



## At A Glance '11

**MISSION:** Camp Holiday Trails is a caring community committed to empowering, encouraging and educating campers with chronic illnesses, their families and healthcare professionals.

We achieve this through programs and activities that foster self-esteem, promote independence, develop leadership skills and create empathy and tolerance.

Camp Holiday Trails is a center for experiential education and learning for those professionals committed to improving their knowledge and skills in serving children with special medical needs and chronic illnesses.

**HISTORY:** Camp Holiday Trails grew out of two successful camps undertaken by members of the Department of Pediatrics at the University of Virginia Medical Center. The first camp was started in 1965 for children with diabetes and the second, in 1970, for children with respiratory health problems. Each camp was held at rented or donated facilities. The pediatricians of those camps realized that there was real value in starting a camp that accepted children with a variety of health problems that would shift the focus from the illness to the child. It was agreed that such an expanded program required a permanent campsite so 75 acres of beautiful woodland south of Charlottesville was purchased and the first cabin went up in 1973. In the summer of 1974, Camp Holiday Trails was one of the first camps to bring together children with diverse diagnoses in one setting.

**PROGRAM:** Camp Holiday Trails *celebrates the Camper, not the illness.* We offer an active year-round program that engages our Campers in activities such as: arts and crafts, drama, therapeutic horseback riding, swimming, canoeing, wilderness education, sports and organized games designed to build self-confidence. For many children, these activities are a daily act of defiance of odds! "*Camp is not the real world ... but it is what the real world should be!*" - Camper

**FAMILY CAMPS:** It IS fun to send your kids to Camp, but how about bringing your kids to Camp ... and staying? Why should they have all the fun? Our family camps focus on fun family activities, parent networking and interactive education about diverse diagnoses.

**MED KORNER:** Under the direction a Medical Director, the heart of Camp is Med Korner where Campers receive medical treatments and other therapeutic interventions. Additional medical staff may include Physician's Assistants,



Nurse Practitioners, Physical Therapists and a diverse group of specialists. Assets include treatment rooms, a pharmacy and sleeping quarters for on-call medical staff and any Camper who needs to spend the night. Our Medical Directors oversee and coordinate the overall care provided, and ensure that each Camper and staff need is properly met and managed. Our Med Korner is also a center for training and learning for nursing students, medical students and residents. In case of emergency, the University of Virginia Medical Center is only ten minutes away.

**STAFF:** A staff of 5 year-round professionals gives leadership to program operations, development and facilities management. Another 20-25 seasonal counseling staff and 20-35 medical staff join the team each summer. Our Counselors are recruited from pre-med, education, counseling and therapeutic recreation programs and are all certified in 1<sup>st</sup> Aid/CPR. Several of our staff are certified lifeguards and EMTs and participate in a week of intensive staff training before the summer program begins.

**BLAZER PROGRAM:** A leadership development program for our teen Campers designed to promote service, environmental awareness, self-reliance, leadership, a strong work ethic and an enhanced self-image.



**VOLUNTEERS**

Our year-round programs are supported by volunteers who run sibling support groups, plan family respite programs, maintain our facility and more. Each year, **hundreds of volunteer individuals and groups** devote

countless hours to fund raising, program leadership, office support and building projects. There is a job for everyone!

**WHO COMES TO CAMP:** Camp Holiday Trails is open to any **child with special health needs**, cognitively on age, within or outside the U.S., focused on the Mid-Atlantic region. Campers are given the opportunity to interact with others who have medical conditions both similar and very different from their own. The following is a partial list of the types of medical diagnoses accepted at Camp Holiday Trails:

- \*arthritis
- \*asthma
- \*GI disorders
- \*kidney disease
- \*diabetes
- \*hearing impairments
- \*immunodeficiency
- \*cerebral palsy
- \*heart disease
- \*sickle cell anemia
- \*cystic fibrosis
- \*hemophilia
- \*organ transplant
- \*visual impairments
- \*cancer
- \*epilepsy

*Inquiries about the acceptance of medical diagnoses not listed are welcome.*

Our **Professional Advisory Committee** evaluates each camper application to ensure our capacity to provide for the medical needs of the individual Campers.

**CHALLENGE COURSE:** Camp Holiday Trails offers a challenge course experience customized to each group's needs. Birthday parties can be hosted on our climbing wall, or corporate team-



building efforts benefit from a low ropes experience followed by the challenge of our high elements. **Can you walk on a tightrope 35 feet in the air?** You can with the help of our trained staff!

**SITE RENTALS:** Camp Holiday Trails is open for **one-day meetings or longer retreats** and overnight stays. A variety of meeting spaces and lodging options are available. We have hosted dance and yoga retreats, church youth groups, family reunions, pig roasts, bluegrass concerts, CD release parties and more. We are happy to be the site of many weddings and receptions each year. Our rental groups are proud to know that the revenue from their stay at CHT is reinvested in our youth and family programs.

**PARTNERSHIPS:** Camp Holiday Trails has a long history of **community collaboration and partnerships**. Civic organizations like the Lions Club, the Kiwanis, the Rotary, the Knights of Pythias, the Optimists Club, the Altrusa Club are both donors and contributors of their skilled labor as they assist in maintaining our facility.

CHT also works with the **University of VA Department of Pediatrics and School of Medicine, Martha Jefferson Hospital** and children's hospitals throughout the Mid-Atlantic region.

As a professional camp with an outstanding reputation for working with children with special health needs, CHT works with special interest groups interested in implementing their own high quality camps. Partners include the Charlottesville-Albemarle Community Obesity Task Force, Camp Kesem, the Central VA Burn Camp and the VA Hemophilia Foundation.

**FACILITIES:** The entrance to Camp Holiday Trails is on the corner of Fontaine Avenue Ext. and Reservoir Rd. Directions are available at [www.campholidaytrails.org](http://www.campholidaytrails.org) or contact Camp at: 400 Holiday Trails Lane, Charlottesville, VA 22903. Ph. (434) 977-3781, Fax: (434) 977-8814, Email: [campisgood@campholidaytrails.org](mailto:campisgood@campholidaytrails.org).

**BUDGET:** The **operating budget** totals \$580,000-\$600,000 annually. Resources include: 50% contributions, 25% business revenue (including camper fees and site rentals,) and 13% special events. **CHT needs to raise \$100,000 annually to support eligible families through the Campership Fund.**

**WEBSITE:**

[www.campholidaytrails.org](http://www.campholidaytrails.org)

Camp Holiday Trails is accredited through the American Camp Association. Our commitment to these high standards of quality is our pledge to you to implement a safe, fun, developmental, child-centered and family-focused camp experience.