



CAMP RAINBOW REGIONAL CAPACITY BUILDING WORKSHOP ON PSYCHOSOCIAL INTERVENTIONS FOR CHILDREN LIVING WITH SERIOUS ILLNESSES

BACK GROUND

YRGCARE in a strategic partnership with the Global Partnership Program (GPP) of SeriousFun Children's Network (SeriousFun), USA, provides children with HIV the magic of camp experiences coupled with the power of intentional programming using focused play methodologies and therapeutic recreation. This experience is further promoted through year round follow up sessions and reunions. Campers are eager to attend follow up sessions, see their friends again and continue to learn and grow.

Camp Rainbow rebuilds confidence and promotes individuality through laughter, exploration and friendship. Campers are nurtured by their peers and our staff, and they are encouraged to challenge themselves in the best possible ways. This experience transforms children from patients to fun-loving, capable, thriving kids. From the moment campers hop onto the bus and arrive at camp till the time they leave, they are filled with fun filled experiences and much play activities.

Capacity Building

The Capacity Building Module is pedagogical structured with the intention of meeting with overall goal and objectives. It is a unique psychosocial module that is designed to provide children living with serious illnesses, a fun filled experience through interactive and structured intentional programming. It encourages integration of local experiences and expertise.

Goal

Building local capacities and increasing sustainability at the regional level in providing the highest quality psychosocial management for children.

Target Group

Organisations working with Children/Adolescents living with HIV/serious illnesses and Educational Institutions.

Beneficiaries

Children/Adolescents in the age group of 10-16 years; aware of HIV status.

TRAINING OBJECTIVES

- To sensitise participants on the concepts of therapeutic recreation and intentional programming for children and adolescents living with serious illnesses eg. HIV
- To develop skills and techniques on child centric approaches and behavioural techniques
- To understand the experiences and integrate local expertise of the local organizations serving children and adolescents living with HIV/other serious illnesses and
- To share successful experiences of Camp Rainbow as a psychosocial program

KEY CAMP VALUES:

SAFETY

-

LOVE

-

RESPECT

MODELING CAMP DURING TRAINING

Celebration Circle / Opening Circle: Model the experience of camper arrival!

Welcome and Introductions, establishes ground rules, tone of the program; having fun as a group.

Closing Circle: Closure to the day!

Debriefs the day, highlights achievements, learning and keeps participants looking forward to the next day or next program.

Psychosocial Plan: Bringing it Back!

Putting the challenge and choice in the hands of the participants; helping them plan to take, the learning and experience of Camp Rainbow as a psycho social program, back to their own organization for the children they serve.

Program Showcase: Mini Camp Day!

Provides opportunity for those facilitating the activities for campers to showcase their sessions. Provides better understanding of intentional programming, clarifies expectations and clear understanding of each one's roles and responsibilities on Day Camp.

Meal times: Celebrations and Appreciation!

Experience meal times just as they happen during camp- Key meal time procedures, down time games, songs and cheers. Creatively use opportunity for a fun learning experience while eating.

WELCOME & INITIAL STAFF TRAINING

Sharing organisations' children programs: Exploring Experiences and Expertise

Helps get the group onto the same page; understanding the profile of the organizations', with focus on working with children and the participant's key role and responsibilities in working with children.

Goals and Values: Making a positive difference in the lives of special people-CHILDREN!

We are often asked this question? At times, we stop to ask ourselves the same question. What is your goal in working with children? To know where we want to go (Outcomes), we need to know where we come from (our values). Understanding and being clear about our goal, outcomes and values is most important when we seek to see positive changes in our children.

CORE SKILLS BUILDING SESSIONS

Who are our Children we serve?: Celebrating uniqueness!

Knowing names and specific features, makes children feel proud and special. Understanding these features, dispels stereotypes and helps us adapt our program to serve children better.

Intentional Programming: Purposive

Every game is more than just a game! However at its core, it is FUN! Helps children to recover their childhood, restore their hope and renew their sense of possibility.

Caring Adult Relationship: The Power of Role Modeling in achieving our goal

We all have lists; labels that we associate with ourselves. Where do these labels come from? Close your eyes. Think back to yourself as a child and imagine a person who was very important to you. Hear the sound of their voice. What do they look like? What words do they say? Focus on the sensory imagery: Looks Like - Sounds Like...Most important, connect to the emotion that you feel when you are around them.

