

# Camp Possible

*“Camp Possible helped me by letting me get out of the house and let me be free from drama and bad things. I like making the diaries because it was fun. I wrote my personal things and how I feel.”*

*“We address topic such as family dynamics, healthy relationships, depression, anxiety, self esteem and self harming behaviors. Groups and pro-social outings really allowed the kids to meet others who are going through similar obstacles in their life and experience activities they would have never had the chance to otherwise.”  
(staff)*

*“Camp Possible helps me have fun and get out of the house. I can go somewhere to talk about my problems at home. My favorite thing to do is to go bowling because I am a good bowler.”*

*“I had a great time. I met new friends, helped out the teachers, was a greeter in the cafeteria and played lots of fun games. I especially like to be a helper. I think I am good at it.”*

*“Camp Possible helps me get along with people. It helps me express myself. My favorite activity was going to the zoo.”*

## The Need

Children struggling with mental health and/or substance use issues are in critical need of year-round therapeutic support, not just when school is in session. A long summer break with no therapeutic intervention or pro-social opportunities causes children dealing with these serious issues to lose momentum in their academic success and engage in negative behaviors. Each child has unique needs. Providing an intensive, therapeutic camp takes on special challenges as our day campers require more individualized attention from specially trained staff. Ratios of staff to child are 3:1 because of the intensive support required. Talbert House is committed to providing summertime support in a non-traditional setting to meet this need.

## Camp Possible

Camp Possible is a therapeutic camp for children ages 6-12 who struggle with behavioral/mental health issues. Campers attend for 8 weeks during their summer break. They participate in traditional and non-traditional group therapy sessions which provide opportunities to practice new skills in pro-social camp activities. Each week a new character trait will be presented with opportunities to build skills around the trait. At Camp Possible children practice skills such as anger management, self-esteem, peer relations, taking direction, interacting with adults, and more. Trained clinical staff take children into the community to practice in real-life settings that are safe and kid-friendly.

## How YOU can help

It costs \$1,500 per child to attend camp for 8 weeks, which includes the cost of pro-social activities, meals and transportation which are unfunded. Because over 96% of the children who attend Camp Possible are low-income, there is no cost to attend. For many of our campers, the food we provide might be the only nutrition they receive all day. That's where we need your help.

There are many ways you can give children who need Camp Possible the opportunity to continue their therapeutic activities and stay on track to be successful.

- Sponsor the annual fundraiser, Make Camp Possible
- Sponsor a child to attend Camp Possible
- Sponsor a pro-social outing, transportation, or meals

## To make a donation to Camp Possible:

- Complete the online form at [www.talberthouse.org/donate](http://www.talberthouse.org/donate)
- Pay by phone, call Stephanie Johnson at 513-751-7747 ext. 1019
- Make a check payable to Talbert House, Attn: Michelle McMullen, 2600 Victory Parkway, Cincinnati, OH 45206 (include Camp Possible in memo)
- For event sponsorship, contact Jenna Toon at [jenna.toon@talberthouse.org](mailto:jenna.toon@talberthouse.org)



Watch a Video About  
Camp Possible:

