



Clackamas County Sheriff's Office

CRAIG ROBERTS, Sheriff

June 11, 2015

Board of County Commissioners
Clackamas County

Members of the Board:

Informational Presentation of Camp HOPE Oregon 2015 A Pilot Program of A Safe Place Family Justice Center

Purpose/Outcomes	Provide program information to the Board on the inaugural launch of Camp HOPE Oregon to include the benefits of the program in helping children heal from trauma. (See attachment: <i>The Impact of Camp HOPE on Children Exposed to Domestic Violence 2013</i>)
Dollar Amount and Fiscal Impact	N/A
Funding Source	N/A
Safety Impact	N/A
Duration	Camp HOPE Oregon is scheduled to launch as a new three year pilot project in the summer of 2015 in the Mt. Hood area of Clackamas County, Oregon.
Previous Board Action	N/A
Contact Person	Lt. Angela Brandenburg, Director A Safe Place FJC 503-557-5872; Melissa Erlbaum, Executive Director for Clackamas Women's Services 503-557-5810

BACKGROUND:

The vision behind Camp HOPE is to help children by breaking the generational cycle of family violence. They will be offered healing and hope while having the fun, playful experiences that they deserve. Developed through the National Family Justice Center Alliance in 2003, Camp HOPE is based on proven research that indicates how important hope is for child survivors of violence. It is a natural extension of the Family Justice Center model.

Violence against children and families thrives on the silence and isolation of the victims. Often, when young people are exposed to violence they withdraw not only emotionally but also physically, jeopardizing their health in the process. In some cases they begin to act out the violence themselves, perpetuating a cycle. Proven programming like Camp HOPE engages communities, encouraging residents to bring the issue of domestic violence out of the shadows by clarifying the way that violence affects children and adolescents.

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Camp HOPE, structured around Dr. Chan Hellman's "HOPE Theory" research, provides children ages 6 to 15 who have been exposed to domestic and/or sexual violence with the opportunity to get outdoors, play, and have fun. These experiences sound simple enough, but for youth whose lives have been affected by violence, they are even more crucial to recovery from trauma. The camp includes programmatic elements related to emotional care (such as nightly check-ins and positive character trait development), but the main focus is promoting healing through active play and recreation.

In partnership with A Safe Place Family Justice Center, CWS recently participated in the model by bringing children of program participants from A Safe Place to Camp HOPE California. Feedback from the local campers was overwhelmingly positive and these experiences both allowed CWS advocates and counselors to learn from this valuable work and served as a catalyst to establish a Camp HOPE Oregon so that more children from A Safe Place have increased access to this valuable opportunity. This summer, CWS and A Safe Place will host the first official Camp HOPE Oregon pilot project at Camp Arrah Wanna, right here in Clackamas County.

CWS staff and other members of A Safe Place partner agencies engage caregivers of the children before, during, and after camp. CWS provides specialized mental health counselors to support children during the course of Camp HOPE Oregon and to deliver follow-up mentoring and activities throughout the year.

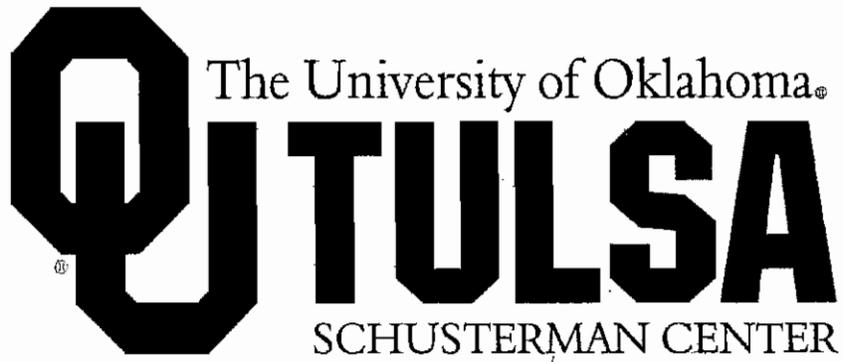
In addition to providing specialized staff and volunteers for Camp HOPE Oregon, CWS works on behalf of A Safe Place to coordinate a multi-partner workgroup tasked with organizing and sustaining the program. A Safe Place Family Justice Center will continue to work directly with the National Family Justice Center Alliance to develop access to Camp HOPE Oregon for children served by other up and coming Family Justice Centers throughout Oregon in coming years.

