

Camp Duncan

www.campduncanNC.org

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Baptist Children's Homes of North Carolina (BCH) provides year round residential services for girls at a camp near Aberdeen. Camp Duncan is a wilderness camping experience designed to provide girls and their families an opportunity to work out problems through a highly structured alternative



service which provides an opportunity for girls to grow socially, emotionally, mentally, spiritually, physically, and academically. Therapeutic camping uses a team, or group work approach to build relationships between the camp staff, the family and the camper. Through these relationships, deep hurts are healed and lives are changed.

Camp Community: Located on over 700 acres, Camp Duncan offers the freedom of being outdoors and the structure of small groups with constant, caring supervision. Girls live in a group of ten with three counselors, called "Chiefs." With the help of their peers and their Chiefs, campers learn discipline, positive behavior patterns and self worth. Camp spirit and team effort are vital. The camp director, secretary, family worker, maintenance man, and cooks all work together to create the positive and friendly atmosphere essential to group therapy. A girl at camp soon learns that she is an important part of not only her success, but the success of her group. Each girl at camp is led to be a partner in all that happens to her.

Camp Activities: Campers and their Chiefs plan daily activities. They build their own living shelters, cut wood, cook their own meals in their campsite two days a week, do laundry, maintain trails, plan trips, and have fun. Group games, fishing, swimming, crafts, and personal time fill their weeks, providing a well-balanced experience. At all times, the group Chiefs act as dependable friends and helpers. The counselors partner with the girls in the group to plan, execute and evaluate the girls' daily lives. Living with the campers the whole time allows the counselors to motivate each camper to attain her highest potential both during her camp stay and beyond.

Discipline: At camp, discipline is a learning opportunity. Constant effort is made to keep daily living at a relaxed tempo, thereby reducing tensions and allowing the group to deal with behavior issues as they arise. Counselors can work with the girls one on one, or in the group setting. When a problem does occur, discovering the best solution may take several minutes or several hours. Whatever the solution, the group members all play a part in creating an atmosphere where every girl feels safe and encouraged to express herself freely. Order and discipline is achieved through mutual goals and agreements, group plans, routines, a problem solving process, natural consequences, and a caring group. No physical punishment is used.

Goals: Camp is a goal oriented experience full of set tasks and accomplishments. Campers and their families learn personal worth by monitoring and evaluating goals they set for themselves. When a girl can achieve for herself, while helping others in her group and her family attain their goals, she is ready to return home. This process is different for every girl and her family. It may take several months or years depending on the individual's needs and commitment to change.



Families: A continuing relationship with the family is essential. From the intake process through follow-up visits after a camper leaves, family workers counsel the family members. Family workers provide support, education, and insight on family issues. They also serve as a means to monitor family progress and keep the family informed about their child. Family sessions, parent group meetings, and quarterly review conferences monitor progress and highlight achievements. Every six weeks, campers return to their home for a four-day weekend called "Homesday." Working on family relationships is an important part of the program.

Education: Camp is an alternative, licensed non-public school. Trips to historical and cultural sites, skits at camp-wide parties, writing for the camp newsletter, drafting plans for a new living shelter and building it, writing daily plans, planning and preparing a meal, enjoying natural science, and playing group games all make learning exciting and enjoyable.

Spiritual Emphasis: The spiritual emphasis at camp is essential. It is emphasized in all activities. Everything is done with a spirit of rightness and of serving Jesus Christ. Through



this attitude and spirit, girls experience a sense of peace and rightness in their own lives, drawing them to a right relationship with Jesus Christ and with others. The entire camp meets twice a week for devotions. This small, informal service allows the campers and Chiefs to share spiritual insights learned throughout the week. This small setting allows girls to ask questions, explore ideas and learn how to apply spiritu-



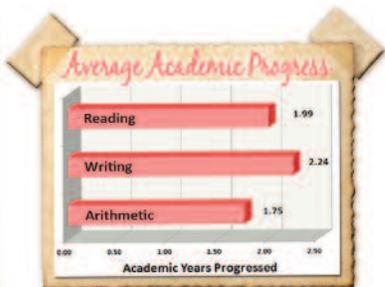
al truths to their on lives. Singing plays a large role at Camp. Singing helps melt the hearts of many girls as they learn to harmonize their voices and their lives with others.

Information and Referrals

To inquire about admission, call **910.944.3077** or go to www.bchfamily.org/referral
 Fax: **910.944.3807**
 Email: campduncan@bchfamily.org
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Correspond by Mail

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**In One Year at Camp,
 the average academic
 improvement of girls
 is Two Grade Levels.**



At the same time, learning is relevant to the campers daily lives. Although no formal classes are held on site, learning and education is a part of the day from the time a camper wakes until the time she goes to bed. Motivation to be successful is attained through group and personal achievements. A grade of 90% would not be considered passing if an inaccurate shelter plan caused a leak over one's bed. Poor handling of the food budget may lead to a skimpy meal.

Evaluations from the group help the girls to learn from their successes as well as failures. If problems do arise, campers can explore preventions to help them avoid similar situations in the future. The goal of camp is to foster learning through everyday experiences and to assist the camper in becoming a well adjusted girl who is confident enough to want to learn.



Accredited by the Council on Accreditation for Children & Family Services. In 2015, Baptist Children's Home of North Carolina was reaccredited receiving perfect ratings on 96% of the 1,000 standards that were evaluated.

