

Parent Talk

OCTOBER 2023

Summer Programs & ADHD

Many caregivers may not know how effective a summer program can be for their kid with ADHD. Studies have shown that kids with ADHD who participate in a Summer Treatment Program (STP) have a reduction in symptoms and arrive back at school in September feeling prepared and confident. But what is the STP? Read on for a brief intro as well as some specific ways it can help kids who are struggling during the summer months!

What Is The Summer Treatment Program (STP) Model?

The STP is an evidence-based treatment method, meaning it has been proven through years of research to work when it comes to treating ADHD. The basis of the STP model is to provide kids with a more standard camp experience, while still implementing various forms of skill-building and treatment. Elements of ADHD treatment such as effective praise and reward/response are implemented throughout the course of the program. We use the STP model at our own summer camp program, **Camp Baker!**

Providing A Real Camp Experience

We frequently hear from families that their kids were turned away from a traditional summer camp setting because the kids were “too rowdy” or “badly behaved”. We know this actually just comes from a lack of understanding about the needs of kids with ADHD. The STP aims to provide that traditional camp experience but tailored to the needs of the kids who attend. There’s no judgement or labeling, and the kids can have the same camp experience as their peers with all the usual camp activities.

Making Learning Fun

One of the major benefits of the STP model is the emphasis on teaching skills in a way that’s enjoyable and fun for kids. Many kids with ADHD can struggle with focusing on topics in school and can become bored and restless. The STP model aims to weave skill building inside activities kids will enjoy such as playing games, swimming, and more.

Reducing Academic Regression

Another major benefit of a summer program for ADHD is the emphasis placed on avoiding academic regression. It’s incredibly common for kids with ADHD to make amazing progress during the school year, but then to become lost and confused after a long summer break. This is due to a lack of routine and structure; things that are crucial for helping kids with ADHD succeed. Summer programs can help bridge this gap and provide kids with regular structure so they can return to school feeling more confident.

Forming Lasting Friendships

Finally, a key aspect of an ADHD summer program is the chance to make new friends. Kids with ADHD are not only labeled as just bad kids by teachers and other adults, but by their peers as well. This can be very damaging on their self-esteem and make it hard to form lasting relationships. At a summer program, these kids are given the opportunity to meet others who are similar to them and can make friends more easily. It’s also a great opportunity for caregivers to make connections!

Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services
CENTER FOR EFFECTIVE THERAPY →

Special Education
MANVILLE SCHOOL →

Therapeutic Summer Camp
CAMP BAKER →

College Preparation
NEXT STEP →

Featured Resources



ADHD Awareness: Learning About ADHD and Disruptive Behavior Disorders

Join us on October 26th at 11AM for our FREE monthly webinar series! For this presentation, we provide an overview of what ADHD is and how it can be treated.

[LEARN MORE](#)



Mental Health Matters: How Does ADHD Impact Kids & Teens

Episode 2 of our podcast is hosted by our CEO, Robert Franks, and featuring ADHD experts Sarah Tannenbaum, PsyD, ABPP and Jason Fogler. This episode examines the ways in which caregivers and educators can support kids with ADHD.

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All About Attention-Deficit/Hyperactivity Disorder (ADHD)

To some extent, having difficulty focusing or behaving at home or in school can be completely normal, especially for younger children. However, kids with ADHD may struggle with a consistent pattern of attention difficulties, impulsive behaviors, and/or hyperactivity that creates frequent difficulties at home and at school.

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Coexisting Conditions: ADHD and Disruptive Behavior Disorders

Not every kid that has ADHD will have a coexisting disorder, but we do know that kids with ADHD are at higher risk for coexisting mental health problems than their peers. Some of the most common coexisting conditions are other Disruptive Behavior Disorders, such as Oppositional Defiant Disorder and Conduct Disorder.

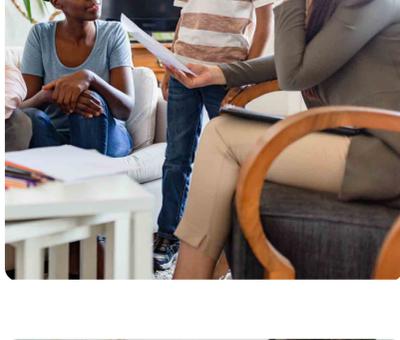
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Science-Backed Treatments for ADHD and Other Disruptive Behaviors

Your first step to supporting your child who may be struggling with ADHD or another Disruptive Behavior Disorder, is to get a thorough evaluation done by a mental health professional. Comprehensive assessments are the most helpful tool to help identify problem areas, diagnose, and recommend treatment approaches for each individual child and family.

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Client Spotlight: A Cathartic Camp Experience

We sit down with a real parent who enrolled their son in Camp Baker for 3 years and is now reflecting on the changes that Camp Baker has helped to create in their lives.

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