RECOMMENDATION:

Staff requests your support for Camp HOPE Oregon.

Respectfully submitted,

Angela Brandenburg, Lieutenant
Clackamas County Sheriff's Office
Director – A Safe Place Family Justice Center



**CENTER OF APPLIED RESEARCH
FOR NONPROFIT ORGANIZATIONS**

The Impact of *Camp HOPE* on Children Exposed to
Domestic Violence

**Camp HOPE
Preliminary Report**

Fall 2013

Prepared by
Heather Chancellor, BA
Chan M. Hellman, PhD

The Impact of *Camp HOPE* on Children Exposed to Domestic Violence

Camp HOPE

Camp HOPE California is the first statewide camping and mentoring initiative in the United States to focus on children exposed to domestic violence. Camp HOPE California grew out of the vision and work of the San Diego Family Justice Center and the National Family Justice Center Alliance (www.familyjusticecenter.com). The vision for Camp HOPE California is to break the generational cycle of family violence by offering healing and hope to children who have witnessed family violence. The vision includes partnerships with an existing camp in Etna, CA (www.kiddercreek.org) and Bethel Ranch in Arroyo Grande, CA. Camp HOPE California provides weeklong camping experiences for children at no cost to them or their families.

Camp HOPE Program

The Camp HOPE 2013 Program, developed in partnership with Kidder Creek Camp, is a values-based, "Challenge by Choice" camping model with a focus on praising children for observed and developing character traits through the course of a six day program. "Challenge by Choice" refers to challenging children to try new activities and activities with perceived danger or risk but allowing them to opt out of those activities if the challenge creates unmanageable stress or fear. It asks that campers challenge themselves and participate fully in the experience at-hand. Recognizing that any activity or goal may pose a different level and type of challenge for each camper and that authentic personal change comes from within, Challenge by Choice creates an environment where campers are asked to search for opportunities to stretch and grow during the experience. The determination of what kind of participation represents an optimal learning opportunity is the responsibility of each camper. Camp HOPE 2013 was operated in collaboration with Kidder Creek Camp – an adventure camp owned by Mount Hermon, Inc. All recreational activities were supervised by trained Kidder Creek Camp staff members who also operate weekly summer camps that are not focused on children exposed to domestic violence. HOPE is defined throughout the weeklong camp as three things – believing in yourself, believing in others, and believing in your dreams.

Using a trauma-informed camper/counselor approach, Camp HOPE 2013 focused on providing affirmation and encouragement including campfire sessions where campers receive character awards each day from their youth or adult counselors. Everyone cheered for each child receiving an award after the observed character trait was specifically and contextually described to the entire group. Camp HOPE program activities included rafting, high and low ropes courses (age specific), horseback riding, arts and crafts, recreational hiking and field games, skits and camp songs, nightly campfires, journaling, KBAR (kick back and relax) time in the cabins each day with counselors and campers, group discussions each night ("Where did you see hope today?"), three family style meals each day (eating with your own cabin group), and other relationship-oriented times. Each day at Camp HOPE there was a theme word for the day. These words included: Hope, Kindness, Courage, Friendship, Respect, and Leadership. Children did not have "free time" at Camp HOPE and children were never without an adult mentor, youth counselor, or adult counselor. Program components varied slightly for the first two weeks of Camp HOPE which included only children from the Shasta One Safe Place Family Justice Center (Redding, CA). This was due to specialized programming elements created by the One Safe Place Education Team. But most key elements described above were consistent for all five weeks of Camp HOPE.

Camping sessions in 2013 included five separate weeks of camp. Three weeks involved children ages 7-11 and two weeks of camp involved children ages 11-15. Children also have the opportunity to aspire to be youth counselors after they turn 16 years of age. Casey Gwinn, the founder of Camp HOPE California, served as the Director of Camp HOPE in 2013 during this evaluation study. Children came from nine Family Justice Centers in California and Idaho where many of the children were already receiving some level of trauma-informed care and advocacy services. The participating Family Justice Centers included: Shasta One Safe Place (Redding, CA); Nampa Family Justice Center (Nampa, ID); San Diego Family Justice Center (San Diego, CA); Imperial County Family Justice Center (El Centro, CA); Orange County Family Justice Center (Anaheim, CA); Solano Family Justice Center (Fairfield, CA); Yolo County Family Justice Center (Woodland, CA); Alameda County Family Justice Center (Oakland, CA); West Contra Costa Family Justice Center (Richmond, CA). All the children attending Camp HOPE had been exposed to/witnessed domestic violence prior to coming to Camp HOPE. The children attending included physically and sexually abused children as well.

