



VIDEO SCAN



CK Nat V2

KITA AT LOON POND

HOME OF **CAMP** KITA

Join Us At Our New Home For Healing

campkita.org



ABOUT US

Camp Kita was established in 2013 by the Mosher siblings as a summer camp for children who have lost a loved one to suicide. Recognizing the importance of intervention, community, and conscientious care to these at-risk youth, the Moshers, alongside expert mental health providers, created a Maine-based mental health organization with nationwide geographic reach. The camp pioneered national efforts for a therapeutic and recreational experience specific to suicide loss. In doing so, Camp Kita has received national endorsements and attention from thought-leading organizations such as NAMI, American Foundation for Suicide Prevention, and The Samaritans. The camp has been **free for all campers to attend** since its establishment.

Now, nearly ten years later, and with a strong foundation, the KITA organization is evolving. At the end of 2021, KITA was gifted use of a property on Loon Pond in Acton, Maine to grow its programming offerings and increase the capacity of the populations they serve. With the Loon Pond property as the vehicle for growth, KITA will continue to run their flagship summer camp program while expanding to become a Home for Healing. Here – tucked along the shore of Loon Pond in Southern Maine – community, mental health, and nature will walk hand-in-hand with the goal of **generational transformation.**

“My grandchildren have attended counseling since the loss of their parents, but Camp Kita has been the missing piece. This is the only place they have met children who understand. Their journey in life is far less likely to end up poorly with all the help they have received.”

-CAMPER GUARDIAN

2019

THE NEED FOR KITA

In Maine, where suicide is within the top five leading causes of death for people ages 10-54, it can be estimated that 4,180 children will experience the loss of a parent or sibling to suicide by the age of 18, and that number climbs to over 33,000 across New England.

Our campers are at a higher risk for suicide, depression, substance abuse, violence, and poor school outcomes due to factors such as:

- Financial and/or logistical barriers to mental health services
- Lack of community support or isolation
- A recent death or family crisis
- A family history of suicide
- History of self-injury or suicidal ideation
- Unwilling or uninterested in seeking help
- Experiencing PTSD or complicated grief
- Childhood trauma

In 2021, there was only a **28% need met of mental health care professionals nationally.**



“In my work supporting families and organizations following a suicide loss, I am frequently dismayed over the scarcity of loss support resources for youth. The rural nature of the state makes it challenging to start or sustain a group and clinician caseloads are often full. KITA fills a unique niche.”

- GREG MARLEY, LCSW
Director of Suicide Prevention
NAMI Maine

OUTCOMES

Postvention is prevention. KITA provided prevention factors include:

ACCESS TO CARE

Camp Kita is free-of-charge so cost is never a barrier to receiving our care. Camp Kita helps to fill the deficit of mental health care available.

+ *At our future home, accessibility will grow with expanded programming, greater capacity, and virtual offerings.*

FOUNDATIONAL EXPERIENCES

Many campers develop relationships with mental health providers and engage in peer support groups for the first time while at camp. These foundational experiences increase the likelihood that campers will seek out therapeutic resources outside of camp, and also decreases the barriers stigma creates in asking for help.

SKILL BUILDING & CONFIDENCE

Our therapeutic curriculum teaches coping, self-care strategies, problem-solving, and conflict resolution skills. This curriculum coupled with the traditional camp experiences of trying new things and meeting new people provides campers with the skills and strengthened confidence needed to weather stressful situations.

COMMUNITY

Community is a critical component for humans to thrive. The positive and understanding connections campers forge at Camp Kita are especially important for campers who may be experiencing the effects of loneliness and isolation which are typical symptoms of suicide loss.

CONSCIENTIOUS CLINICIANS

It's not uncommon for our campers to experience PTSD, complicated grief, anxiety, and depression, to have a history of self-harm behavior, or to use substances. Our campers are monitored by trained clinicians who are conscientious of any emerging psychiatric symptoms and will work with families to recommend additional resources.

HEALTHY ROLE MODELING

A core of the Camp Kita experience is our mentor program. These caring adults experienced the traumatic loss of suicide in their own lives and participate in camp to foster relationships with campers. Our mentors role model healthy coping strategies and provide hope to our campers that they can live happy and fulfilling lives.

STIGMA & RISK EDUCATION

Campers learn the basics of suicide prevention as well as learning how to communicate about suicide and mental health safely. Campers learn why safe suicide messaging is an important factor in preventing suicides and reducing the stigma of mental health.

ACCEPTANCE

We take our inclusion culture seriously. Making people feel seen and accepted for who they truly are is it proven to reduce the suicide rate within at-risk communities such as LGBTQIA+.

+ *At our future home, gender inclusion is a large consideration in the design decisions for our bunk cabins and bathhouses.*

“Being able to go to a place that doesn't feel like therapy is so important, and for [the campers], just being able to tell their friends back home 'I'm going to this camp...' destigmatizes and normalizes it.”

