

camp
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Here, We're All Able To Grow



Introducing Camp Accomplish, a summer experience
from Melwood and Children's National.

melwood |  Children's National.

Exciting. Surprising.
Welcoming. Inclusive. Supportive.
Safe. Fun. Unforgettable.

Camp is supposed to be all of these things. But for many children and families navigating unique developmental needs or medical diagnoses, these qualities have long felt out of reach. Not anymore.

Introducing Camp Accomplish, a summer experience from Melwood and Children’s National Hospital. For the first time ever, these two dedicated, highly credentialed teams are coming together to offer a distinct and inclusive summer camp for kids and teens with disabilities or chronic health conditions across the mid-Atlantic region.

In fact, each of these teams contributes decades of experience in tailored camp programming to this shared program, with Melwood bringing rich experience in serving individuals with disabilities through inclusive, community-based service, and Children’s National promising nationally recognized capabilities in serving children’s nuanced medical needs. In short, this is a camp experience unlike anything that’s come before.



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So, what can campers expect?

With day camp and overnight offerings for campers ages 5-18, there's so much to do here, including swimming, equestrian activities, creative and performing arts, sports, climbing wall, adventure activities, nature, horticulture, culinary, STEM, career exploration, and much more.

Based at the scenic Melwood Recreation Center just an hour south of DC, Camp Accomplish is a dynamic place for kids and teens to gain independence, make lasting friendships, and explore new opportunities alongside peers.

But perhaps the most invaluable part of this unique camp experience is the customized week-by-week programming that's specially tailored for each child's distinct needs. By uniting the deep-rooted dedication of the Melwood team with the unmatched medical expertise and care of the Children's National team, we've created an unforgettable camp experience, whether campers are navigating a chronic health condition or learning how to thrive with or without disabilities.

Camp Accomplish

- Inclusive Day Camp
- Inclusive Overnight Camp

Condition Specific Specialty Camps at Camp Accomplish

- Camp Great Rock (Epilepsy)
- Camp Heartbeat (Congenital Heart Disease)
- Camp Take Charge (Type 1 Diabetes)
- Super Campers Always (Sickle Cell Anemia)
- Camp Connect TS (Tourette Syndrome)
- Camp Connect ASD (Autism)
- Camp Headstrong (Hydrocephalus)
- Camp Take Hold (Cerebral Palsy)
- Camp New Friends (Neurofibromatosis)

Each and every one of the distinct experiences throughout the summer is tailor-made to serve campers and welcome them as they grow through multidimensional programming. And together, all of these experiences exemplify what happens when we invite everyone to enjoy the magic of camp.

Camp Accomplish is an inclusive place to explore new passions and cultivate new friendships. It's a setting that supports and empowers campers with dedicated medical expertise, highly trained counselors, and safety-always practices. And it's a community that brings families back year after year.

Simply put, it's a place where we're all able to grow.



melwood

ABOUT

Melwood

Melwood was founded in 1963 by a small group of parents and community supporters who decided to teach plant care to young adults who were considered by most to be untrainable and unemployable. Their goal was almost unheard of—jobs for people with disabilities. It was a bold idea for its time.

In 1998, Melwood opened Camp Accomplish, filling a critical need for children with disabilities to experience a summer camp like any other child. Camp Accomplish would go further, when it became a camp for kids with and without disabilities, advancing the causes of inclusion, accessibility, and community.

Melwood's inclusive summer camp provides an incredible summer program for children ages 5-18. Camp Accomplish welcomes kids with and without disabilities to share the joy and fun of summer camp. From climbing walls to nature trails to therapeutic riding activities, every child gets the same experience for the same price. The inclusive nature of Camp Accomplish also facilitates generational change, as kids learn and play with one another.



