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FOR IMMEDIATE RELEASE

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HPH Hospice Hosts 23rd Annual Spring Children's Camp

Weekend Retreat for Children Ages 5 to 17 Assists with Bereavement

Brooksville, FL (March 31, 2017): The weekend of April 7 through 9, 2017 marks the 23rd annual spring children's camp hosted by HPH Hospice. Any child living in Pasco, Hernando and Citrus Counties, ages five to 17, who experienced the death of a loved one, can attend the camp that emphasizes the development and building of trust, coping with and managing grief. Each year the camp takes place at the Lakewood Retreat in Brooksville. For 2017, the camp has a new name—Camp REACH OUT, which stands for **R**emembering **E**verything **A**bout **C**oping, **H**ope, **O**penness, **U**nderstanding and **T**rust.

“Over the last 20-plus years, approximately 1,500 campers have attended the camp where for close to 48 hours they were able to reconnect and enjoy life again,” said Erika Remsberg, Manager of Psychosocial, Bereavement and Volunteer Services at HPH Hospice. “Any child can attend the camp, even if the loved one was not a patient under our care. The only criterion is that the child had to be seen at least once by one of our bereavement counselors.”

Throughout the camp weekend, trained HPH Hospice bereavement counselors are present along with other staff and volunteers. In fact, anyone that volunteers at the camp comes away from the weekend with a total sense of accomplishment for the supportive healing provided to the campers. Attendees participate in traditional camp activities such as swimming, games and roasting marshmallows around a campfire. However, there are specific exercises built into the weekend that help the campers cope with grief and re-build trust and self-awareness. For instance, lakeside on Saturday evening, there is a luminary ceremony designed to help children through the grief process, and on Sunday, parents and children are reunited and share a balloon release experience together.

“Although on the surface our camping challenges may seem recreational, all have a therapeutic component that helps kids develop coping skills to manage their grief. In addition, we have found that peer-to-peer interaction with others of the same age who have experienced the loss of a loved one assist the children with the grieving process, that is to say they don't feel alone in their sorrow,” added Remsberg.

Registration includes completing an application and participating in an interview with an HPH Hospice bereavement counselor. The one-time \$10.00 registration fee, is the only cost associated with your child's entire camp experience. Scholarships are available, if needed. Transportation to the camp is provided and leaves from several different HPH Hospice locations. Campers are reunited with their families for the closing ceremony on Sunday and return home together.

Children are accepted to participate in camp based on appropriateness and availability. Following the interview, families will be notified as to each camper's status. Space is limited and fills on a first-come, first-serve basis.

To learn more about Camp REACH OUT, the HPH Hospice Center for Grieving Children and the grief support provided by HPH Hospice to residents in Pasco, Hernando and Citrus counties and other services, please contact the HPH Hospice Bereavement Department toll-free at 1.855.465.8238.

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Page2/HPH Hospice Hosts 23rd Annual Camp Press Release

About HPH Hospice

As a not-for-profit organization since 1984, HPH Hospice is committed to excellent service through compassionate care, accountability, respect, integrity and the goal of excelling through teamwork to maximize quality of life.

About Chapters Health System

Founded in 1983 as a compassionate not-for-profit organization, Chapters Health System provides choices, education and guidance for those affected by advancing age or advancing illness through its managed affiliates: Good Shepherd Hospice, HPH Hospice, LifePath Hospice, and Chapters Health Palliative Care, located in Citrus, Hardee, Hernando, Highlands, Hillsborough, Pasco and Polk counties. In addition, Chapters Health operates HPH Home Health, which serves the needs of patients in Pasco and Pinellas counties. To learn more, visit www.chaptershealth.org, like us on [Facebook](#) or follow us on [Twitter](#) and [LinkedIn](#).

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