Purpose Of Report

The purpose of this report is to present Camp HOPE leadership and stakeholders the preliminary findings from an outcome assessment conducted by the Center of Applied Research for Nonprofit Organizations from the University of Oklahoma – Tulsa Schusterman Center. The primary outcome of focus is the impact of Camp HOPE on children's hope along with a belief in self, trust in others, sense of belongingness, and believing they can achieve their dreams.

Hope Theory

Hope theory (Snyder, 2002), is a cognitive process related to a child's expectation toward achieving a future goal. Indeed, on the basis we are driven by our goals, hope theory argues that if we can establish clear strategies or pathways to achieving the goal and are willing to direct mental energy (agency) toward pursuing these pathways, we are experiencing hope. Those who have a pathway but low energy, motivation (agency) are considered low hope. Similarly, those with high mental energy but no mental pathways toward goal attainment are considered low hope. In order to be high hope, the child must have both pathways and agency toward their goal.

Assessment Procedure

200 surveys were administered to the youth participants of Camp HOPE before the camp began, after the camp was complete, as well as at a 30 day follow up. Individual Family Justice Centers were responsible for the data collection and matching the responses to ensure a de-identified data collection process anonymous to the OU research team and agreed upon by the OU-IRB.

In order to examine the impact of Camp HOPE, surveys were collected prior to traveling to camp, at the end of camp, and finally a 30+ day follow up assessment. As mentioned earlier, these responses were then paired for subsequent analyses using both paired samples T-Test and a repeated measure Analysis of Variance.

Ultimately, 111 completed pre and post surveys were matched, resulting in a 55.5% response rate. In addition, 30 completed pre, post, and follow-up surveys were matched representing a 15% response rate.

Magnitude of impact was assessed using both Cohen's (1990) d-statistic for the pre-test post-test comparison and partial eta square on the repeated measures analyses. While statistical significance

provides information about the confidence in the change, magnitude describes how meaningful the change can be described. For the d-statistic a + or - value of .20 is considered small, + or - .50 is considered moderate, and + or - .80 is considered a large or strong effect. Partial eta square estimates the amount of variance explained in a dependent variable from the independent variable. A value of .02 is considered small, .09 is moderate, and .25 is considered a large effect.

Descriptive Statistics

Specific demographic characteristics of the children were limited in the survey. However, the average age of the respondent was 10.7 years (SD = 2.8). 189 children reported their gender with 88 males and 101 females. More detailed demographic of the children would be available through Camp HOPE leadership.

Measurement

Hope was assessed using the Children's Hope Scale (Snyder, Hoza, Pelham, Rapoff, Ware, Danovsky, et al. 1997), which examines the extent to which children believe they can establish pathways to their goals as well as develop and maintain the will power to follow these pathways. Both pathways and willpower are required to establish hope. This measure is comprised of six self-report items with a six-point Likert-Type response format (1 = none of the time; 6 = all of the time). Scores can range from a low of six to a high of 36. Thus, higher scores reflect higher hope. The Children's Hope Scale is a widely used measure with over 200 published scholarly studies. Validity studies have been established both psychometrically and substantively. However, reliability is sample specific and must be established in each individual study.