-ALI MATTU, Ph.D.,
Columbia University
NBC Nightly News, 2018

OUR FLAGSHIP PROGRAM

Camp Kita's flagship program is a summer bereavement camp open to children who are survivors of a loved one's suicide. Held in a traditional camp setting in Maine, the camp provides all of the quintessential experiences of any rural summer camp. In addition, the camp provides clinical professionals who lead small peer support sessions and offer 24/7 trauma support.

GRIEF SUPPORT

In addition to peer and adult-mentor support, our campers are supported by:

Kita Group: Led by trained grief professionals, all campers participate in a daily group experience that includes discussions and skills specifically for suicide loss survivors.

Kita Zone: Led by trained crisis professionals, Kita Zone offers a safe place for individual and responsive 24/7 trauma support for campers.

RESTORATIVE ACTIVITIES

Spending time in nature is proven to be beneficial to mental health. At Camp Kita, we prioritize time outdoors with activities such as:

- Swimming
- Sports & Games
- Photography
- Yoga
- Nature Education
- Fishing
- Outdoor Skills
- Arts & Crafts
- Hiking
- Archery
- Music & Drama
- Woodworking

CAMPER PROFILES

- At risk youth ages 8-17
- Could not afford camp if tuition was charged: 77%
- Diagnosed with PTSD: 7%
- Bereaved by an active military member or veteran: 9%
- History of additional trauma: 33%
- History of CPS involvement: 11%
- History of self-harm: 7%
- Gender differs from sex assigned at birth: 9%
- Geography: Largely Maine & New England, with a reach nationally

“Kita was the most amazing, perfect, beautiful place where I felt complete acceptance, love, and fun.”

- CAMPER
2020



KITA AT LOON POND

Why is this property beneficial for the organization, the community, and who they serve?

- Located within 90-mins of Boston, and less than an hour from local airports
- Able to preserve the land as a place for enjoying nature
- 15% of Camp Kita's historic camper population lives within 25 miles of Loon Pond
- Facility capacity to increase programs and served population (*i.e.*: guardians, young adults, virtual training, and at-risk groups) and to share with external like-minded groups
- Provides much-needed permanency and consistency for our campers
- Provides a physical place for honoring, remembering, and building community

GROWTH PROJECTIONS

Prior to KITA having its own land, the organization's capacity was limited to 75 campers. Despite a larger demand, campers had to be turned away. Within five years at Loon Pond, KITA is expected to directly serve over 2,000 individuals with increased programs and session capacities.

“I felt understood without having to say a word.”

- 2019 CAMPER





PROGRAM EXPANSION

With the Loon Pond property as the vehicle for growth, KITA plans to expand in hopes of becoming a hub for mental health, enjoying nature, and community.

■ Resilience Retreats:

Family: a therapeutic experience for families to connect with one another, meet other families, and have clinician-led conversations that are oriented to the family unit.

Young Adult: a therapeutic experience for people ages 18-29 with discussions tailored to their unique stage of life. This program offers an additional opportunity to offer long-term care for aged-out campers and mentorship program expansion.

At-risk Populations: including LGBTQIA+ and Veteran groups.

■ Empowerment Trainings:

Guardian: Providing tools so guardians can feel confident to support their children outside of camp.

Camps: Providing tools for other camps on how to respond to suicidal ideation or self-harm.

■ Tell Me Their Name:

A storytelling series with a mission to preserve and share lost loved ones' memories in hopes of building connections and decreasing isolation and stigma.

■ Resource Library

Providing a curated collection of resources for grief, trauma, self-care, and community-building tools.



“The boys were different when they came home, they were forever changed in a good way!”

- CAMPER GUARDIAN, 2019

Camp Kita at Loon Pond

PROJECT SUMMARY

The 28.5-acre property situated on Loon Pond in Acton, Maine is expected to include:

- The Kita Commons
- Kitchen
- Wellness Center
- Bathhouses
- Kita Group Cabins
- Staff and Retreat Cabins
- Outdoor Playing Fields
- Bunk Cabins
- Create Cabin*
- Outdoor pavilion*
- Welcome Center
- Nature Education Building
- Waterfront
- Firepits
- Walking Trails

*Denotes rehab of existing structure



"I can't imagine a better place for Kita to call home. How lovely it will be to see this property restored to its former glory."

- LOCAL RESIDENT, 2022

KITA AT LOON POND

NAMING OPPORTUNITIES

Kita Commons

Sitting at a high elevation with views of Loon Pond, the Kita Commons is the heart of the campus. This building is where meals will be shared, spontaneous dance parties will break out, and where high-energy activities will take place on rainy days. In addition, The Kita Commons will be shared with the broader community for training, gatherings, and expansion of our mission in support of mental health.

Cost of naming right: \$500,000
Status: Reserved



Medical Center

Our campers will be well-cared for in the ADA Compliant Kita Medical Center. Fitted with refrigeration for medications, locked cabinets, running water, and private sleeping and washrooms, our Medical Center is ready to welcome campers at any time of need.

