



CAMP SEK HANDBOOK

Camp SEK Therapeutic Intensive Program Outline and Guidelines

SEK was founded in 2021 by Keath and Alyssa Killebrew after losing their daughter Sara Elizabeth Killebrew (SEK) to COVID. The name is the initials of their daughter, but it also has Biblical meaning from the Bible verse Mathew 7:7 “Seek and you will find.”

At SEK, youth will learn skills to address emotional pain, trauma, grief and worry using Christian teachings and behavioral health tools and agricultural techniques. At SEK we will teach your child how to find purpose in their suffering and tools to help with stress and sadness that are common in all our lives.

We are a Christ centered therapeutic intensive combining both introduction to evidence based behavioral health techniques and teaching valuable lessons from the life of Jesus and men and women of The King James Version of the Bible.

Welcome

We are so glad you're here! It takes a lot of courage to step into a new process, and we'd like to thank you for trusting us to take this first step towards emotional and spiritual health with you.

SEK is dedicated to greeting you with genuine unconditional love, support and opportunity to connect with others.

SEK is more than a place-it is an experience. We are so grateful to be invited into your life and journey towards balance of mind, body and spirit. We are honored to welcome you into our loving Christ Centered Community. We warmly invite you to open yourself up to the process that might change your life.

Program Guidelines

These guidelines have been created to help create an environment that promotes healing and connection with your mind, body and spirit. Thank you for reading through these guidelines carefully.

Chemical Use During the Program and Medical Needs

Mood altering chemicals, including alcohol, vaping, marijuana, are not allowed. If we perceive you are intoxicated, you will forfeit your program fees, be asked to leave and will forfeit your right to participate in the program

All prescription drugs are to be cleared in advance. If it becomes necessary for the clinical supervisor to consult with your attending physician, you will be required to sign a medical release form to enable our staff to work directly with your prescriber. If you have severe allergies of any kind, please come with the necessary approved medications to address your condition. Also, any change in dosage of medication needs to be reported to the supervisor on the first evening of the program. If you have any questions prior to the program regarding any prescription or non-prescription drugs you need to take, please check with SEK clinical staff.



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Cultural and Spiritual Sensitivity

“May all who enter into the process be treated Christ like.”

At SEK, we are dedicated to treating all our staff and participants with love and respect.

Confidentiality

Our clinical staff will protect your right to confidentiality as a participant in this program.

We have trained mental health professionals, ministers, recreational specialist, teachers and volunteers on staff. All our staff have been trained on the importance of confidentiality; however, since SEK is a group process we cannot guarantee confidentiality or privacy.

We expect you will protect that right for fellow participants in this program. What you choose to say to others about yourself, and your experience is up to you. Be aware that because SEK is a group process, we cannot guarantee group participants will maintain privacy.

All SEK Guides and volunteers are required to report certain information where there is a clear and immediate danger to you or someone you could endanger, indication of abuse of a minor, and/or confirmed child abuse.

SEK clinical and ministry staff will meet daily to discuss ways to best serve you and give you the best experience while you are at SEK. We will have both trained clinical mental health staff and ministers on staff and accessible to you.

Grounds for Discharge

We encourage you to feel, share and be vulnerable. We will not hesitate to discharge someone for the welfare of the community. Grounds for discharge include:

- Possession, sale, or use of drugs and/or alcohol
- Actual threats of physical or verbal assault
- Violating program guidelines or boundaries
- Inappropriate behavior, interfering with another’s experience
- Dishonesty
- Refusal to participate in program
- Other illegal behavior

General Guidelines

We recommend you walk, jog or gather in groups of three or more. We discourage pairing. On the other hand, isolation can diminish your experience here also. If you become aware of an exclusive relationship between participants that has developed, or if you have a relationship with other participants at this program report that information to SEK staff as soon as you are aware of it.

Respect property. Participants will be responsible for any damage to property. Please consult SEK staff before partaking in an activity or using anything that doesn’t belong to you. Do not share medication.



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Phones and Emergencies

At the opening of the SEK program, you will be required to turn in your cell phones and all other electronic devices. Outgoing calls will be limited to emergency. The phone at the program site is for emergency use only. Incoming emergency messages will be accepted by Tanglewood and/or SEK staff. Except for emergencies, your child will not be permitted to use the phone once the program has begun to help your child focus on the curriculum. No TVs, newspapers or radios are allowed.

General Dress Code

Appropriate dress code for SEK includes comfortable, casual wear. Always wear shoes outside. T-shirts, sweats, and jeans are all appropriate. For group, we suggest you be comfortable. Appropriate length shorts are permitted. Inappropriate clothes items include short shorts, miniskirts, halter tops, low cut tank tops, open shirts.

For health reasons, you will need to wear socks and shoes in the large meeting room and common areas of housing.

Exercise and Designated Areas

Because it is important that we establish a community setting, it is required that participants always stay on the premises. Participants are not permitted to leave the facility.