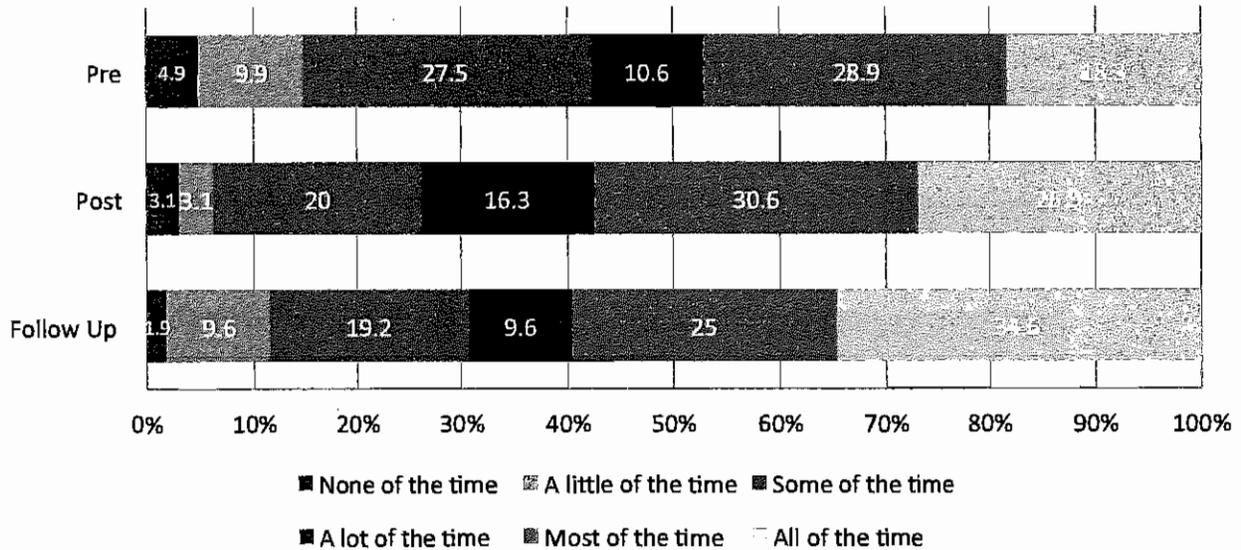
Reliability is defined as the extent to which a test *consistently* measures whatever it is measuring; therefore, the higher the reliability, the better (Gay et al., 2009). In this study, we are measuring *hope*, a temporal psychological characteristic. As such, we expect to see a change between measuring points (pre, post, and follow-up). Additionally, the intervention of Camp HOPE has been introduced in this study. As a result, we expect to see a change between measuring points due to the intervention (Schultz et al., 2005).

For the purposes of this study, both internal consistency reliability estimates and a test-retest reliability score were obtained. Internal consistency reliability estimates (α) are used to measure the internal consistency of test items. An estimate of .70 or higher is considered an adequate internal consistency reliability estimate. In order to calculate a test-retest score, a correlation analysis was conducted among the pre and post-test hope scores. Using the internal consistency reliability analysis indicated a Pre-Hope $\alpha = .785$; Post-Hope $\alpha = .798$; F/U-Hope $\alpha = .880$. Using the test-retest correlation analysis indicated a statistically significant correlation between the pre and post-test ($r = .477$, $p < .001$). Thus, acceptable levels of score reliability in the current sample are established.

In addition to Hope, six single item measures were collected to assess comfort, feeling like part of a group, commitment to enjoying life, a sense of acceptance by others, trust in others, and a belief in achieving dreams. These individual items were also presented with a six point Likert-Type response (1 = none of the time; 6 = all of the time).

The following pages depict the graphical illustrations of the responses to the individual items on the survey.

I feel comfortable with everyone I am around.



On the pre-test, 4.9% of respondents answered “None of the time”, 9.9% answered “A little of the time”, 27.5% answered “Some of the time”, 10.6% answered “A lot of the time”, 28.9% answered “Most of the time”, and 18.3% answered “All of the time”. On the post-test, 3.1% answered “None of the time”, with 57.5% reporting most of the time or all the time. On the follow-up test, 1.9% answered “None of the time”, with 59.6% reporting most of the time or all the time.

