

Wellspring Camps Summit System

While every Wellspring Camp follows the same basic guidelines for the Summit System, each camp creates level names and tokens appropriate for that particular camp. Below are the Summit System guidelines established at Wellspring Wisconsin in Summer 2010.

Background: My Side of the Mountain by Jean George

My Side of the Mountain tells the story of Sam Gribley, a boy who has decided to run away from his home and crowded family apartment in New York City to the wilderness of the Catskills, where his family once owned land several generations back. Throughout the book, Sam encounters several characters in the forest: **Rabbits** who make their home in the woods...a **Raccoon**, busy and active making his life in the forest... **Baron (who we'll call Baron Beaver for our levels)**, a mischievous character who stands up to Sam, despite his small size...A community of **Deer** who are resilient and help Sam survive in many ways. Later Sam becomes known to people in town as **Wild Boy**, a near-mythical character living alone, off the land in the woods. His survival would not be possible without a **Falcon** he meets when both were young and new to the forest.

We meet Sam as he prepares for his first winter alone in the wilderness... Sam has learned that some of his instincts about living solo in this new, vast forest were keen...some of his hunches were totally wrong. Has he learned enough to survive a winter alone in the backwoods of the Catskill mountains? Is he really "alone"?

Our journey to Falcon...As we all make a summer home in the land of the Great Lakes, the Wellspring Wisconsin levels system reflects the beauty and wildlife of nature, as well as the journey we each make to find our healthy selves, our strengths & gifts. Our levels story borrows heavily from My Side of the Mountain by Jean George, which follows a young boy on a similar journey. Campers will participate in weekly 'ceremonies' where their hard work and achievements of the previous week/s will be recognized and rewarded. As campers move up the levels system they will receive benefits and be invited to wear the symbols of their success – the animal beads.

Moving up the levels is not guaranteed – campers who fail to meet the challenges set to them will not move up. Furthermore, once at a level campers will be expected to maintain their excellent record. Failure to do will result in movement back to the level where they are operating.

The levels system is one of the most important aspects of camp and will be given the respect befitting of its role. All campers will be expected to attend ceremony and BCs, with assistance from all staff members, will ensure that only the truly deserving are rewarded.

A higher level should be something that every camper strives towards and all assistance should be provided to help them achieve their target.

Ceremony

Camp ceremony will occur once a week (and on the 1st Monday of new sessions) and will be lead by the Clinical Director and the BC team. All on-duty staff are requested to attend with their groups. Weather permitting, ceremony will be held outside and during the evening.

At the ceremony campers will be rewarded for their hard work & participation in camp life and the Wellspring Plan. A great deal of significance is afforded to ceremony and it can be a highly emotive event. The first ceremony each session will be preceded by an intro to My Side of the Mountain. We will read this entire story as a large group throughout camp, and refer to it in future ceremonies and staff may also find it a useful motivational tool.

The WWI Camp Economy

Campers will be awarded trading beads as they progress up the levels system (and when they demonstrate particular drive, positive attitude & leadership). They will be able to exchange their beads for goods at the Wellspring Trading Post once/week. Each item (or privilege) at the Post has a specific value in tokens; campers can spend or save their tokens as they wish.

"Every difficulty in life presents us with an opportunity to turn inward and to invoke our own submerged inner resources. The trials we endure can and should introduce us to our strengths." Epictetus, Greek Stoic philosopher (55AD–135AD)

L	Symbol	Symbolism	Time / Status	Challenge	Reward	Recognition
1	Rabbit Beg. Of wk1	Readiness to venture out and try new things.	First stage of the levels system – all campers start their journey here. Eligible: 1st Monday Night at Camp	Commit to WWI Community Guidelines & non-negotiables. Commit to change and long-term weight control (LTWC).	Necklace 5 Trading beads 10 min phone call (1 st week)	Rabbit Bead
2	Raccoon End of wk 1	Inquisitive natures and active participation in fun activities	Campers have shown willingness to immerse themselves into their new environment and work with the program. Eligible: Rabbits who meet Raccoon challenges for first week (1 st Friday ceremony)	- 10,000+ steps/day average -Record all physical activities in SMJ -At least 1 think & ink/week -SMJ at least 20 meals/week -Actively participate in activities, follow instructions -Show respect for staff and fellow campers	5 trading beads Tree Banner	Raccoon Bead
3	(Baron) Beaver End of wk 2	Confidence & resolve to build a solid platform for their healthier lifestyle	Proven their desire to be a long-term weight-controller and are striving to complete their weekly tasks and objectives. Eligible: Raccoons who meet Beaver challenges for at least 1wk	- 15,000+ steps/day average -SMJ all physical activities -At least 3 think & ink/week -Share BC-approved personal statement in Group -SMJ at least 25 meals/week -Active participation in ALL camp activities -Showing support, comfort to fellow campers.	10 trading beads 15 min phone time 20 min internet time	Beaver Bead