Physical activities are optional, so please be gentle with yourself. If you are experiencing any discomfort or ailment, please notify the staff as soon as possible. Please limit walking or running to 1 hour a day.

Be aware that there are snakes, fleas, ticks and other insects and wildlife in Mississippi.

Dining and Meeting Rooms

Please wear your nametag all week so we can address you by name.

We will provide 3 meals a day. WE will provide some snacks and refreshments for your breaks. Snacks are to be consumed only in the areas outlined during the first orientation session. They are not to be taken to group rooms or sleeping quarters.

Staff will need to cut in the line so they can get to the staff meetings on time. The philosophy of our menu is to provide meals and snacks that are nutritious and well-balanced. We cannot accommodate special diets and food plans unless previously approved.

Program Staff

Our SEK team comes from all walks of life. It truly takes a village and a village of unique and talented people we have. We have a minister, ropes course instructors, psychologist, mental health counselors, yoga and mindfulness instructors, artist, musicians, teachers, recreational specialist, farmers, cowboys, peer support specialist and lots of altruistic volunteers.



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Reminders

Please report any damage to a staff member. SEK is not responsible for lost or stolen property. We suggest you not bring anything of sentimental or value. Any mail you receive will be delivered to Tanglewood.

We expect that you will be honest about matters relating to you; be an active participant in your process including education and group sessions; be considerate and respectful of the rights of fellow participants. SEK staff and others property; help keep your room and the community rooms clean; attend all scheduled meetings, sessions, meals, and events; complete all readings, writing and other assignments, contact a staff member if you have concerns regarding your or others' safety or well-being.

Continuing Care

We encourage you to continue to seek solutions to problems with a minister, in a small group at church, and/or with a licensed therapist and a supportive community of people doing the same.



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Code of Conduct/Behavior Agreement

1. Respect for Others:
 - a. Treat fellow campers, staff members, and volunteers with respect, kindness, and courtesy.
 - b. Avoid any form of bullying, harassment, or discrimination based on race, gender, religion, nationality, disability, or any other characteristic.
 - c. Cooperate with camp staff and follow their instructions and guidance.
2. Personal Safety and Responsibility:
 - a. Follow all safety guidelines, rules, and procedures provided by the camp.
 - b. Take responsibility for personal belongings and keep the campsite and living areas clean and tidy.
 - c. Report any concerns or incidents to camp staff promptly.
3. Attendance and Punctuality:
 - a. Attend all scheduled camp activities, programs, and meals unless otherwise authorized.
 - b. Arrive on time at designated meeting points and activities.
4. Use of Camp Facilities and Equipment:
 - a. Respect camp property, facilities, and equipment. Use them appropriately and responsibly.
 - b. Report any damage or issues to camp staff immediately.
5. Prohibited Items and Behaviors:
 - a. Do not bring or use any prohibited or unauthorized items as specified by the camp.
 - b. Refrain from engaging in any behavior that is illegal, dangerous, or disruptive to others.
6. Internet and Technology Usage:
 - a. Comply with camp rules regarding the use of the internet and technology devices.
7. Personal Conduct:
 - a. Abstain from the use of alcohol, tobacco, drugs, or any illegal substances.
 - b. Dress appropriately for camp activities and adhere to the camp's dress code policy.

I understand that failure to comply with this Code of Conduct may result in disciplinary action, which can include but is not limited to, warnings, loss of privileges, or dismissal from the camp program, without refund.

I have read and understood the contents of this Code of Conduct/Behavior Agreement and agree to its terms and conditions. Parents/Guardians will ensure their child is aware of and adheres to these guidelines throughout the camp session.



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Activities Consent

Camp SEK encourages active participation in the following opportunities as they are offered for all campers.

<ul style="list-style-type: none"> ● Archery ● Fishing ● Canoeing ● Swimming ● Water Basketball ● Water Volleyball ● Water Inflatables ● Volleyball 	<ul style="list-style-type: none"> ● Soccer ● Flag Football ● Ultimate Frisbee ● Softball ● Kickball ● Low Ropes ● Horseshoes ● Gaga Ball 	<ul style="list-style-type: none"> ● 9 Square in the Air ● Disc Golf ● Archery Tag ● Basketball ● Ping Pong ● Tailgating Games ● Equine therapy ● Yoga
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To allow your camper to participate, as the parent/guardian, you agree to the following:

1. I give permission for my child to participate in the activities listed above during the summer camp session.
2. I understand that it is my responsibility to ensure that my child is physically and medically fit to participate in these activities. I have provided all necessary medical information and disclosed any relevant medical conditions, allergies, or special needs related to my child's participation. I acknowledge that Camp SEK Therapeutic Intensives and its staff will take reasonable precautions to ensure the safety and well-being of participants during the activities. However, I understand that accidents or injuries can occur despite such precautions.
3. I release and hold harmless Camp SEK Therapeutic Intensives, its directors, employees, volunteers, and agents from any and all claims, liabilities, or damages arising from or related to my child's participation in the specified activities, including any injury, illness, loss, or damage incurred during or as a result of participation.
4. In the event of an emergency or if my child requires medical attention, I authorize the camp staff to seek and provide necessary medical treatment, including hospitalization, surgery, or administration of medication.
5. I understand that photographs or videos may be taken during the activities for promotional or informational purposes, and I give permission for Camp SEK Therapeutic Intensives to use such materials in a responsible manner.
6. I, as the parent or legal guardian of the above-named camper, hereby grant permission for my child to participate in the following activities organized by Camp SEK Therapeutic Intensives during the summer camp session:
7. I understand and acknowledge that these activities may involve inherent risks and hazards, which may include but are not limited to, physical exertion, contact with nature, and potential exposure to unpredictable or adverse conditions. I accept that there may be associated risks of injury, illness, or loss.



