

CAMP  
KAMP





# WHAT IS CAMP KIAH?

Camp Kiah conducts therapeutic based camps for young people aged 6-17 years.

Camp Kiah provides therapeutic camps and respites for children and young people who display behaviours of concern or emotional dysregulation.

Our main cohort is young people who are at risk of or enduring placement breakdown.

Our play based, trauma informed and attachment focused approach allows young people to build rapport and relationships to create an environment where they are engaged and enjoy being. Using this foundation, we become a platform within which Camp Kiah can support care teams and ecosystems to support children and young people to maintain their current living arrangements, or facilitate support in the event of a placement breakdown.

Built on a foundation of therapeutic play approaches, Camp Kiah is a child (client) centred service, that works collaboratively and systemically with all stakeholders in the life of the child.

# OUR VISION

To create a safe space and relationships in which individuals can feel seen, heard and cared for.

# OUR MISSION

To achieve our vision by helping children, young people and families to;

- Experience a relationship with a point of difference
- Enhance positive self-concept
- Assume greater self-responsibility
- Increase self-acceptance
- Engage in self determined decision making
- Experience a feeling of control
- Become sensitive to the process of coping
- Develop an internal source of evaluation
- Become more trusting

We aim to complete our mission by accepting the child/young person where they are. Our staff engage children's interest, by facilitating a wide range of emotional and creative activities in an attempt to allow self exploration and expression. The safety of the relationships allow the children to experience success without a prescribed structure, or need to change. We believe that given a growth producing climate, the child has to capacity to move towards their own growth.

# CORE VALUES

Fun, Family, Play, Safety, Person Centred



# OUR SPACE

Camp Kiah is held at a property in Wallan, Victoria, that we call "The Farm"

Located just 45 kilometers out of Melbourne, the property is 136-acre farm which Camp Kiah has sole occupancy of, including beautifully manicured gardens, a heated outdoor pool, multiple dams, trampolines, fire pits and full-size tennis/basketball court.

There are two dwellings on the property - "The House" and "The Barn" both bunk style accommodation with sleeping areas that accommodate up to five campers and an adult.

The downstairs of 'The Barn' has a Ninja Warrior, table tennis table, air hockey table, pool table and foosball table.

The house lounge area is converted into a communal dining area, where all campers enjoy meals together - creating a family feel. It is in here that campers will find colouring, board games, toys and more low key ways of interacting.

Our VERY long drive way is frequently used for scooting, skating, blading and rip sticking, but is sometimes occupied by our portable mini golf set up, giant board games or the arena for group games!

Our shipping container city contains our arts and crafts activity area, tools workshop, outdoor adventure storage and therapeutic play space.

The rest of the space is occupied by our dogs, sheep, chooks, cats, alpacas, ducks and countless other wildlife that wander through.



# 1:1 PROGRAM

24 hour blocks

Monday - Sunday (bespoke)

Frequency: As required

Staff to young person ratio: 1 to 1

Max attendance: 8 young people

Cost: Weekdays - \$1760 + GST/ 24hr

Weekends - \$1980 + GST/24hr

[intake@campkiah.com.au](mailto:intake@campkiah.com.au)

# GROUP WEEKEND CAMPS

2 day camp

Friday - Sunday

Frequency: 17 times a year

Staff to young person ratio: 1 to 4

Max attendance: 30 young people

Cost: \$1155+ GST

[admin@campkiah.com.au](mailto:admin@campkiah.com.au)

Program:

GWCs are a taste of our SHP over a 48hour period. They serve as an ideal introduction to CK before attending a SHP.

Camp themes change monthly, allowing young people to attend 1 GWC per theme.

# SCHOOL HOLIDAY PROGRAM

4 day camp

Mon-Thurs & Thurs - Sun

Frequency: Vic School Holidays

Staff to young person ratio: 1 to 4

Max attendance: 30 young people

Cost: \$1815+ GST

[admin@campkiah.com.au](mailto:admin@campkiah.com.au)

Program:

4 core group activities targeted to engage young people in art/ craft, therapeutic reflection, outdoor adventure and gross motor movement/ play.

Camp themes change each SHP. Young people may attend two consecutive camps = Monday - Sunday

Program:

Where young people are not suited to our group programs, we invite them to be supported 1:1 onsite.

These stays can be suited to the needs of the young person and their families.

Young people are matched with staff and each other to promote success

# PLAY 'n' GROW

2 day camp

Friday - Sunday

Frequency: 4 times per year

Staff to young person ratio: 1 to 2

Max attendance: 12 young people

Cost: \$2200

[abi@campkiah.com.au](mailto:abi@campkiah.com.au)

## Program:

Play n Grow allows young people a fun and supportive environment to enjoy the camp experience whilst helping to meet their NDIS goals.