ABOUT

Children National's Hospital

Serving the nation's children for more than 150 years, Children's National Hospital has been an innovator in pediatric healthcare around the nation and around the world. As a top five children's hospital in the nation, as ranked by U.S. News & World Report, Children's National is committed to its vision of leading the future of pediatric health through clinical excellence, transformative research, innovation, and service to the community. Children's National is transforming pediatric medicine for all children, offering expert care through a convenient, community-based primary care network and specialty care locations in the D.C. metropolitan area, including Maryland and Virginia. It is recognized for its expertise and innovation in pediatric care and as a strong voice for children through advocacy at the local, regional and national levels.

Children's National was one of the nation's first children's hospitals, opening in 1870 and growing from a modest 12-bed facility to a 323-bed facility that performs more than 17,000 surgeries and conducts more than 669,000 outpatient visits in more than 60 specialties each year. Formerly referred to as D.C. Children's Hospital, Children's National is the only exclusive provider of pediatric care in the Washington, D.C., metropolitan area.

As a wholly owned subsidiary of Children's National, Brainy Camps provides a unique



summer camp specializing in care for children, offering week-long, condition-specific, residential summer camps, as well as year-round support groups and leadership training programs. Brainy Camps grew in popularity, creating a community where children met others who experience the world around them in similar ways.

Incorporated in 2009, Brainy Camps became part of Children's National and continued to provide children with chronic health conditions the opportunities to meet peers, mentors and counselors with the same conditions and discover that they are not alone in the world.



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Camp Accomplish History



2010

Children's National Hospital

Expanded camp programming to serve over 200 campers across seven conditions under the name Brainy Camps.

2004

Melwood

An indoor riding arena was constructed on the property to allow for riding lessons and equine activities year-round, regardless of the weather conditions.

Children's National Hospital

Expanded camp programming to serve children with Neurofibromatosis and other chronic health conditions.

1998

Melwood launched Camp Accomplish to serve children with intellectual and developmental disabilities. It later grew to be a fully inclusive camp.

2023

Melwood

Celebrated 25 years and launched week-long speciality camps for inclusive career exploration with the partnership of corporate sponsors such as the Wills Group and CGI.

Children's National Hospital

Camp Great Rock celebrated 30 years and Brainy Camps continued to serve more than 200 children with chronic health conditions each year.

Today

As these two storied camps come together, a new and exciting collaboration has begun. Introducing Camp Accomplish, a new summer camp experience from **Melwood** and **Children's National**.

1994

The Epilepsy Foundation and **Children's National Hospital** Neurology Department started Camp Great Rock with 23 campers.





Guiding Principles



Camp Accomplish is an inclusive community dedicated to enriching the lives of youth living with disabilities or chronic health conditions. We encourage self-management, self-advocacy and independence through guided care and peer support. When someone arrives for camp, we want that camper and his or her family to feel valued, accepted, safe and a part of a larger community. Only when all of these pieces fit together can we say we have provided a quality camp experience for you and your camper.

Have Fun. Be Wise. Live Well.

What We Offer:

Supportive Community

We are a network of partnerships with children, families, volunteers, medical staff, counselors, program staff, community supporters and non-profit healthcare organizations.

Safety

We offer camper-to-staff ratios that vary from 1:1 up to 8:1, as well as a highly qualified, round-the-clock medical team. Overall, we average one adult staff member for every 3 children being served.

Education

Campers join discussion groups to learn about emotional and physical well-being and medical self-management from therapists, medical experts and peers.

Empowerment

Children leave camp ready to face life's obstacles and explore new interests with new skills, a sense of confidence and a base of emotional support.

Quality of Care

We work with experts in the field, integrating new approaches to care and evaluation to improve the services we provide and advance our mission.

Self-Advocacy

When campers and staff work together, children learn to be more assertive, become stronger self-advocates and serve as role models for other children and peers.

About Camp Programming

Our heart is filled with gratitude as we move into our next chapter of Camp Accomplish. Our programs provide children with and without disabilities and chronic health conditions opportunities to meet peers, mentors and counselors and discover that they are not alone in the world. Together, we're committed to making the experience for you and your camper the safest and best it can be.