4	White Tailed Deer End of Wk 3	The majestic and resilient deer is a symbol of survival & success.	Reaching this level of indicates how far a camper has progressed in their journey towards long term weight control. Eligible: Beavers who meet Deer challenges for at least 1wk	- 20,000+ steps/day average -SMJ all physical activities + 30/35 meals/week -At least 5 think & inks and 1 LINK / week. -Begin Past, Present & Future Statement - Achieve daily goals - Demonstrate leadership in group settings	10 trading beads 15 min phone time 20 min internet time 1 “Deer Outing”	Deer Bead
5	Wild Boy / Wild Girl End of Wk 4	Adaptability, stamina and intelligence	Campers at this level have proven that they have the skills and courage to be an LTWC. Eligible: White-tailed Deer who meet Wild Boy/Girl challenges for at least 1wk and share as noted at Ceremony.	- 20,000+ steps/day average. -SMJ all physical activities. - Daily Think& Ink - 1 Link/week -SMJ 30/35 meals/week , assist others w/ SMJ-ing - Share Past, Present Future Statement at Ceremony -Serve as role model for WWI	10 trading beads 20 min phone time 2x20 min internet	Wild (Wolf) Bead
6	Falcon End of Wk 6	Possession of unique skills and behaviors that enable adaptability and survival in all environments	Campers that reach the level of Falcon are flying high and are a credit to the camp, fellow campers and themselves. They are preparing to be successful LTWC’s at home. Eligible: Wild Boys/Girls who meet Falcon challenges for at least 2 wks & complete Falcon Project*	Physical: 25,000+ steps/day average. Record all physical activities. Mental: Daily think & ink + 3 links/week Nutritional: SMJ 30 out of 35 meals, mentor others & assist in calculating fat, calcs & daily totals Behavioral: Continuously exhibit desire to succeed as LTWC’s and successfully master all the skills needed to help achieve that goal*	15 token beads 25 min. phone call Shopping Trip	Falcon Bead

*If during continuing care program, campers are actively logging in to Continuing Care: recording progress, sharing info & helping the online campers’ community.

WWI Levels Guide & Glossary

Below are some definitions of terms listed in the Levels grid (previous page) to help staff & campers alike understand expectations and rewards that are part of our WWI recognition of campers striving to make the Wellspring Plan their own plan for healthy living.

Falcon Project - One of the requirements for achieving the highest level at WWI is to create and implement a FALCON project. Campers are welcome to create projects of their own or select a project from the **FALCON GUIDE**. Before beginning a project, the camper must create a specific plan to develop and implement their project, and have that plan approved their Behavioral Coach. It takes a minimum of 2 weeks for a camper to ascend from the Wild Boy/Girl to the Falcon level – while this process unfolds.

Internet Time – Reward for achieving level & beyond. Specific amount of time online, in dedicated time/space, as supervised by staff (usually in bunk groups). Counselor & admin staff will ensure safe log on, and monitor time. Any inappropriate use of internet time by campers will result in immediate revocation of remaining time, and movement down one level in system. Ineligible campers will have supervised game or study hall time during dedicated internet periods.

Leadership – Should be exhibited at all times, but particularly required to achieve **WHITE TAILED DEER** level. Campers show leadership by taking initiative & responsibility without being asked by staff. They lend a hand where needed. They help motivate and mobilize their fellow campers. They show a positive attitude as well as sincere awareness of what makes fellow campers feel included, valued, and safe through their camp experience.

Participation - Should be exhibited at all times, but particularly required to achieve **RACOON** level. Campers show participation by taking an active role in each and every activity offered as part of the camp schedule, without complaint or bargaining. If campers cannot do a specific activity for some reason, they take initiative to propose safe alternates, which do not interfere with staffing demands or other camper experience. They are on time to all activities, and willing to take part – learning new skills as necessary, challenging themselves, and having a positive attitude.

