

Hello From FosterClub!

Dear Adult Supporter,

On behalf of the Oregon Independent Living Program and the staff of FosterClub, We thank you for wanting to participate in the 2018 Oregon Teen Retreat, June 25th - 28th, 2018.

In the past few years we have made a shift over to a wellbeing focus, and each year we have learned lessons and made changes to better meet our overall retreat objectives. This year our overarching theme is:

“Join us for an amazing Oregon Teen Retreat, where we’ll empower young people to embrace differences and cultivate respect! Our action-packed agenda incorporates team building, stress management, wellness and recreational activities. Participants will leave with new tools for health, a restored sense of self, and an increased capacity to respect others across culture, race, ethnicity, religion, capability, and gender identity and expression. Youth will leave inspired (and ready to inspire) with the courage to STAND OUT!”

After hosting teen retreats for the past several years, we have developed a comprehensive program featuring informational workshops and games, fun educational tools, independent thinking opportunities and time for the youth to make new friends.

The Adult Supporter role at the retreat is pivotal in making this retreat successful. The chaperones will be an integral part of retreat activities. This orientation packet will explain in specific terms the roles and expectations for the adult chaperones.

Please read the content thoroughly. If you have any questions or concerns, please contact us at 503-717-1552 or alternatively reach us by email at training@fosterclub.com.

Sincerely,

FosterClub Staff

Teen Retreat Adult Supporter Requirements

I. Eligibility

- In order to be an Adult Supporter at Oregon Teen Retreat, you must have an Interest in supporting YOUTH DEVELOPMENT and be over the age of 21.
- You must be willing to participate in a background check.

II. Support Retreat Goals

- Allow the opportunity for youth to gain information that is pertinent to their well-being.
- Create an environment that promotes safe and positive learning, socializing, networking, and thinking.
- Give youth the tools and information, providing alternative means to maintain a healthy mindset and deal with daily stress through wellness activities and thought-provoking workshop sessions.
- Empower youth to question their future, take advantage of their present and not dwell on the past.
- Help youth develop recognition and knowledge of their mental and physical health, and to build and maintain healthy relationships.
- Nurture a safe environment for youth in care to meet other youth in care who share similar experiences and possibly form long-term friendships.

III. Approach

- Feel empowered to support and encourage the goals of youth participants, while being careful not to take over.
- Understand that this is an opportunity for personal growth within these young people and commit to fostering youth's personal and professional growth.
- Remember, during brainstorming sessions, no ideas are bad ideas.
- Be confident in your ability to empower ALL youth participants, not just "high functioning" ones.

IV. Roles

- Support FosterClub's mission, vision & goals
- Create a welcoming environment for all participants
- Be patient and try to understand the challenges that members face and help them use their strengths to overcome those challenges
- Encourage all participants to step up into new roles. Help them overcome fears and challenges preventing them from full participation
- Interact with, engage and support participants and All-Star Youth Leaders during workshops, activities and free time
- Pay attention to dynamics between individuals, work with them to resolve differences and communicate with Staff if you see issues arise
- Help facilitate transitions throughout the day such as meal and activity times
- Supportive adults should be monitoring the whereabouts of the youth they are chaperoning during meal times, free times, announcements, and breaks. If a youth under your supervision is not accounted for during one of these times it will be your responsibility to resolve.
- Support the nurse's efforts to ensure medications are given to youth as prescribed
- Participate in the Adult Supporter Orientation, and nightly debriefs

You may also be asked to...

- Take on additional support tasks such as setting up before activities or snack times, monitoring, etc.
- Volunteer to monitor workshops, wellness or recreation activities

- Volunteer to monitor for stragglers for a short period of time following lights out

V. Discipline

Any and all infractions of retreat rules by youth attendees must be reported to a retreat coordinator. The retreat coordinators and a disciplinary committee of solution seekers are solely responsible for disciplinary actions.

- Disciplinary action will be determined by a committee of solution seekers, consisting of a FosterClub Staff Member, State Worker: Carrie Vandijk or Rosemary Iavenditti, Young Leader: FosterClub All-Star and/or Level 2, and other involved adults.
- All parties involved will determine whether a committee meeting is necessary and will make the arrangements for that to happen. The sooner an infraction is reported the better.
- The solution seekers will work to determine what happened. All parties involved will help to determine an appropriate resolution. Any decision will be agreed upon by all solution seekers, youth, and adults involved.
- Any individual, acting on his/her own may not remove a youth from Teen Retreat without following this protocol.
- An incident form will be provided and filled out by the appropriate party as determined by the committee.

VI. Staff Orientation

All staff are **required** to attend the Teen Retreat orientation. Orientation will take place at Camp Arrah Wanna, **June 25th, 2017 @ 3:00 PM**. Please be prompt.

You can access the following documents online at fosterclub.org, they will also be printed for your convenience and available at camp.

- Prepare for Retreat
- Rules & Expectations
- Agenda
- Workshop Descriptions

This information will be provided following solidification of volunteers and will be printed off for your convenience and available at camp.

- Activity & Workshop Sign-Up Sheet
- Chaperone / ILP Contact Info
- Youth List and Chaperones

** The schedule for this youth retreat is long and can be both physically and emotionally exhausting for individuals unaccustomed to such events. Breakfast is from 7:15-8:15 am and lights out is by 10:30 pm nightly. Please consider this as you make the decision to volunteer as an Adult Supporter. **