



# Daily Schedule

<i>Time</i>	<i>Activity</i>
<b>9:15</b>	Drop-off at CSC
<b>9:30</b>	Centers Time
<b>10:00</b>	Morning Meeting/ Circle Time
<b>10:20</b>	Park/outdoor play
<b>11:10</b>	Snack
<b>11:30</b>	Arts & Crafts
<b>12:00</b>	Lunch & Quiet Time
<b>12:30</b>	Field Trip
<b>1:30</b>	Show & Tell
<b>1:45</b>	Arts & Crafts
<b>2:00</b>	Magic Movement
<b>2:30</b>	Afternoon Snack
<b>2:45</b>	Centers Time
<b>3:00</b>	Daily Prize Store
<b>3:15</b>	Pick-up Time

## Rid the silence !



Camp Brave Buddies is a new treatment program of the NYU Child Study Center -

the flagship clinical service of the Department of Child and Adolescent Psychiatry of the NYU School of Medicine and the NYU Langone Medical Center. The Director of Camp Brave Buddies is Dr. Steven Kurtz, a Fellow in the American Academy of Cognitive and Behavioral Psychology specializing in the treatment of selective mutism. Dr. Kurtz serves on the Board of the Selective Mutism Group and is involved in research and education of the public and professionals in the area of SM. He also has a long history of involvement in special needs camps.



## Camp Brave Buddies 2009



*Summer Day Camp*

*for children with*

*Selective Mutism*



NEW YORK UNIVERSITY  
CHILD STUDY CENTER

## Camp Brave Buddies 2009

Camp Brave Buddies is a one-week summer day camp and simulated classroom for 4-6 year old children diagnosed with Selective Mutism (SM). SM is an anxiety problem in children who are typically quite socially engaged and talkative in their home situations, but who have very significant difficulties communicating verbally in school, usually with both teachers and peers, as well as in other public situations, such as ballet, gym, sports, or religious classes. Most of these children are quite happy to go to school and activities but dread having to verbally communicate with others outside of their “safe” zones. They learn to get by with nods and gestures and cannot fully participate in the joy of conversation and the give-and-take of friendship. Some children with SM are also even hesitant to participate non-verbally, making even the simplest of typical tasks, such as Show & Tell, quite scary. The start of each school year brings fear for children with SM about how they will get by, once again relying on gestures, and not being able to get the words to come out.

Our own research and clinical experience, along with the published peer-reviewed research of others, suggest that *intensive behavioral interventions* in a combination of *both simulated and real-life situations* can be quite helpful in treating SM in young children. This intensive camp week will allow the children repeated *positive practice* and *graduated exposure* to the many real life situations that they will encounter as they

re-enter school the following week – morning meeting/circle time, Show & Tell, snacks and lunch, and trips to the library, park, and local sweets shops. The counselor staff – all advanced clinical psychology graduate students and undergraduates - are *specially trained* by Dr. Kurtz in SM treatment and will provide positive reinforcement to the children as they gradually interact and talk more and more with their peers and other staff.

Camp Brave Buddies assigns one specific counselor to each camper 4-6 weeks before the weeklong program begins so that they can build a trusting relationship that includes talking together in the actual setting where camp will take place. Then, gradually and at the child’s pace, the 1:1 counselor leads the child into closer and closer contact, play, and conversations with other children and adults at the Center, all the while using points for Brave Talking and prizes to celebrate their accomplishments. Using these graduated shaping and reinforcement techniques the children should be ready to verbally and non-verbally participate with the other children and adults when the camp and simulated school starts during the actual program week in late August.

## Q&A

### Who ?

Six children ages 4-6 with selective mutism entering pre-Kindergarten, Kindergarten, or first grade.

### What ?

One-week summer day camp and simulated classroom to prepare the children for real life settings with peers and teachers, including the school, park, library, bookstore, and ice cream store. Parent training sessions are included. Other caregivers and educators are welcomed at no extra charge.

### Where ?

The NYU Child Study Center is located at 577 First Avenue, at the northwest corner of 1<sup>st</sup> Avenue and 33<sup>rd</sup> Street.

### When ?

Monday thru Friday, August 24<sup>th</sup>-28<sup>th</sup> from 9:15 am to 3:15 pm daily.

### Cost ?

The cost for the one-week program is \$1500. Families not already in treatment at the CSC will incur an additional intake evaluation fee of \$450. There will also be six lead-in sessions with a 1:1 counselor billed at \$100 per session.

For further information contact Dr. Steven Kurtz – 212.263.8915  
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