

MISSION & VISION

The Center for Family Justice's mission is to end domestic and sexual violence and abuse in our communities. We work towards this vision by breaking the cycle of abuse and violence – domestic, sexual and child – by providing services that create hope, restore lives and drive social change through education and community collaboration.

In Summer 2017, The Center for Family Justice, in partnership with the Coastal Connecticut YMCA and Camp Hi-Rock, launched the first summer camp and mentoring program for children impacted by domestic and sexual violence and child abuse in Connecticut.

Camp HOPE America - Connecticut offers a traditional overnight summer-camp experience along with a clinically-proven, national model for addressing the physical and emotional trauma children have experienced in their young lives.



The Center for
Family Justice

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The Center for Family Justice, Inc.



HOPE Starts Here

Why Camp HOPE America?

Our goal is to give back to children and teens the childhoods they have lost because of trauma.



The impact of being a primary or secondary victim of domestic or sexual violence or child abuse is devastating and can have profound long-term consequences. Children exposed to trauma have been deprived of the safety and security that should be a rite of childhood. They are also at a higher risk for residual emotional, social and behavioral impact.

Camp HOPE America is a growing national network of camps created to respond to this kind of trauma in a sensitive, therapeutic way.

Clinical research shows the Camp HOPE model helps children and teens overcome obstacles in a safe, supportive environment; improves self-esteem; and makes them more emotionally resilient.

The Camp HOPE America - Connecticut Experience

Set at Camp Hi-Rock, operated by the Coastal Connecticut YMCA, Camp HOPE America - CT will be based at one of the region's finest accredited overnight camps. Campers will live in log cabins set on a tranquil private lake in the Massachusetts' Berkshires, flanked on one side by the Appalachian Trail. Children will enjoy an array of summer recreational activities including hiking, swimming, sailing, archery, obstacle courses, arts and crafts and evening campfires.



What distinguishes Camp HOPE is its therapeutic approach to the summer-camp experience.

Specially-trained counselors, led by The Center for Family Justice (CFJ) team members experienced in working with traumatized children, will engage campers in a curriculum developed to help them overcome adversity and improve their outlook. Children will be assigned to age appropriate HOPE circles, where peer-to-peer support is encouraged. Daily camp activities are designed to promote creative thinking, good decision-making, problem solving, team work, mutual support, trust and goal-setting.

HOPEful Results

A peer-reviewed clinical study published in the September 2016 edition of the journal *Child and Adolescent Social Work* determined that the Camp HOPE model is a successful intervention for children exposed to trauma and domestic violence. A study of more than 200 children who attended Camp HOPE America in California and Oregon reported they left camp with a greater sense of optimism, gratitude, grit, social intelligence and self-esteem. This is hope personified: It changed the way children see themselves and their futures.

Giving HOPE

In our first year, Camp HOPE America - Connecticut provided a trauma informed camping and mentoring experience to twenty three children.

We plan to increase this number each year, however, we need your help.

To offer Camp HOPE America - Connecticut free of charge to children and youth in our community, CFJ is grateful for its donor support.

How you can help:

- A gift of \$1,000 will provide a week of camp to a deserving child who has experienced trauma.
- A gift of \$500 will help underwrite the costs of providing a camper with a camp trunk packed with essential supplies and gear and underwrite their transportation.
- A gift of \$200 will pay for activities and supplies.