

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 2019 Oregon Teen Retreat, August 19th - 22nd, 2019.

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 a wildly entertaining Oregon Teen Retreat! Where we will empower young people to cultivate resilience and embrace differences! Our action-packed agenda incorporates team building, stress management, and wellness, as well as recreational activities. Participants will leave with new tools for managing health, a restored sense of self, and an increased capacity to bounce back in the face of adversity. Youth will leave inspired (and ready to inspire) with the new and fun tools to navigate the crossroads of spirit, mind and body!”

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 retreat@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" youth.

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 Kellogg Springs, **August 19th, 2019 @ 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. **

Oregon Independent Living Program Teen Retreat

2019 Adult Application

Teen Retreat Dates: 8/19/19 - 8/22/19

Application Deadline: **7/20/2019**

Fax: 503-717-1702 (Fax Applications)

Email: retreat@fosterclub.com (Questions or Scan Applications)

Phone: 503-717-1552 (Questions or Concerns)

• GENERAL INFORMATION

Name: _____

Gender: _____

Address: _____

Pronoun(s): _____

City, ST, Zip: _____

English Speaker: Yes
 No

Email: _____

2nd Language: _____

Phone: _____

Birthday (M/D): _____

• ORGANIZATION INFORMATION

Agency / Organization: _____

IL Provider Caseworker Foster Parent Volunteer Other: _____

Background check on file with: _____

Background check never performed (required prior to attending Retreat)

• MEDICAL INFORMATION

Emergency Contact: _____

Phone: _____

Doctor: _____

Phone: _____

Special Medical Needs: Allergy Heart Diabetes Insect bites Drug reaction

Epilepsy Pregnant Handicap Other: _____

(Please describe special needs on a separate sheet of paper and submit with this application)

• **SPECIAL NEEDS & ACCOMMODATIONS**

Special dietary needs: _____

Special needs or accommodations (please describe)*: _____

Please list any limitations in duties we are able to assign to you: _____

*Please note that there are cabins/bathrooms specifically set aside for gender non-conforming/trans folks that prefer this option, and if you are requesting this, please indicate that in this section.

• **TRANSPORTATION**

Will you be providing transportation for youth? NO YES (If YES, please complete info below)

Would you mind helping with transportation for youth? NO YES (If YES, please complete info below)

Vehicle Make: _____

Vehicle Model: _____ Number of Passengers: _____

Auto Insurance Co: _____ Policy Number: _____

• **RULES, EXPECTATIONS, & REQUIREMENTS**

I have read and agree to abide by the Rules & Expectations. I also agree to hold youth accountable to the Rules & Expectations.

I have read the entire Adult Packet, I agree and have a clear understanding of my Chaperone role at the 2019 Oregon Teen Retreat.

Signature: _____ Date: _____

Application Deadline: July 20th, 2019

Fax: 503-717-1702 (Fax Applications)

Email: retreat@fosterclub.com (Questions or Scan Applications)

Phone: 503-717-1552 (Questions or Concerns)

*A completed application does not mean an automatic scholarship.

2019 Oregon Teen Retreat

Scan completed Applications or for Questions please **EMAIL:** retreat@fosterclub.com

Rules & Expectations

FAX Completed Applications to: 503-717-1702

For Questions please **CALL:** 503-717-1552

Your participation in the Oregon Teen Retreat carries the responsibility of representing Oregon teens to the public. You are expected to conduct yourself in a manner that reflects well on your state, county, as well as yourself. Your contribution to the retreat is as important as what you receive from the retreat.

***PLEASE READ AND INITIAL ALL ITEMS & SIGN**

1.	I will attend all parts of the planned program. I will inform those in charge if I am not feeling well or need medical attention and cannot attend the scheduled activity.	<h3 style="text-align: center;"><u>My Rights</u></h3> <p>To have what every child needs:</p> <ul style="list-style-type: none"> Nutritious food that meets my dietary needs <p>To be safe:</p> <ul style="list-style-type: none"> To be treated with respect To be protected from physical, mental, emotional and sexual abuse <p>To be healthy:</p> <ul style="list-style-type: none"> To see a nurse if I am sick and request medical attention <p>To learn:</p> <ul style="list-style-type: none"> To be provided with age-appropriate educational opportunities to prepare me for adult life To have the opportunity to participate in activities that interest me <p>To be in a place that meets my needs:</p> <ul style="list-style-type: none"> To have a curfew and retreat rules that are clear and fair and to have them explained to me from the beginning <p>To make decisions for myself:</p> <ul style="list-style-type: none"> To receive respect To determine and express my gender and sexual identity for myself <p>To be informed:</p> <ul style="list-style-type: none"> About where I can go for help
2.	I will observe established hours and be in the designated areas. I understand that there will be areas where I may not be allowed to go.	
3.	I will dress appropriately to the occasion. I will at all times, be courteous and clean, in dress and language, and display good manners. My language will be appropriate and respectful of others. I will not swear.	
4.	I will not leave the assigned program area, at any time, without permission of the person in charge of my county or activity. I will stay for the entire duration of the retreat.	
5.	I will not bring or use alcohol, drugs (except those prescribed by my doctor), fireworks, firearms, pocket knives, or weapons of any kind. If I see anyone breaking this rule I will report it immediately. NOTE: possession or use of marijuana on campus is illegal according to Federal Law.	
6.	I will be responsible for all my personal property.	
7.	I will respect other's personal property and personal space and I will keep my hands to myself.	
8.	Shoplifting, theft or vandalism of public or personal property will not tolerated. I will not be a part of this kind of activity and will report any such activity that I am aware of.	
9.	I will avoid roughness and damage of room furnishings, furniture, equipment, etc. I know that I am responsible for any damage or misconduct.	
10.	I know that the Teen Retreat is to encourage interaction among all members attending, but not exclusively with one person. I know that kissing and other sexual displays of personal affection or harassment distract from the group and are not appropriate behaviors and I will refrain from them.	
11.	If I am underage, I will NOT use tobacco products. If I am of legal age, I will not use tobacco products on camp grounds, and will NOT distribute to minors.	
12.	Walkmans, ipods, cell phones and other electronic devices are not allowed during workshops, recreation time or retreat activities - and I will be asked to put them away.	
I KNOW THAT VIOLATORS MAY EXPECT:		
13.	<ul style="list-style-type: none"> To have the opportunity to explain actions to the solution seekers. A phone call will be made to branch staff and IL leadership noting behavior that is disruptive. Dismissal and being sent home, at branch expense. 	