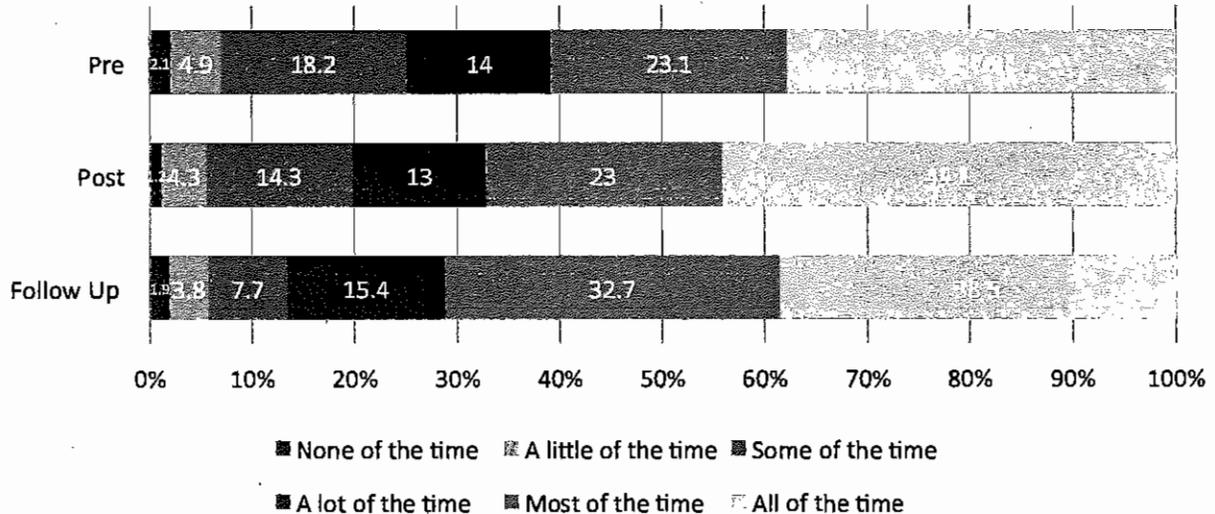
Comparing the Means

Variable	Mean	Std. Dev.	df	t-value	Significance
Pre	4.0	1.4	109	-3.647	<.001*
Post	4.5	1.3			

N = 110, p ≤ .05

We conducted a Paired-Samples T-Test to determine if there was a difference in the pre-test and post-test means. The results indicated the increase in scores was statistically significant ($t = -3.647$, $df = 109$, $p < .001$). Additionally, a Cohen’s d-statistic was computed ($d = .79$) suggesting a statistically significant moderate increase in comfort felt by campers at the post-test.

I feel like I'm part of a group of people who care about each other.



The above chart demonstrates the percent of respondents who answered Question 8: "I feel like I'm part of a group of people who care about each other."

On the pre-test, 2.1% of respondents answered "None of the time", 4.9% answered "A little of the time", 18.2% answered "Some of the time", 14% answered "A lot of the time", 23.1% answered "Most of the time", and 37.8% answered "All of the time". On the post test, 67.1% reported most of the time or all the time. For those completing the follow up, 71.2% reported most or all of the time.

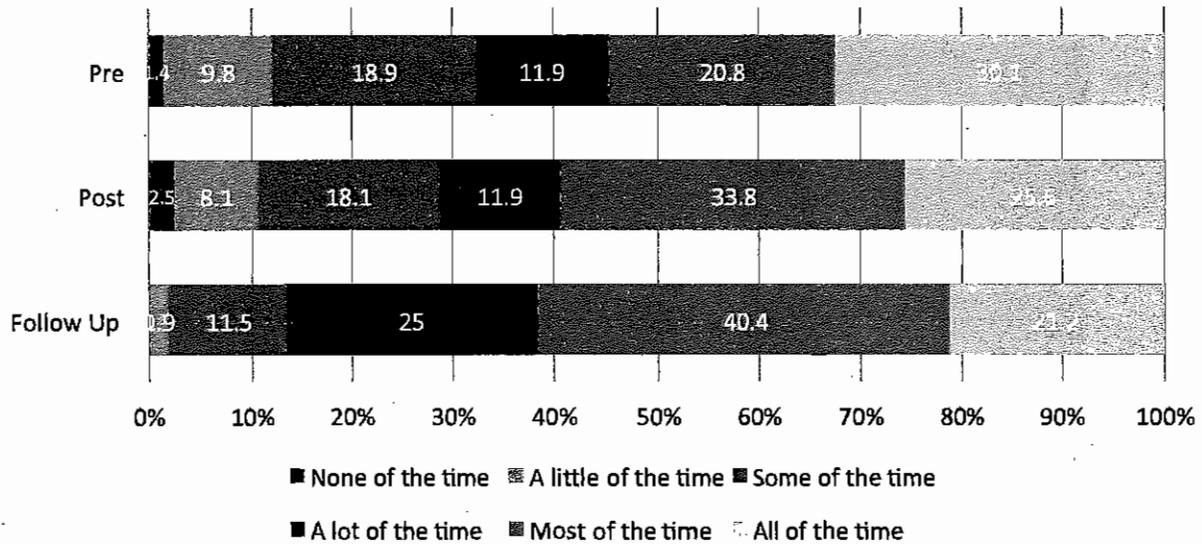
Comparing the Means

Variable	Mean	Std. Dev.	df	t-value	Significance
Pre	4.6	1.4	111	-2.360	.020*
Post	4.9	1.3			

N = 112, $p \leq .05$

We conducted a Paired-Samples T-Test to determine if there was a difference in the pre-test and post-test means. The results indicated a statistically significant increase in the means ($t = -2.360$, $df = 111$, $p = .020$). Additionally, a Cohen's d-statistic was computed ($d = -.21$) suggesting a statistically significant small increase in feeling like part of a caring group by campers at the post-test.

