

# THE SEASTAR PROGRAM

## AT APEX SUMMER CAMP

For Children with ASD, ADHD, and their Peers and Siblings



**UW AUTISM CENTER**  
UNIVERSITY of WASHINGTON

in collaboration with



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION



The SEASTAR Program at Apex Summer Camp is designed specifically for children with ADHD and related disorders. It aims to build social skills and self-esteem in the context of typical summer day camp activities. The program offers 150 hours of treatment in 5 weeks, roughly the equivalent of 2 years of clinic or school-based skills training. It also includes opportunities for comprehensive evaluation, parent training, and medication consultation.

APPLY ONLINE

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

The SEASTAR Program at Apex Summer Camp is designed to practice behavioral and social skills and build self-esteem within the context of structured recreational and learning activities. Children participate in typical day camp activities including sports, games, and field trips. The program is run by the UW Autism Center in collaboration with Dr. Mark Stein and Dr. Tyler Sasser at the Seattle Children's PEARL Clinic.

Goals for campers include:

- ▶ Improved peer interactions
- ▶ Increased self-efficacy and confidence
- ▶ Experience with common playground games
- ▶ Enhanced self-regulation of emotions and behavior

Kids: Ages 6-12 with ADHD or ASD, siblings and peers  
Dates: June 27th - July 29th, 2022  
5-week Program  
Monday through Friday  
9am-3pm

We were fortunate to run our summer program during 2020 and 2021, with support from the University of Washington, Seattle Children's, and Public Health - Seattle & King County. We have a comprehensive array of practices designed to protect the health of our team and our participating campers and their families. These include daily symptom screening, face-covering, distancing, sanitizing hands and materials, modifying activities, reducing group size, staggering drop-off and pick-up, testing as necessary, among other practices based on guidance from the national Center for Disease Control and Prevention, the Washington State Department of Health, and Public Health - Seattle and King County.

## FREQUENTLY ASKED QUESTIONS

### Who goes to Apex Summer Camp?

A broad spectrum of kids attend Apex Summer Camp. Our program is designed for children ages 6-12 with attention deficit hyperactivity disorder (ADHD) or autism spectrum disorder (ASD), and their peers and siblings, with or without a diagnosis. Children need proficient language skills (equivalent of 6 years of age) to fully participate in the program.

### What is the camper to counselor ratio?

Kids are divided into groups or "bunks" of 12-14 campers. Bunks have a dedicated team of 5-6 counselors, generally led by a master's level therapist or advanced graduate student. Counselors are graduate and

undergraduate students studying psychology, medicine, speech-language pathology, education, occupational therapy, etc. We typically have a staff to camper ratio of 1 to 3 or greater.

### What is a typical day at Apex Summer Camp?

The day begins with a group discussion reviewing the schedule and social skill of the day. After a transition, the first of the day's four activities begins. The four daily activities include: a sports skills drill, a sports game, a board game period, and counselor's choice. Each activity begins with a group discussion outlining rules and expectations, and ends with a group discussion reviewing successes and challenges. Activities are separated by structured transitions. A lunch break followed by recess occur in the middle of the day. The day concludes with a discussion reviewing the successes and challenges of the day.

### Where is camp?

Our Seattle summer program is hosted at an elementary school in the Capitol Hill neighborhood, within ten minutes of the University of Washington Seattle Campus.

### How do I apply?

Apply online by submitting an electronic application available at [www.apexsummercamp.org](http://www.apexsummercamp.org).

### What's the application process?

After we receive an electronic application, we will contact the family to schedule a virtual or in-person screening. We aim to notify families if their child has been accepted to the program within two weeks from the screening appointment. Prior to camp, a pre-camp treatment planning appointment takes place at the Seattle Children's PEARL Clinic.

### What is the cost?

Camp tuition is \$4750. This includes a \$1000 camp fee and \$3750 for professional staff services. Seattle Children's providers conduct treatment planning, deliver weekly parent training, and offer medication evaluations. The cost for these services are not included in the tuition for Apex Summer Camp and are billed separately by Seattle Children's, but may be covered by insurance.

### Are there scholarships available?

Scholarships are available from the UW Autism Center's [Family Scholarship Fund](#).

More information is available at:

**[www.apexsummercamp.org](http://www.apexsummercamp.org)**

Contact the Apex Summer Camp program at:  
**[apex@uw.edu](mailto:apex@uw.edu) or 206-221-CAMP (2267).**