We do this by assisting young people to develop the foundational skills needed to play, make friends and enhance their life skills

# CHALLENGE ACCEPTED

3 day camp

Friday AM - Sunday PM

Frequency: 8 times per year

Staff to young person ratio: 1 to 3

Max attendance: 12 young people

Cost: \$2000+ GST

[fergus@campkiah.com.au](mailto:fergus@campkiah.com.au)

## Program:

4 x male teens per year  
2x female teens per year  
2 x Orientate (9-12 years)

CA is a bush adventure therapy camp experience. Surrounded by the Australian bush & comprehensively trained staff this camp encourages participants to get out of their comfort zone and increase their knowledge of themselves, others and the environment

# YOUNG ADULTS

2 day camp

Friday - Sunday

Frequency: 2 times per year

Staff to young person ratio: 1 to 3

Max attendance: 12 young people

Cost: \$1430+ GST

[ashleigh@campkiah.com.au](mailto:ashleigh@campkiah.com.au)

## Program:

For young people aged between 17 and 21 years, YA allows young people to remain engaged with CK when our other group programs cease.

A very relaxed, young person lead program that creates a family environment, where participants can help with meals, set their own bed time and maintain relationships

# 1:1 Program

Camp Kiah facilitates a range of stays and respite options to assist in safely supporting the young person while placement options can be explored, integrated and facilitated. Our Respite services are available in a 1:1 capacity, where children/ young people who are behaviourally and emotionally unable to be supported in a traditional setting.

Our 1:1 bespoke respite arrangements facilitate effective respite options for children and young people to benefit them systemically. It is intended that breaks from their routine in a safe space and environment, with staff who they have a relationship with will encourage children and young people to want to attend.

This creates a space for Camp Kiah to support placements, families and relationships within the child/young person's daily life, hoping to extend the duration of placements. Our innovative and extremely flexible approaches aim to support placements prior to their breakdown by providing ongoing and regular respite options.

Our ability to support young people with high level risk behaviours and provide a safe space for them to create relationships and rapport and explore a space that is different to their usual environment has demonstrated success, by engaging the youth in playful and developmentally appropriate ways.

## Included in Cost

- 24 hour trauma informed staff
- 24 hour on call support
- Nutritious Food
- Transport (within 1.5 hrs Wallan)
- Family contact supervision (if required)
- Report or Care Team attendance
- Engaging activities and fun
- Accommodation
- Individual bedroom and bedding setup

[intake@campkiah.com.au](mailto:intake@campkiah.com.au)





# SCHOOL HOLIDAY CAMPS

Our SHP is ideal for young people who have difficulty engaging in other services due to emotional or behavioural concerns. We specialise in dual diagnosis of disability and trauma and our School Holiday Programs are catered to include all developmental levels to ensure they can engage safely.

Four theme specific activities, dress ups and games for each SHP

Young people can attend 2 camps to extend stay to Monday - Sunday

Ratio of 4 young people to 1 adult - increased ratio available

Pick up and Drop off locations across Vic

Young people divided into structured groups

Shared sleeping areas with up to 4 others

Tech free - encouraging children/ young people to play and engage

## Activities include

Arts & Crafts  
Swimming, Kayaking & water play  
Fishing, yabbying & creeking  
Tennis, basketball, other group games  
Gratitude & mindfulness  
Movie night  
Disco/ Talent show  
Recreation room (pool, table tennis, ninja run)  
Therapeutic - Deep Speak  
& much more!

[admin@campkiah.com.au](mailto:admin@campkiah.com.au)

# GROUP WEEKEND CAMPS

Our GWC are ideal for young people to be introduced to our Group Programs before attending our SHP. This allows us to establish relationships and gain an understanding of their needs. It also allows young people to access CK more regularly throughout the year at our group rates.

Theme specific activities, dress ups and games for each month

Young people can attend 1 camp per theme

Ratio of 4 young people to 1 adult - increased ratio available

Pick up and Drop off locations across Vic

Shorter activities, allowing more choice throughout the camp.

Strong focus on free play, supported by staff to assist with cooperative play and conflict resolution. Allowing young people to establish and grow relationships with each other and staff.

Shared sleeping areas with up to 4 others

Tech free - encouraging children/ young people to play and engage

## Activities include

Arts & Crafts

Swimming, Kayaking & water play

Fishing, yabbing & creeking

Tennis, basketball, other group games

Gratitude & mindfulness

Disco/ Talent show

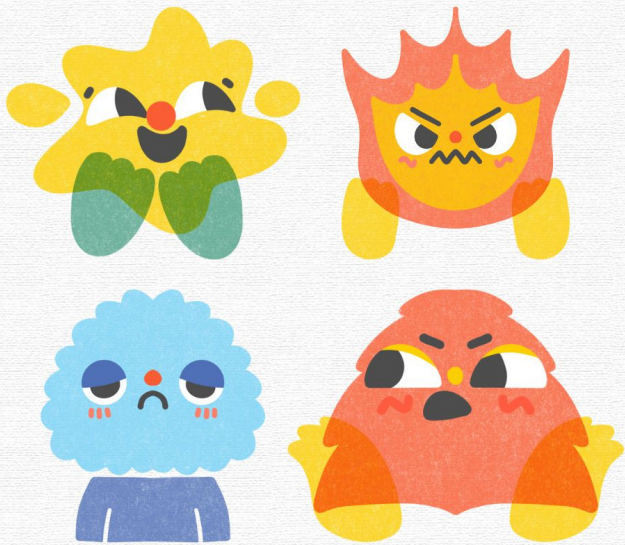
Recreation room (pool, table tennis, ninja run)

