

# THE SEASTAR PROGRAM

## AT APEX SUMMER CAMP

For Children with 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 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, ASD, siblings and peers

Dates: July 3rd - August 4th, 2017  
5-week Program  
Monday through Friday  
9am-3pm

## 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), autism spectrum disorder (ASD), and their peers and siblings, with or without a diagnosis. Children need proficient language skills to fully participate in the program.

### What is the camper to counselor ratio?

Kids are divided into groups or "bunks" of 10-12 campers. Bunks have a dedicated team of 4-5 counselors, led by a master's level therapist or advanced graduate student. Counselors are generally graduate and undergraduate students studying psychology, medicine, speech-language pathology, education, occupational therapy, etc. We generally have a staff to camper ratio of 1 to 3.

### 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 brief screening appointment. Screenings for kids with ADHD occur at the Seattle Children's PEARL Clinic. Once screening is complete, you will be notified within two weeks if your child has been accepted to the program.

### What is the cost?

The camp program tuition is \$3750. Seattle Children's providers conduct the intake appointment, deliver weekly Parent Management Training, and offer Medication Evaluations. The cost for these services are not included in the price of Apex Summer Camp, but may be covered by insurance.

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).**