I hereby agree and understand the code of conduct and consequences.

Signature: _____ Date: _____

PLEASE NOTE:

A completed application does not mean an automatic scholarship!

You are solely responsible for your valuables!

2019 Oregon Teen Retreat

Prepare *for* Teen Retreat!

Scan completed Applications or for Questions please **EMAIL:** retreat@fosterclub.com

FAX Completed Applications to 503-717-1702

For Questions please **CALL:** 503-717-1552

Please save this sheet and use it to prepare for Teen Retreat.

Location: Kellogg Springs Camp

Address: 1111 Kellogg Camp Ln., Oakland, OR 97462 (Oakland is mailing address. Camp is in Kellogg)

- For more information about the camp, go to <http://www.kelloggsprings.com/>

Directions to Camp: Kellogg Springs Camp is located an hour south of Eugene and a few miles outside the quaint town of Elkton. When you get on Hwy 138, ignore your GPS/ map apps and ONLY look for mile marker 9. Use the Kellogg Camp Lane entrance at mile marker 9, **not** Edjon Lane. Kellogg Camp Ln is about 200 feet west of that and there is a big banner sign by the road. The Dining Hall is about 1.2 miles off Hwy 138. GPS has taken people up the next road east which is a narrow, winding dead end.

From the north...

- * I-5 south * Exit 162 West on Hwy 38
- * Stay on Hwy 38 through Drain (sign says "Reedsport & Coos Bay") and head to Elkton
- * Hwy 138 East just before entering Elkton (sign says "Sutherlin & Roseburg")
- * IGNORE GPS & map apps and watch the mile marker signs as Kellogg Camp Ln is just a couple of hundred feet before mile 9 on the left. If you miss it you must IGNORE GPS and find a safe place to turn around and come back to it. DO NOT USE ANOTHER ROAD.
- * The hub of Camp is about 1.2 miles off Hwy 138

From the south...

- * I-5 north
- * Exit 136 West on Hwy 138 (sign says "Sutherlin & Elkton")
- * IGNORE GPS & map apps and watch the mile marker signs as Kellogg Camp Ln is just a couple hundred feet beyond mile 9 on the right. If you miss it you must IGNORE GPS and find a safe place to turn around and come back to it. DO NOT USE ANOTHER ROAD.

WHAT TO BRING:

- Medical Card
- Medications (in original containers)
- Glasses (or contacts)
- Sleeping Bag
- Extra Blanket
- Pillow
- Towel (Shower)
- Towel (Swimming)
- Washcloths
- Bug Spray
- Sunscreen
- Flashlight
- Water Bottle (Refillable)
- Sunglasses

CLOTHES:

- Shirts (no rips or holes)
- Warm Hat
- Gloves or Mittens
- Rainwear (tops and bottoms)
- Long Underwear
- Pants / Shorts
- Sweatshirt or Light Jacket
- Rain / Cold Weather Coat
- Swim Suit / Trunks
- Socks
- Outdoor / Sports Shoes
- Underclothes
- Pajamas
- Closed Toe Shoes
- EXTRAS!!!!

HYGIENE ITEMS:

- Toothbrush
- Toothpaste
- Hair Dryer
- Comb / Brush
- Soap
- Shampoo / Conditioner
- Feminine Items
- Deodorant
- Antibacterial Wipes
- Body Lotion
- Contact Lens Solution
- Face Cleanser
- Floss

OPTIONAL:

- Camera / Small Mirror

* The hub of Camp is about 1.2 miles off Hwy 138

From the coast...

* Hwy 38 East at Reedsport

* Pass through Elkton and turn right onto Hwy 138.

* IGNORE GPS & map apps and watch the mile marker signs as Kellogg Camp Ln is just a couple of hundred feet before mile 9 on the left. If you miss it you must ignore GPS and find a safe place to turn around and come back to it. DO NOT USE ANOTHER ROAD.

* The hub of Camp is about 1.2 miles off Hwy 138



NOTE: Please eat before arriving at camp - Dinner will be served at 6:00 PM!

Please contact FosterClub for any questions or concerns at training@fosterclub.com or call 503-717-1552