BEST is the key to our child-centric puzzle!

Think about the children you work with...there are several who you love working with and others who have seemed most challenging. Safety at camp equals safety of all. Children can be encouraged to shed challenging behaviour if we can be child-centered!

Comfort Zones: Safety Bubble!

Feeling a sense of safety allows children to be calm, confident and curious. Combined with choices and opportunities, this creates avenues for challenges and risks they want to take and children experience and grow.

DLP: Super Awards! The power of appreciation!

Changing Labels; giving positive ones; using all opportunities to change the negative label into a positive one. For some it might happen right away; others, it may take time. Make the best of what time is in our hands. This makes a great difference in a child's life. Each camper is important. If you can make sure that change can happen to one camper, we can ensure meeting our Goal...our Outcomes.

Appropriate Touch: Abuse is not tolerated at camp! What is Red? What is Green?

- The magic number at camp is 3! Keeping You and Your campers Safe!
- Be aware and understand the rationale for child protection and safety.
- You are here because you love children and want to make a difference in their lives!

What children want to know (HIV 101) : Open Up the Question Box! Providing a safe space!

Children often seek simple answers to their seemingly complex questions. As adults, we are often riddled with the risk of over informing children, not being aware of how and what to respond.

PREP TIME!

Policies and Procedures: Signing the Camp Rainbow Child Protection Policy!

Reviewing and understanding the core policies and procedures for camper-adult interaction and other rules and regulations for maintaining the key values of camp.

Camp Team Time: Prepping Day Camp!

Preparing materials and activities for Day Camp. Participants can try out new ideas, practice and rehearse. Providing participants with key information on campers; splitting campers into activity groups by age/mixed gender, etc.

STRUCTURED ACTIVITIES!

These are "intentionally structured activities" which include games, skits, arts and crafts, sport, and dances, designed to promote life skills, knowledge about their illness and medication/ therapy adherence and resilience.

LIFE SKILLS

TEAM BUILDING

ARTS & CRAFTS

PERFORMING
ARTS / THEATRE

NATURE /
DISCOVERY

CAMP GAMES, SONGS AND DANCES!

Cheat Sheet! A set of camp games, energizers, ways of getting a group's attention, lining up, splitting large teams into small groups, cheers, praise, downtime games, name games, getting-to-know-you games, team building games, high energy games, etc.

JAI HO!

ICE CREAM
AND CAKE!

KALASALA!

WORLD'S
GREATEST!

BANANAS UNITE!

PARTICIPANT CRITERIA

- Directly working/interest in working with target population; i.e. children/adolescents living with HIV
- Interest in building skills on psychosocial interventions for target population
- Preferred age between 22-45 years; gender no bar
- Commits to participate in residential/non-residential program for 3 days and attend the following Camp program
- Willingness to participate and contribute to other such camp programs as scheduled for their organisation or within their locality/neighbouring areas



RESOURCE PERSONS

Leadership Team of Camp Rainbow

PROGRAM SCHEDULE

Day-1	Day-2	Day-3	Day-4
Celebration Circle Sharing organisations' children programs Goals and Values Who are our Children we serve? Intentional Programming Closing Circle	Opening Circle Caring Adult Relationship BEST Comfort Zones DLP Camp Team Time Closing Circle	Opening Circle Appropriate Touch What children want to know (HIV 101) Policies and Procedures Psychosocial Plan: Bringing it Back Program Showcase Closing Ceremony	40 children Outreach/non campers; HIV status disclosed Celebration Circle 2-3 structured activities based on Intentional Programming. Closing Circle

DAY CAMP

LIFESKILLS

TEAM BUILDING

ARTS & CRAFTS

PERFORMING
ARTS/THEATRE

NATURE/
DISCOVERY

A typical Day Camp includes: a grand celebration welcome, highly structured activities in the morning, followed by lunch and another intentionally structured activity in the afternoon, snack and the Grand Closing Circle. Campers are grouped into teams and have opportunities to develop close friendships



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Collaborators



Technical & Financial Support

