

Baltimore's April 1968 riots
led to a speedily organized
summer day camp which offered
not only meals and games
but health education,
health careers guidance,
and personal health assessment
to about 5,000
of the city's disadvantaged youth

CAMP CONCERN

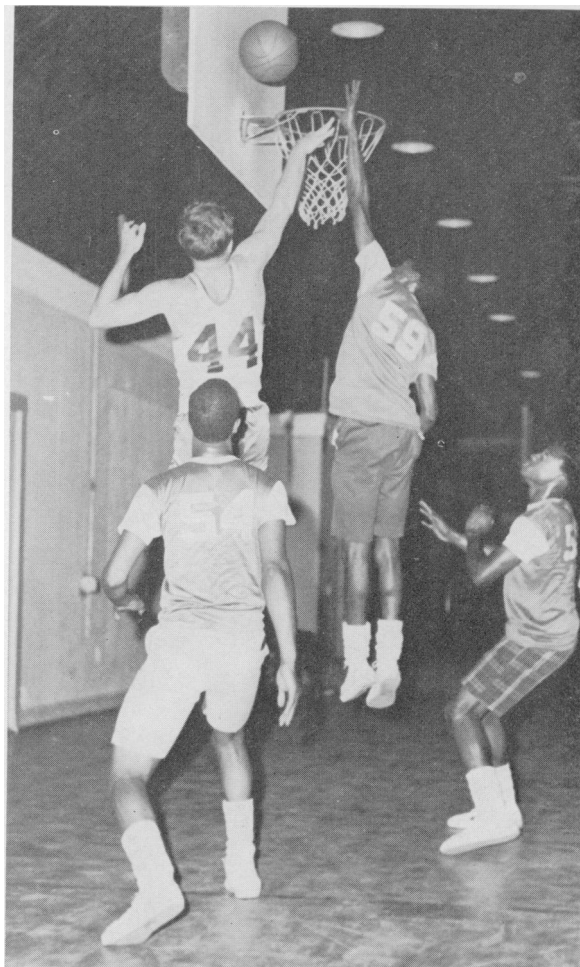
JOSEPH GORDON

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CAMP CONCERN, a summer day camp for disadvantaged youth, was born of the April 1968 riots in the city of Baltimore. After the pall of smoke from hundreds of burning inner-city business establishments had cleared, concerned residents began to consider how the community could direct the energies of the city's disadvantaged youth—many of whom had participated in the rioting and looting—into constructive channels.

Two months later, a day camp was established at the Naval Training Center, Bainbridge, Md., through the joint efforts of the mayor of Baltimore, a citizen's group, the city's parks and recreation and health departments, and the Department of Defense and the U.S. Navy. Funding was provided by a grant of \$100,000 from the Bureau of Health Professions Education and Manpower Training and the National In-



U.S. Navy photo

stitute of Mental Health, Public Health Service, and \$30,000 from the Baltimore Community Action Agency (funded by the U.S. Office of Economic Opportunity and administered under the city government). Implicit in the Public Health Service's funding was the development of a health program, consisting of several components, which would be part of the camp activities.

Camp Concern's overall goal was to provide about 5,000 of Baltimore's disadvantaged youth, 9–19 years old, with a day camp experience in recreation and health during a 9-week period, July 1–August 31, 1968.

Campers were selected by neighborhood coordinators on a first-come, first-serve need basis. Community organizations—municipal and private recreation centers, Community Action centers, churches, neighborhood clubs, parent clubs,

neighborhood block groups, and interested citizens—assisted in the recruitment of campers. About 500 attended the camp each week. A total of 117 neighborhood sites were established as pickup points for the campers, who were transported daily to and from camp by bus.

Of about 5,000 participating campers, 600 attended for more than a week. Almost three-fourths of the youngsters were teenagers, and the numbers of boys and girls were almost equal. The staff consisted of 40 regular staff members and 39 Neighborhood Youth Corps aides. Staff turnover was 10 percent, and staff attendance was rated at 95 percent.

In addition to the health components of the camp program, activities included two balanced meals per day which were prepared and served by the Navy, counseling, job placement, swimming, archery, softball, basketball leagues, sports clinics and contests, and special entertainment such as Hollywood movies provided by the Naval Training Center.

Counseling services were provided at the camp 3 days a week by professional counselors, Neighborhood Youth Corps staff, and Camp Concern staff. The type and extent of these services were "back to school," 203 youngsters; personal problems, 79; general counseling, 282; and job counseling and referrals, 403.

Health Components

The health components of the program consisted of (a) training group leaders in health and first aid practices, (b) a health program for the campers, including sessions on health careers and occupational guidance, health education, and hospital tours, and (c) administration, evaluation, and followup of a campers' self-administered health questionnaire. An advisory committee of 26 representatives of a wide variety of health disciplines and community agencies provided guidance and assistance in carrying out these components.

