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CAMP DRUZY

Testimonials



For my children and me, Camp Druzy was an unforgettable experience. The talks, the therapy sessions—everything was incredible. My children didn't want to go home. The people are wonderful, so kind and good-hearted. Without a doubt, this camp has been one of the best we've ever attended. Thank you so much.

Camp Druzy is an excellent experience for people who are going through grief at different levels. In our family's case, it went beyond our pain and helped us spiritually, mentally, and physically. It allowed us to connect with our inner selves, release our pain, and become more resilient and grounded in the present moment—thanks to CHARM and all the volunteers and sponsors.



CHARM

CAMP DRUZY

Testimonials



CHARM's Camp Druzy was a truly meaningful and healing experience for our family during an incredibly painful time.

After Pete died, we were given the space, support, and compassion we needed to grieve and begin processing the loss of someone who meant so much to us. Camp was a beautiful experience—thoughtfully created, gentle, and deeply supportive. It allowed us to connect as a family, honor our love for him, and feel less alone in our grief.

Because of how impactful CHARM was for us, we later became volunteers, grateful for the opportunity to give back and support other families in the same way we were supported. We love CHARM and are so thankful for the love, care, and wellness it has provided our family.



CHARM



**DONATE NOW TO
HELP EMPOWER GRIEVING
CHILDREN & THEIR FAMILIES!**



2025 Annual Report

Overall Summary

On behalf of everyone at CHARM and Camp Druzy, thank you so much for your support of CHARM families and Camp Druzy in 2025— thanks to your invaluable support, we were able to improve the lives of 40 grieving campers through Camp Druzy and 35 grieving children and families through Tapestry.



Campers embrace for a family photo at Camp Druzy 2025, held in Tubac, Arizona. The entire family attends together, along with nine other families as well as dozens of skilled volunteers.

Thanks to the financial support from Arizona Community Foundation and other local foundations, and the collective contributions from our wonderful community of donors and volunteers throughout the year, CHARM provided resiliency-building experiences and support to 105 grieving children and family members in 2025 overall who were grieving a death or extended separation from a close family member.

At Camp Druzy 2025, funds were used toward overall costs for serving 10 families, ranging in age from six months to grandparents. Eligible youth campers (ages 5+) completed surveys before and after camp that included age-appropriate, validated questions on resiliency, as well as on their overall experiences and satisfaction. Adult campers also reported on various dimensions of resiliency, as well as their overall wellbeing (overall biopsychosocialemotional-spiritual wellness) using a valid and reliable measure (AIOS). Adults also evaluated their overall satisfaction, likelihood to recommend camp to other grieving families, their favorite aspects of camp, and ways to improve the camp experience from their perspective.

Of campers able to respond, post-camp evaluations overall report very positive feedback and experiences, as well as increases in multiple dimensions of resiliency in our child and adult participants. Additionally, average overall wellbeing significantly increased for all adult participants, with one even reporting an 1,000+% increase, and multiple caregivers ranking themselves as “**the best I have ever been**” immediately after camp. Given that a parent/guardian’s overall well-being is a strong predictor of a child’s well-being and quality of life, we are very proud of these outcomes for our families, especially in such a relatively short period of time.



Tiffany Mihelish, LPC leads a session on positive coping skills for the younger youth campers – here they are learning healthy ways to identify and communicate their feelings.

Camp Druzy 2025

In May 2025, we reached out to all Tapestry families referred to us in November 2024, as well as newly grieving families referred by community partners such as Circles of Peace, Mariposa Community Health Center, Santa Cruz County Superintendent’s Office, and members of the community, to participate in Camp Druzy 2025. A total of 40 children and parents/guardians,





representing 10 grieving families, joined us for this 6th annual gathering. Our overnight camp for the entire family includes four full days of experiences for families to learn evidence-based, resiliency-building skills and tools; strengthen confidence, nurture a sense of connection, practice creativity, and so much more – all in culturally appropriate and trauma-informed ways, together.

Families connected with other children and adults navigating similar circumstances and together transformed grief and learned positive coping skills in a safe, comfortable, fun, and peaceful environment. Volunteers included local educators, medical providers, therapists, practitioners, and other members of the community and partner organizations with relevant personal and professional experience. All were required to provide fingerprint clearance cards and complete our volunteer training to participate.

