

## Camp SEK Referral & Appropriateness Guidelines

<https://campsek.com>

Camp SEK offers a short-term, therapeutic, farm-based intensive experience for adolescents (ages 12-17). These guidelines are intended to support caseworkers, counselors, and referral professionals in determining appropriateness of fit and level of care.

### Appropriate Candidates for Camp SEK

- Are able to safely participate in a structured, short-term, group-based therapeutic setting
- Are experiencing grief, loss, attachment disruptions, trauma, or adverse childhood experiences (ACEs)
- Present with mild to moderate anxiety or depression that is currently stable
- Struggle with emotional dysregulation, foster or kinship transitions, or family disruption
- Would benefit from support related to identity development, resilience, confidence, and life transitions
- Are able to remain on-site with supervision and actively engage in nature-based and group activities

Camp SEK is **not designed** to provide acute psychiatric stabilization, secure residential care, or containment for severe safety concerns.

Referral is **not appropriate** for adolescents presenting with:

- Active psychiatric instability (e.g., psychosis, mania, or acute suicidal or homicidal risk)
- Runaway or elopement risk, including a repeated history of leaving supervised settings
- Severe behavioral concerns, including aggression toward peers, staff, or animals
- Substance-related instability, including intoxication or active withdrawal
- Medical instability requiring close monitoring or intensive care
- High-risk behaviors requiring specialized supervision (e.g., fire-setting, cruelty to animals, or sexually reactive behaviors)

**Referral Guidance** - Youth presenting with acute or severe conditions should be referred to a higher level of care prior to consideration for Camp SEK, such as:

- Inpatient hospitalization
- Residential treatment
- Partial Hospitalization Programs (PHP)
- Intensive Outpatient Programs (IOP)
- Intensive psychiatric or crisis stabilization services

**Final Admission Decision** - All referrals are subject to Camp SEK's clinical screening process, including family review and final determination of:

- Safety
- Readiness
- Goodness of fit

Contact for referral questions: [hello@campsek.com](mailto:hello@campsek.com)