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Media Release

As the Parent/Legal Guardian SEK asks that you attest to the following:

1. I grant permission to Camp SEK Therapeutic Intensives, its agents, and assigns, to use above named child's photo or video, and likeness for the purpose of promotion by Camp SEK Therapeutic Intensives for all forms, media, and manners, for the following, but not limited to, news releases, photographs, video, audio, website, marketing, advertising, trade, promotion, an exhibition for an indefinite period of time.
2. I give unrestricted permission for images, videos, and recordings of the child to be used in print, video, digital, and internet media. I agree that these images and/or voice recordings may be used for a variety of purposes and that these images may be used without further notifying me. I further acknowledge that I will not be compensated for these uses and that Camp SEK Therapeutic Intensives owns all rights to the images, videos, and recordings, and to any derivative works created from them.
3. I waive any right to inspect the uses of any printed or electronic copy. I hereby release Camp SEK Therapeutics Intensives and its agents and assigns from any claims that may arise from these uses, including without limitation claims of defamation or invasion of privacy, or of infringement of moral rights or rights of publicity or copyright.



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What to bring to camp (Packing list)

Campers are only allowed one suitcase and a camp backpack excluding bedding and towels.

1. Clothing:
 - T-shirts
 - Shorts
 - Long Pants (for cooler evenings)
 - Pants/Jeans
 - Underwear and socks
 - Swimwear (girls' suits must cover their midriff)
 - Sweatshirt or light jacket (for cooler evenings)
 - Pajamas
 - Rain jacket or poncho
 - Garbage bag for wet or dirty clothes
2. Footwear:
 - Sneakers or closed-toe shoes
 - Sandals or flip-flops (for shower and pool use)
 - Waterproof boots/shoes (if necessary)
3. Bedding and Personal Items:
 - Sleeping bag or sheets/blankets
 - Pillow
 - Towels (bath and beach towels)
 - Toiletries (toothbrush, toothpaste, soap, shampoo, sunscreen, insect repellent) Shower shoes (if different from Sandals or flip-flops)
 - Flashlight and extra batteries
 - Water bottle
 - Personal medications (if applicable)
 - Prescription Bottles
 - Full Medi Planner
 - “SEK Authorization for Dispensing Medications” Form
4. Miscellaneous Items (optional):
 - Backpack or daypack
 - Hat or cap for sun protection
 - Sunglasses
 - Books or magazines (Limited to 2 per camper)
 - Notebook or Journal for writing (Limited to 2 per camper)
 - Bible
 - Stuffed animals (Limited to 2 per camper)



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What NOT to bring to camp

Several items are prohibited for the safety of campers. All bags will be searched by a staff member during registration on Monday morning.

1. Prohibited Item:
 - Electronics:
 - Video game consoles
 - Laptops or tablets
 - Cell phones
2. Weapons and Dangerous Items:
 - Firearms or any type of weapon
 - Pocket knives or blades
 - Fireworks or explosive materials
 - Tools or equipment not authorized for specific activities
3. Illegal Substances and Alcohol:
 - Drugs or narcotics
 - Alcohol or alcoholic beverages
4. Valuable Items:
 - Expensive jewelry
 - Large amounts of cash
5. Inappropriate or Offensive Materials:
 - Explicit or adult content
 - Offensive or discriminatory materials
6. Food and Snacks

Campers will agree to leave behind any unauthorized items for the duration of camp and shall understand that any prohibited or unauthorized items will be confiscated.



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Handbook Signature Consents

Yes No I have read the program outline, and I agree to abide by all outlined here.

Yes No I, as the parent or legal guardian of the above-named camper, acknowledge and agree to the following code of conduct for my child. I understand that it is my responsibility to ensure that my child understands and abides by these rules and expectations while participating in the camp session.

Yes No I have read and understood the contents of this Consent Form for Activities and agree to its terms and conditions.

Yes I DO agree to the terms of this Media Release form or No I DO NOT agree to the terms of the Media Release form contained in the CAMP SEK HANDBOOK.

Yes No I agree to leave behind any unauthorized items for the duration of camp, and I understand that any prohibited or unauthorized items will be confiscated.

Signed by Parent/Guardian: _____

Printed Name: _____

Date: _____

Relationship to Child: _____

Signed by Camper: _____

Printed Name: _____

Date: _____