Inclusive Day Camp

During Camp Accomplish Day Camp, campers aged 5 to 18 enjoy a wide variety of activities, healthy meals, and return home each evening to share the day's adventures with family and rest up for the next fun-filled day. **Camp sessions run Monday until Friday, from 8:00 A.M. to 5:00 P.M. Campers can sign up for any combination of weeks throughout the summer.** Daily transportation is offered on a limited basis for a modest fee.

Inclusive Overnight Camp

Camp Accomplish also offers an overnight camp program for campers aged 8 to 18. Overnight camp runs each week from Sunday afternoon to Friday evening. Campers share comfortable, air-conditioned cabins and our small camper groups are staffed based on each camper's individual needs. **Overnight camp is a great place for campers to gain independence, make lasting friendships and explore new opportunities.**



Condition-Specific Specialty Camps

In order to make sure Camp Accomplish can accommodate as many children as possible, we offer a number of condition-specific specialty camps. These offerings provide families with the comfort of knowing that there is a team of experts on hand who understand their child's chronic health condition and are prepared to offer support so their child can safely enjoy a fun summer experience.

These specialty camps also provide children with chronic health conditions the opportunity to meet peers, mentors and counselors with the same conditions and discover that they are not alone in the world. **Currently, our specialty camps support the following conditions:**

- Autism
- Epilepsy
- Heart disease
- Hemiplegia/cerebral palsy
- Hydrocephalus
- Neurofibromatosis
- Sickle cell anemia
- Tourette syndrome
- Type 1 diabetes



Activities and Amenities

With day camp, overnight camp, and condition-specific specialty camps, Camp Accomplish has something for everyone. With specialized equipment and dedicated staff, our campers can enjoy a barrier-free summer experience. Counselors are trained in facilitating safe, engaging environments and our approach teaches children from a young age that everyone belongs.

Activities include:

- Equestrian programs*
- Creative and performing arts
- Sports
- Climbing wall access
- Adventure activities
- Science, Technology, Engineering, and Mathematics (STEM) activities
- Nature and horticulture programming
- Culinary arts
- Kayaking and canoeing
- Field Trips
- and much more!



Each camper will have the opportunity to try everything, and for campers who know exactly what they like, we offer the opportunity to choose and focus on specific programs!

**Some activities may require an additional fee.*

Facilities

Camp Accomplish is hosted at the Melwood Recreation Center, a beautiful 108-acre facility located in rural Charles County, Maryland. With a diverse offering of lodge-style cabins, challenge courses, almost 10 miles of hiking trails, aquatic and equestrian facilities, and a variety of meeting spaces all set in a serene natural environment. **Camp Accomplish is located approximately one hour south of Washington, DC, and is a short, 12-mile drive west of La Plata, Maryland.**



Financial Aid

We believe summer camp experiences are an important part of childhood, and we do not want any camper to miss out on that experience because of a need for financial assistance. **Camp Accomplish is pleased to offer need-based scholarships. Anyone seeking a scholarship must indicate their interest on the initial camper application.** To ensure our financial aid resources can go as far as possible, we also encourage families to seek other avenues for support. Below is a sample listing of support groups that may be contacted for possible financial support.

- Respite Care Services/Developmental Disability Administration
- County Departments of Social Services
- Developmental Disabilities Administration Low Intensity Support Services (LISS) Program
- Health Services for Children with Special Needs (DC residents)

There are also certain tax benefits that may help defray the cost of participating in Day Camp. Please consult your tax advisor for more information.

A Dependent Care Flexible Spending Account allows parents to be reimbursed on a pre-tax basis for child care expenses, including Day Camp expenses, for qualified dependents that are necessary to allow parents to work, look for work, or to attend school full time.

The child and dependent care credit, or CDCC, is a tax credit for parents or caregivers to help cover the cost of qualified care expenses, such as day camp. The child and dependent care credit is generally worth 20% to 35% of up to \$3,000 (for one qualifying dependent) or \$6,000 (for two or more qualifying dependents).

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