Great Circle’s Meramec Adventure Learning Ranch is one of the most extensive high adventure bases in the Midwest and the adventure base for all Great Circle Programs. Ranch programs are committed to helping individuals and groups discover and capitalize on their strengths and inspire changes in their perspective. Using an experiential approach in conjunction with outdoor and adventure activities, the Ranch helps those it serves focus on keys that lead to the continued development of character, integrity, positive relationships and, ultimately, to making even a greater positive impact in the world around them.

Sibling Adventure Camp is a summer camp program that is designed to give brothers and sisters in the Foster Care system (ages 7-17) a chance to spend time together building strong relationships, sharing incredible experiences, and creating lasting memories together. All this is done through the transformative power of an outdoor adventure environment that acts as catalyst to stimulate individual and sibling self-efficacy, connection, and purpose. Siblings will be part of a group of no more than 10-12 campers who come to the Meramec Adventure Learning Ranch in Steelville, Missouri to complete a ten-day adventure experience.

**Adventures Camp Objectives:**
- To grow personal and relational efficacy through purposeful, goal-oriented, experiences. We want the youth we serve to be able to:
  - Develop awareness, respect, and interdependence among the individuals in the group.
  - Recognize and apply their unique design in the service of others.
  - Reconstruct perceptions to nurture hope.
  - Transform brokenness into meaningful purpose and direction.
  - Experience joy in living.
- To grow stronger connections between the siblings through shared experiences.
- To allow siblings to create lasting memories together.

**Location:**
Meramec Adventure Learning Ranch
1203 Meramec Wilderness Lane
Steelville, MO 65565

**Dates:**
Session 1: June 20-29, 2019 (10 Day)
Session 2: July 22-26, 2019 (5 Day)
(Please register for only one program)

**Participants:**
Siblings between ages 7-17

**Cost:**
Covered by Children’s Division

For More Information:
Visit our website at www.meramecranch.org
call 573-775-5513,
or email kassey.odneal@greatcircle.org


Applications are accepted on a first come, first serve basis based on occupancy and mandated staff ratios.
What to Expect:
During their time at the Ranch, campers will stay in the Wilderness Lodge, learn basic camp skills, cook over an open fire, and participate in a myriad of activities such as climbing, swimming, canoeing, kayaking, horseback riding, ropes courses, and land navigation, as well as traditional summer camp bonfires, games, and activities. Each group is led by two or three counselors and a guide who works with and facilitates the group through the daily routine and activities. Each day campers participate in activities throughout the day and evening. Activities are designed to bring the siblings closer together, and foster the development of belief in their capabilities, grit, purpose in serving each other, and group interdependence. Daily themes, competitions, and special events led by the camp manager and guides are conducted to add to the campers’ enjoyment of the experience.

Both formal and informal processing is conducted throughout each day of the trip at critical junctures. The key to the success of Adventure Camp is establishing opportunities for growth that occur regularly throughout the entire course of the trip. In this setting, the participants can feel safe and secure while challenging themselves to break through real and perceived barriers. The goals of the Sibling Adventure Camp program are two-fold. First, siblings leave camp with stronger relationships, incredible shared experiences, and lasting memories together. Secondly, and just as important, that each camper leaving the Meramec Adventure Learning Ranch is more aware of their ability to impact the world around them and their purpose in helping others through the growth of resiliency, responsibility, and respect. Youth, thus prepared, will leave the Ranch better equipped to handle life’s daily trials and make an authentic impact on the world around them.

What the statistics say:
The statistical results overwhelmingly demonstrate that participants are seeing dramatic growth in overall personal efficacy/confidence, resilience, resourcefulness, and emotional openness/interdependence with others. The effect sizes from this program are the most significant effect sizes we have seen from a week long program.

- Scores in overall personal efficacy/confidence increased from 6.814 (StDev: 2.492) to 8.872 (StDev: 1.239). Using Effect Size calculations to determine the significance of this change revealed an effect size of 1.046. These numbers demonstrate a Profoundly Significant effect size meaning participants demonstrate a change in behaviors, a change in the attitudes, self-concept, and values behind the behaviors, along with statistically verifiable life-long impact and change.
- Scores in emotional openness (transparency with self and others, willingness to ask for help, self-confidence) increased from 6.468 (StDev: 1.614) to 9.000 (StDev: 1.010). Using Effect Size calculations to determine the significance of this change revealed an effect size of 1.318. These numbers demonstrate a Profoundly Significant effect size meaning participants demonstrate a change in behaviors, a change in the attitudes, self-concept, and values behind the behaviors, along with statistically verifiable life-long impact and change.
- Scores in resourcefulness (creative problem-solving, innovation, flexibility) increased from 6.468 (StDev: 2.326) to 8.504 (StDev: 1.069). Using Effect Size calculations to determine the significance of this change revealed an effect size of 1.125. These numbers demonstrate a Profoundly Significant effect size meaning participants demonstrate a change in behaviors, a change in the attitudes, self-concept, and values behind the behaviors, along with statistically verifiable life-long impact and change.
- Scores in resilience increased from 6.748 (StDev: 1.837) to 9.111 (StDev: 0.895). Using Effect Size calculations to determine the significance of this change revealed an effect size of 1.635. These numbers demonstrate a Profoundly Significant effect size meaning participants demonstrate a change in behaviors, a change in the attitudes, self-concept, and values behind the behaviors, along with statistically verifiable life-long impact and change.

What the campers have to say about camp:
- We actually got to have fun together! - Chelsey S.
- My relationship with my sister is stronger because, TOGETHER, we pushed through the hardest obstacles that were thrown our way! - Brittney
- My favorite part of camp was seeing my sister and me getting along and having fun together… and see that smile on her face. - Bailey S.
- My favorite moment was when I was in high ropes. I was really scared and crying. My little brother realized that I was scared; he came right back for me. - Tiana M.
- Because of camp, my brothers and I talk more than argue. - Eric
- I learned that my brother is brave, and my sister is my buddy. - Caaden
- I believe that my brothers and sisters relationship is stronger because we are starting to trust and care for each other. - Kimberly R.
- We are starting to talk through out problems now, and we have learned to be more understanding. - Brian R.