Past, Present & Future Statement – This is a piece written by a camper, with the guidance of his/her BC, and presented out loud at Ceremony by the camper as part of the requirement to achieve **WILD BOY/GIRL** level. It may be a more expanded “Personal Statement” and should answer the following questions: What events/influences helped shape the person that arrived at WWI on opening day? What have you learned so far at camp about yourself? About your health? What goals do you have for the rest of the time that you’re here at WWI? What goals do you have for after you return home? How do you plan to help yourself achieve those goals?

WWI Levels Guide & Glossary – Continued

Personal Statement – This is statement conceived of / or chosen by a camper, with the guidance of his/her BC, and presented out loud within his/her CBT group as part of the requirement to achieve **BARON** level. The Personal Statement is summary or catch phrase capturing the camper's motivation and goals within the Wellspring Plan – a “go to” statement of sorts. Some past examples include “My future's so bright, I need shades” or “If you believe it, you can achieve it”, etc.

Phone Time – All campers will be allowed ONE 10-min phone call per week, regardless of levels. Campers ascending the levels system will begin receiving additional phone time as part of their reward, starting with the level. Phone time will occur at dedicated times/locations only, supervised by staff. Campers in possession of cell phones, or using other phones at inappropriate times will lose their levels-related phone time for that week, and risk moving down a level. Phones will be confiscated and additional consequences may result.

Respect – Should be exhibited at all times, but particularly required to achieve **RACCOON** level. Campers show respect to fellow campers and staff by closely adhering to the 5 Basics & Non-negotiable rules for behavior at WWI. They speak to fellow campers and staff in a positive tone, value the authority of staff, and are on time & appropriately prepared for all camp activities. They demonstrate value for their fellow campers needs as well, understanding that we are all part of a challenging journey toward achieving our group and individual health goals.

Role Model – Characteristic requirement to achieve **WILD BOY / GIRL** level. Campers who are role models demonstrate a clear knowledge of the Wellspring Plan, as well as the expectations for behavior and Wellspring Plan adoption while at camp. They can answer questions about Wellspring's approach to LTWC & lead by example with thorough SMJ entries, activity initiative and CBT participation. Role models walk the walk as well as talk the talk!

Support & Comfort – Should be exhibited at all times, but required particularly to achieve level. Campers show support & comfort to others by a demonstrated value for their fellow campers needs as well as an understanding that we are all part of a challenging journey toward achieving our group and individual health goals. Supportive campers help their peers – physically and emotionally – to give them the best chance to take full advantage of their time at Wellspring. Comforting campers lend a hand or listen when a peer is having a tough time.

Trading Beads – Campers will receive a pre-determined number of plastic beads as they ascend the levels system. Campers may also earn trading beads as handed out by staff members for **TRULY EXEMPLARY** demonstration of positive attitude & responsiveness to staff, leadership, drive through a challenge, or helping a fellow camper. Trading beads may be taken away for violations of community guidelines, whining, cursing or ignoring staff requests. Trading beads should be limited to 1 per camper per day, though it is not assumed that each camper will earn a bead each day – they must truly be earned! Beads may be “spent” once per week at the WWI Trading Post, in exchange for particular privileges or goodies on the following scale:

Item*	Cost in Trading Beads	Item	Cost in Trading Beads
2 min. add'l phone time (dedicated times ONLY)	10 beads (No incremental sales!)		
1 Can Diet Soda (available select days only)	10 beads	Guest reader, My Side of the Mountain	25 beads
4 min. add'l Internet time (dedicated times ONLY)	12 beads (No incremental sales!)	Choice of group game/sport during appropriate timeblock	35 beads (15 min of active)
		Additional Water bottle	40 beads

*Additional items (Request songs at dance, special make-n-eat snack session, etc.) may be offered up at Staff Auctions – for purchase by individuals or groups of campers

Tree Banner – Reward for achieving RACOON level. Camper gets to make his/her own tree – like the one Sam calls home in My Side of the Mountain – on banner/paper. A Camper’s Tree Banner can look any way they like it, and be personalized. Throughout subsequent ceremonies, fellow campers can give camper “leaves” to affix to their tree, with written positive affirmations & appreciations on them. Tree Banners can be posted on dorm doors, and/or carried back & forth to weekly ceremonies.