Camp Courage Parent FAQ's

What is the age range?
7 - 17 years old

When is the camp this year?
Monday June 24th - Friday June 28th
Monday August 19th - Friday August 23rd
*Families can sign up for one week or both weeks of camp

Can previous campers attend Camp Courage again?
Absolutely! We welcome returning campers and love having a mix of old and new faces each week of camp. Each camp has a mostly unique set of skills we teach and therapeutic activities we do together, so repeat campers will always be exposed to new growth opportunities.

Where is the camp?
CBTeam office - 81 Hartwell Ave Lexington, MA

What are the camp hours?
9 am to 2 pm

What are the therapy options for camp?
Option 1: Includes 5 hours (60 minutes each day) of individualized exposure therapy, group therapy sessions, group bravery challenges, and fun camp-like activities
Option 2: Includes group therapy sessions, group bravery challenges, and fun camp-like activities

What is the process to enroll my child?
All families must complete a brief phone screen to start the process to enroll your child for camp (unless already a patient at CBTeam).
Option 1: Interested families must complete a 60 minute clinical interview to determine appropriateness for individual therapy and develop treatment goals (unless completed recently at CBTeam).
Option 2: Optional 60 minute clinical interview (not included in the camp fee) to develop treatment goals.

Who do I contact to start the process?
Please contact Camp Courage co-director Dr. Moselle Campbell mcampbell@cbteam.org.

What is the cost for the camp week?
Option 1: The cost is $2000. A deposit of $750 will be required to reserve your child’s spot at camp and is non-refundable, regardless of illness, unforeseen schedule conflicts, or child avoidance. This will be charged after the clinical interview. The second charge of $1250 will occur within a week after the intake interview assuming all parties agree option 1 is a good fit. All major credit cards are accepted.

Option 2: The cost is $750 and is non-refundable, regardless of illness, unforeseen schedule conflicts, or child avoidance. All major credit cards are accepted.

Do you accept insurance?
We do not accept insurance. Families pay CBTeam directly for treatment and will often seek reimbursement from their insurance afterward. All of our providers and clinical services are considered “out-of-network.” However, some insurance plans allow partial reimbursement for out-of-pocket costs. We provide a superbill after camp that can be used when submitting insurance claims for reimbursement. Billing codes used each day will be 90837 & 90853 for Option 1 and 90853 for Option 2.
What happens if my child needs to miss a day of camp for other obligations?
We ask that your child attend the full camp week to maximize their treatment success.

If your child must miss a portion of the camp you will not receive a partial refund.

How effective is a one-week camp at lowering anxiety symptoms?
As described above, Camp Courage utilizes the gold-standard psychological treatment for youth anxiety. Delivery of this evidenced-based intervention is done so in a fun and socially engaging manner such that impressive progress can be made in one week due to elements of social learning, environmental reinforcement, and experiential learning far beyond what is possible in individual therapy.

We collect data on campers and their families before and after treatment using well-researched outcome measures. Our data shows that youth who participated in Camp Courage in 2023 report a 16% reduction in total anxiety symptoms after just one week of treatment!

Feedback from parents and children has been overwhelmingly positive! The success and positive feedback of Camp Courage in 2023 is the reason we are adding a second week in the summer of 2024.

- 78% of youth reported they would like to return to Camp Courage (22% “maybe” ; 0% “would not return”)
- “We had a wonderful experience and this camp was instrumental in helping our son not only extend himself a little more each day but also to connect with other youth.”
  -Parent of 2023 Camper
- “This was the best camp our daughter has ever attended. Thank you for this incredible experience. Fantastic staff to child ratio.”
  -Parent of 2023 Camper
- “Our son really enjoyed Camp courage! He’s been taking on new challenges at his other camp since then (e.g., ropes course, which he wouldn’t do last year).”
  -Parent of 2023 Camper

Does my child need to have previous or current therapy experience to enroll in the camp?
No, the camp is open to those with and without therapy experience.

Please note that we might recommend additional sessions before the start of camp to ensure readiness for the camp week (option 1 only). Those therapy sessions needed in preparation for camp will be billed at the clinician’s usual hourly rate ($225-$300 per session) and is not included in the total cost for camp. Campers that are motivated and willing to face their fears and learn to become more brave have the most success.

Are parents/caretaker expected to be available to pick up during camp week?
Yes, each family will be expected to provide names and contact information of trusted caregivers if your child needs to leave camp early.

What if my child is not a good fit/best match for camp, after the initial preparation interview?
You will be fully refunded.

What treatment services are available after camp?
Continuing outpatient treatment may be an option following the completion of the camp. Treatment options can be discussed during or after the camp week.

81 Hartwell Avenue, Suite 310, Lexington, MA 02421
Please email mcampbell@cbteam.org to learn more and sign up for Camp Courage!