Cost of naming right: \$200,000
Status: One available

Kitchen

At KITA, we know our health begins from the inside and food offers the foundation for us to thrive. Connection, nourishment, and the fuel to take on the next activity at camp is served from this kitchen. This thoughtfully designed space inside the Kita Commons offers plenty of room for food prep, storage, and serving.

Cost of naming right: \$175,000
Status: One available

Bathhouses

As we strive to build an inclusive and welcoming environment, bathhouses will be made with the comfort of all our campers in mind, no matter how they identify. Each bathroom stall will be equipped with a private shower and toilet. The bathhouses will include ADA-compliant stalls and communal sinks.

Cost of naming right: \$100,000
Status: Two available

■ **Kita Group Cabins**

These cabins house the heart of our healing programming. In these cabins, campers will be led by the guiding hands of trained grief professionals and will participate in daily therapeutic group sessions which include discussions and skill-building specifically for suicide loss survivors. These cabins will be designed with group work in mind and include a bathroom and storage closets.



Cost of naming right: \$90,000
Status: Two available

■ **Staff and Resilience Retreat Cabins**

These cabins house our mental-health clinicians, mentor group, and program staff, who are made up almost entirely of volunteers. These staff members dedicate time away from their homes and families to support our campers. The staff cabins will be equipped with bunks, a bathroom, a sitting area, and a kitchenette. Outside of youth camp sessions, these staff cabins will be available for Resilience Retreat programming.

Cost of naming right: \$80,000
Status: Two available

■ **Open Athletic Fields**

The open athletic fields are where many traditional summer camp activities take place. Programming in these spaces includes activities such as yoga, team-building games, high-energy field games, and morning running meetups.

Cost of naming right: \$70,000
Status: Two available



Bunk Cabins

Ask any camper, and they will tell you that some of their best camp memories happen in the cabins. Here, campers have unstructured downtime and meaningful organic conversations. At the start of the session, each cabin group works together to establish a set of values and respectful expectations for their shared space. Our initial cabin plan includes six buildings that provide campers with comfortable options, including a gender-inclusive cabin and cabins for girls and boys regardless of sex assigned at birth.

Cost of naming right: \$65,000
Status: Six available

The Create Cabin*

The Create Cabin is where restorative arts and new skill building, like woodworking and photography, will blossom. Camp Kita recognizes the power art has on wellness and developing new skills can have on building confidence. Fostered by the Create Cabin, we hope campers leave Kita with a new-found passions and meaningful relationships that guide them to choose healthy coping mechanisms.



Cost of naming right: \$40,000
Status: One available

Outdoor Pavilions*

These pavilions will be one of the main spaces where campers come together as a group for meals on nice days, outdoor performances, and movies.

Cost of naming right: \$30,000
Status: One out of two available



Welcome Center*

The Welcome Center is the first building you see when you arrive on campus. With historic charm, this building will serve as KITA's main operational command center, house the admin offices, and conference space. In addition, this building will house a curated library of resources with comfortable chairs positioned around a charming stone fireplace.

Cost of naming right: \$20,000
Status: Reserved

Nature Education Center*

This cabin will house the outdoor and learning programming, including creative writing/journaling, science, and nature displays, and will be the kick-off center for outdoor skill and survival programming.

Cost of naming right: \$20,000
Status: Reserved



Waterfront *

The waterfront area will be equipped with a shoreline, swimming area, and dock. On hot summer days, the waterfront will be a welcomed amenity for activities and rest. Swimming, fishing, and paddling will kick off from this waterfront.

Cost of naming right: \$20,000
Status: Reserved



*Denotes rehab of an existing structure

OTHER NAMING OPPORTUNITIES

Don't see something here that fits you? Let us know what your interests are! There are many opportunities that aren't listed here, like hiking trails, sports equipment/courts, art installations, furniture, and sponsored experiences that may be exactly what you are hoping for.

Tribute & Memorial Benches

Benches encourage the culture of listening, community, and friendship at Camp Kita, or can memorialize a loved one. Lovingly nicknamed "Barbara Benches" at Camp Kita, these benches also pay tribute to all our mental health and clinical professionals who dedicate their time to our campers.

Cost of naming right: \$2,500

Memorial Bricks

Memorialize a loved one or pay tribute to a special summer at Camp Kita in a tangible way with a memorial brick on Camp Kita's new property.

Cost of naming right: \$1,500

Interested in launching a fundraiser to secure one of these opportunities?
Email info@campkita.com for your fundraising kit.



THANK YOU

“My camper has shared with me that Camp Kita was the best thing that he’s ever done and that he looks forward to returning every year. He said he made lots of wonderful friends and developed trusting relationships with counselors.”

-GUARDIAN, 2020

info@campkita.org
www.campkita.org



YES, YOU CAN COUNT ON MY SUPPORT!

- Loon Pond Naming Right _____
- Loon Pond Donation \$ _____
- KITA Operating Expenses- \$ _____
- Area of Greatest Need- \$ _____

Learn more by emailing Sydney at smosher@campkita.com.