Others accept me.



The above chart demonstrates the percent of respondents who answered Question 10: "Others accept me."

On the pre-test, 1.4% of respondents answered "None of the time", 9.8% answered "A little of the time", 18.9% answered "Some of the time", 11.9% answered "A lot of the time", 20.8% answered "Most of the time", and 30.1% answered "All of the time". For the post test, 59.4% of the campers reported most or all of the time. At the follow up, 61.6% report most or all of the time.

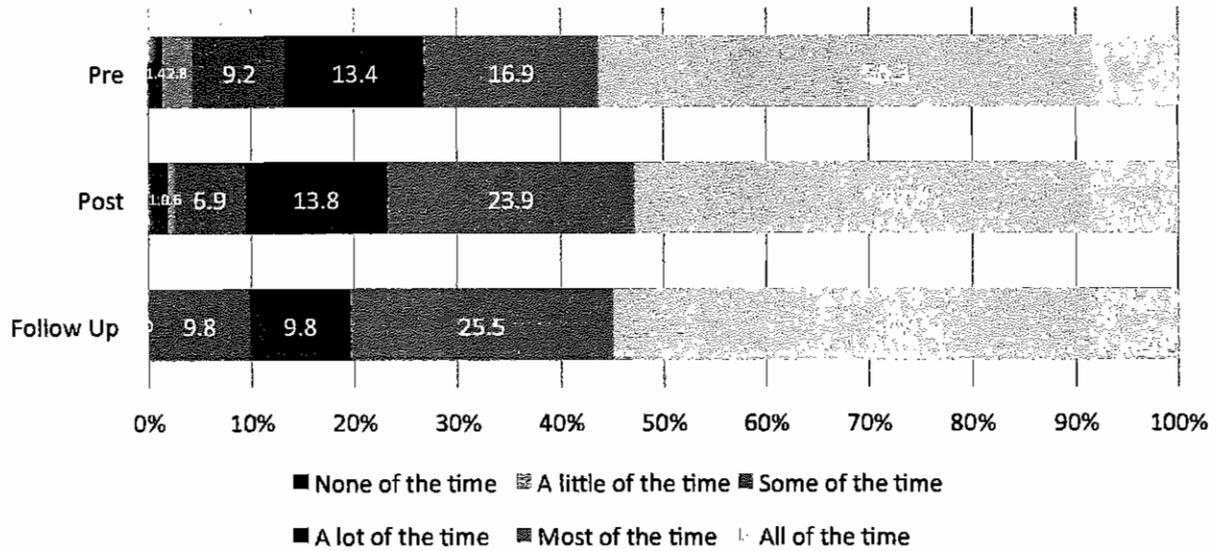
Comparing the Means

Variable	Mean	Std. Dev.	df	t-value	Significance
Pre	4.4	1.4	110	-.483	.630
Post	4.5	1.4			

N = 110, p ≤ .05

We conducted a Paired-Samples T-Test to determine if there was a difference in the pre-test and post-test means. The results indicated there was not a statistically significant difference in the means (t = -.483, df = 110, p = .630).

I am committed to enjoying life.



The above chart demonstrates the percent of respondents who answered Question 9: "I am committed to enjoying life."

On the pre-test, 1.4% of respondents answered "None of the time", 2.8% answered "A little of the time", 9.2% answered "Some of the time", 13.4% answered "A lot of the time", 16.9% answered "Most of the time", and 56.3% answered "All of the time". On the post test, 76.7% of the responding campers indicated most or all of the time. Finally, for the follow up, 80.4% report most or all of the time.

Comparing the Means

Variable	Mean	Std. Dev.	df	t-value	Significance
Pre	5.2	1.2	109	-.903	.369
Post	5.3	1.0			

N = 110, $p \leq .05$

We conducted a Paired-Samples T-Test to determine if there was a difference in the pre-test and post-test means. The results indicated there was not a statistically significant difference in the means ($t = -.903$, $df = 109$, $p = .369$).