults pre-pandemic.³

After a long year of pandemic related cancellations in 2020, Camp Hope was ecstatic to lead 12 camps in 2021 with a focus on 5 foster camps. Counselors couldn't help but notice that many campers had a hard time adjusting to being active socially and out of doors. It took some time for these students to re-engage in stimulating activities and exercise while enjoying the outdoors with their peers. One visiting youth camp included a staff of psychologists and pastors and hosted a mental wellness panel. Their staff reported that they spent much of their camp time one-on-one with hurting teens. What a reward to see dull faces shuffling into camp, slowly lifting as the days went on and departing with big smiles.

Our observations confirm the results of a recent study. According to a 2021 study published in the *Outdoor Activity Participation Improves Adolescents' Mental Health and Well-Being during the COVID-19 Pandemic*.⁴ "During the pandemic, 76.4% of adolescents reported that spending time outside in nature helped them deal with the stress caused by practicing social distancing. Furthermore, the adolescents who said time outdoors helped them cope with pandemic-related stress reported less pronounced declines in Subjective Well-Being than those who did not recognize these benefits. Similar patterns were observed with respect to self-reported changes in mental health."

The Board of Directors and Staff of Camp Hope look forward to continuing our mission to compassionately invest in youth, empowering them to overcome life's challenges.

Karen A. Phillips
Executive Director
Director@camphope-wa.org

³ [SMART Center Return to School 6.2.20 final.pdf \(www.k12.wa.us\)](http://SMART Center Return to School 6.2.20 final.pdf (www.k12.wa.us))

⁴ [Outdoor Activity Participation Improves Adolescents' Mental Health and Well-Being during the COVID-19 Pandemic \(nih.gov\)](http://Outdoor Activity Participation Improves Adolescents' Mental Health and Well-Being during the COVID-19 Pandemic (nih.gov)) International Journal of Environmental Research and Public Health