Two previous campers from 2023, Christian and Sarena Rivera (left), served as camp counselors this year, along with other volunteers and campers from prior years. Sarena, a certified Child Life specialist, shared the following about her family's experience as campers in 2023, and later in 2025 as counselors:



Former 2023 campers, Sarena and Christian Rivera, served this year as camp counselors.



Vanessa Rothstein served as a camp counselor, together with her daughter Elise. Both are beloved, local elementary educators.

“Camp Druzy was such a great and healing experience for our family, especially for my husband. I truly saw him start to heal that weekend — it was unexpected and remarkable. We were so grateful to attend camp with our children. Returning this past summer as counselors was such a fun and meaningful experience. We loved working with the families and guiding them through the weekend. I learned so much and can't wait to return to camp again!”

All campers ages 5+ are asked to complete evaluation surveys before and after camp. Reported outcomes for

Camp Druzy overall are very positive!

Notably, **for children and youth we see an average overall increase in self-reported resiliency scores for multiple measures** - especially for questions related to academic achievement, positive coping skills, having role models, and feeling a greater sense of connection/fitting in with other kids.

When asked about their favorite part of Camp Druzy, Román (age 16), responded with the following:

“Everything was great, from people, food, nature and activities. I really enjoyed opening myself (up) with others and I am looking forward to doing it again.”

His younger brother André (age 8) said: ***“I have new friends.”***



André (8) attended with his mother and older brother. Here he shows off the drum he painted with a Bear, representing the loved one that his family is grieving.





CHILD HEALTH & RESILIENCE MASTERY®



Camp Druzy begins each morning with a group yoga session, outside in nature.

Older youth ages 10+ are asked additional self-reported measures of resiliency – we see average increases across these as well, especially for the following: **“Now I know I can handle hard times”, “I can change important things in my life”, “I discovered I am stronger than I thought I was”, “I feel a sense of well-being from a connection with nature”.**

On average, all youth and adults reported top-notch scores with how happy they were with camp (9.4/10 for youth and 9.7/10 for adults).

For adult campers, even with the small sample size, statistically significant increases were reported for the following four resiliency measures:

“I can change important things in my life”, “I have a greater sense of closeness with others”, “Now I know that I can handle hard times”, “I discovered that I am stronger than I thought I was”.

In addition, using a validated, reliable measure to assess adult (18+) self-rated global/overall wellbeing (which includes their overall sense of spiritual, social, mental, emotional, and physical well-being), **all adult participants reported significantly greater global/overall (biopsychosocialemotional-spiritual wellbeing after camp, with increases ranging up to 1,000x% greater than before camp!**



Kiara (10) and her mother Maritsa pose for a family photo together with a Butterfly stuffie crocheted for their family by one of our youth volunteers. Animals/symbols are chosen by families before camp to represent the loved one they are grieving, and are incorporated throughout several camp activities.

When asked about their favorite thing about camp, the following were submitted by adult campers as part of their evaluation forms:



“One of the best things about Camp Druzy was making arts & crafts with my children & husband, making friends, talking with the counselor, (and) finding hope.”

One of the activities at Camp Druzy includes an Eye Movement Desensitization and Reprocessing (EMDR) activity using bilateral stimulation to process traumatic memories and alleviate distress. This is coupled with creative expression and easy, natural ways for campers to self-elicite the relaxation response in the future during moments of distress.

“To be honest everything. The staff and volunteers make everything go well. They make you feel safe and respected.”

Translation from Spanish: “I learned not to repress my feelings”

“The activities that help us learn how we can help with the deep pain from grief and the kindness (and) thoughtfulness in which we were treated.”

Translation from Spanish: “Thank you all for this weekend. Everyone is so kind, helpful, caring, and cheerful. I loved everything, and I'm taking away so much learning and relief in my heart. Thank you!!!❤️”

In November 2025, we received an additional 35 referrals for grieving students and their families that we supported through our Tapestry basic needs program, including CHW support. All received invitations to Camp Druzy 2026.