Therapeutic - Deep Speak

[admin@compkiqh.com.au](mailto:admin@compkiqh.com.au)



# LBBF



## LITTLE BODIES BIG FEELINGS

An under 7s program

Is your young person under seven?

We would love for them to be able to come to camp with peers their age

**PLAYING 4 TIMES IN 2024!**

2nd - 4th Feb

24th - 26th May

23rd - 25th Aug

11th - 13th Oct

## THE DETAILS

Play based camp program

Maximum 15 campers

\$1430 + GST

3:1 Ratio

Fri PM - Sun PM

Transport incl.

Developmental report included

**ALL FEELINGS ARE OK**

**NOT ALL BEHAVIOURS ARE OK**



SAD



SCARED



EXCITED

All these feelings might look like behaviours that are hard to manage at home, in school or with friends.

# PLAY THERAPY

Camp Kiah has a private practice, providing Child Centred Therapeutic Play services to children, young people and their families in the GV area. Laura West and Laura Varapodio facilitate a holistic approach to work through presenting and ongoing issues. Person centred and family centred practices are the foundation upon which Camp Kiah aim to create change for individuals and successful ongoing relationships.

## REFERRAL PROCESS

1. Complete Request for Therapeutic Input form (available online [www.ckplaytherapy.com.au](http://www.ckplaytherapy.com.au))
2. Email completed form to [playtherapy@campkiah.com.au](mailto:playtherapy@campkiah.com.au)
3. Laura and Laura take to allocations meeting
4. Session start date discussed with family or care team
5. Or young person placed on wait list

Play Therapy is founded on a number of theoretical models whereby the trained play therapist utilises the power of play, within a therapeutic relationship, to relieve suffering, prevent or resolve emotional and behavioural difficulties and to achieve optimal growth and development of children (or older individuals).

— APPTA

Please visit [www.ckplaytherapy.com.au](http://www.ckplaytherapy.com.au)

# HOW TO REGISTER

ALL REGISTRATION VIA  
[www.campkiah.com.au/register](http://www.campkiah.com.au/register)

Please complete form prior to calling - this allows us to know which young person and program you are referring to

## **1:1 Program**

Complete registration form and Renae will contact you to provide available dates and confirm spaces based on staff and young person matching

## **School Holiday Program & Group Weekend Camps**

January/ Term 1 - registration open November 1st 2022

April/ Term 2 - registration open March 1st 2023

June/July/ Term 3 - registration open June 1st 2023

September/ Term 4 - registration open August 1st 2023

Orientation packs/ what to bring sent out 1 week prior to camp

# Cancellation policy

## 1.8 – Cancellation

At Camp Kiah we pride ourselves on our flexibility, client centred approach and willingness to provide support with a small turnaround where needed. It is also important that we feel we can offer consistent support with known staff to all children. In order to do so it is important that Camp Kiah can retain a consistent work force. For this reason, the following cancellation policy is in place

In the event that a planned booking is cancelled due to a medical emergency resulting in hospitalisation, no cancellation fee will be imposed

### 1.8.1 - 1:1 Respite

In the event of a cancellation of a 1:1 respite booking for an individual with less than 48 hours notice of the respite commencing, staff will still be paid their wage for the first 48 hour period of support booked.

All costs associated with 1:1 respite that are already paid for and cannot be refunded will also need to be reimbursed eg. Accommodation, vehicles, prebooked activities, food and resources.

All associated costs with the cancellation of the respite will be forwarded and invoiced to the funding body that has requested and authorised the respite/ camp support.

### 1.8.2 - School Holiday Camps and Group Weekend Camps

Camp Kiah requires 3 full working days notice of withdrawal from a school holiday camp or respite weekend in order to be able to provide a refund of fees paid or owed. If less than 3 days notice of cancellation is provided, Camp Kiah will attempt to fill the spot that has been vacated.

If the vacant spot can be covered by another child/young person a refund will be provided. An administrative fee of 10% of the total cost of the invoice will be charged if a refund is possible.

If the vacant spot can not be covered a refund will not be able to be provided and full payment of the invoice will be required.

**Full policy available on request - outline provided here that covers most circumstances**