Group leaders. In June a 2-week training program was conducted for 31 group leaders; six were college graduates, one of whom had 2 years of graduate-level work; 15 were college students; nine were high school graduates; and one was an 11th grade student.

Training program subjects included health

services and occupations, sex education, family planning, venereal diseases, personal hygiene, community hygiene, and mental health, including drug abuse and alcoholism. A session was held on the self-administered health questionnaire which included a section on interest in a health career. The local Red Cross chapter provided an intensive 3-day course in first aid, after which all the group leaders were certified as first aiders. The group leaders were given educational materials for each of the subjects as well as first aid manuals.

Health education. Each day, campers were given 1½ hours of health education activities, which included tours of the hospital facilities at the Naval Training Center. All campers participated in this phase of the program. The following subjects were scheduled, one each day, Monday through Saturday: health careers; sex education and venereal diseases; personal and community hygiene; mental health, including drug abuse and alcoholism; respiratory diseases, cancer, and heart diseases; and personal hygiene. Guest speakers conducted the sessions or, in the absence of speakers, films were shown.

After an evaluation of the first four weekly sessions, in which it was noted that the majority of the children were aged 9-15 years, a

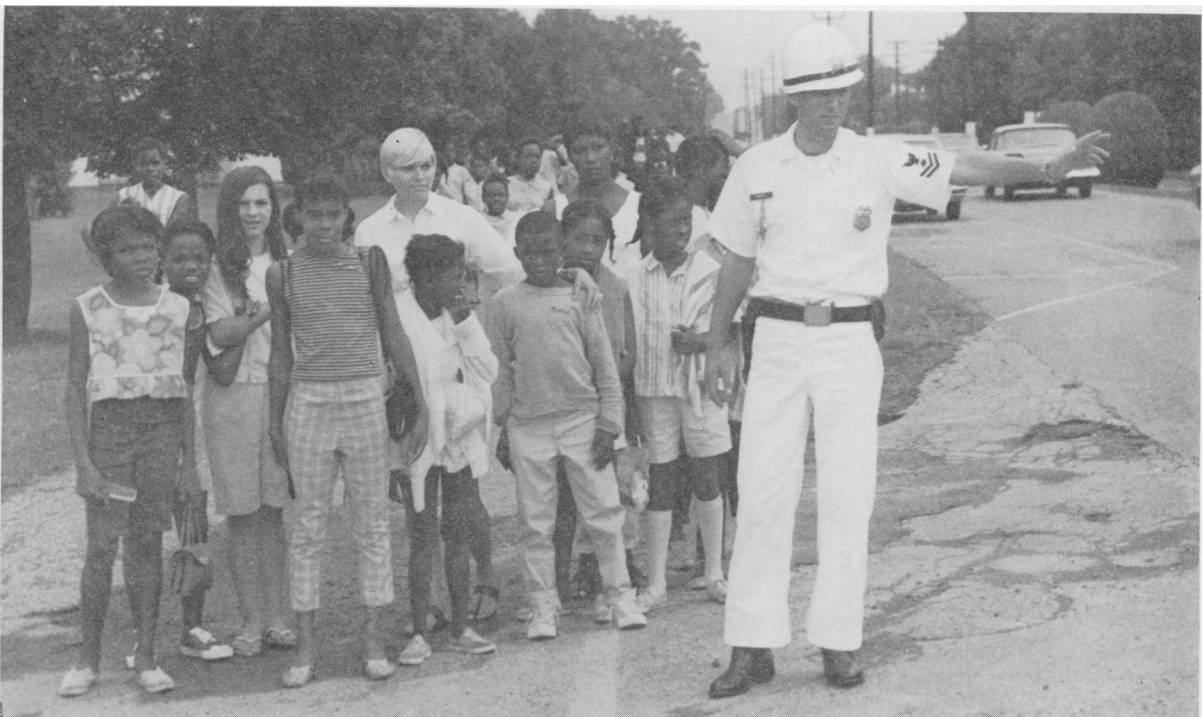
Mr. Gordon, director of the bureau of health information, Baltimore City Health Department, supervised and coordinated the health components of the camp. Mr. Redfern, chief of the division of community health information in the Baltimore City Health Department, assisted with the health education program and the evaluation aspects of the program. Mr. Smith, a captain in the Maryland National Guard and a staff member of the Baltimore City Bureau of Recreation, was a principal founder and organizer of the camp as well as its executive director.

Mr. Lenny Moore and Mr. John Mackey of the Baltimore Colts football team, board members of the camp, and Dr. Joseph Kadish of the Public Health Service's Bureau of Health Professions Education and Manpower Training assisted with the establishment and conduct of the program. Dr. Matthew Tayback, Baltimore's deputy commissioner of health, assisted with the preliminary plans and provided guidance in the evaluation aspects of the program.



According to the campers, a favorite activity was “eating”

U.S. Navy photo



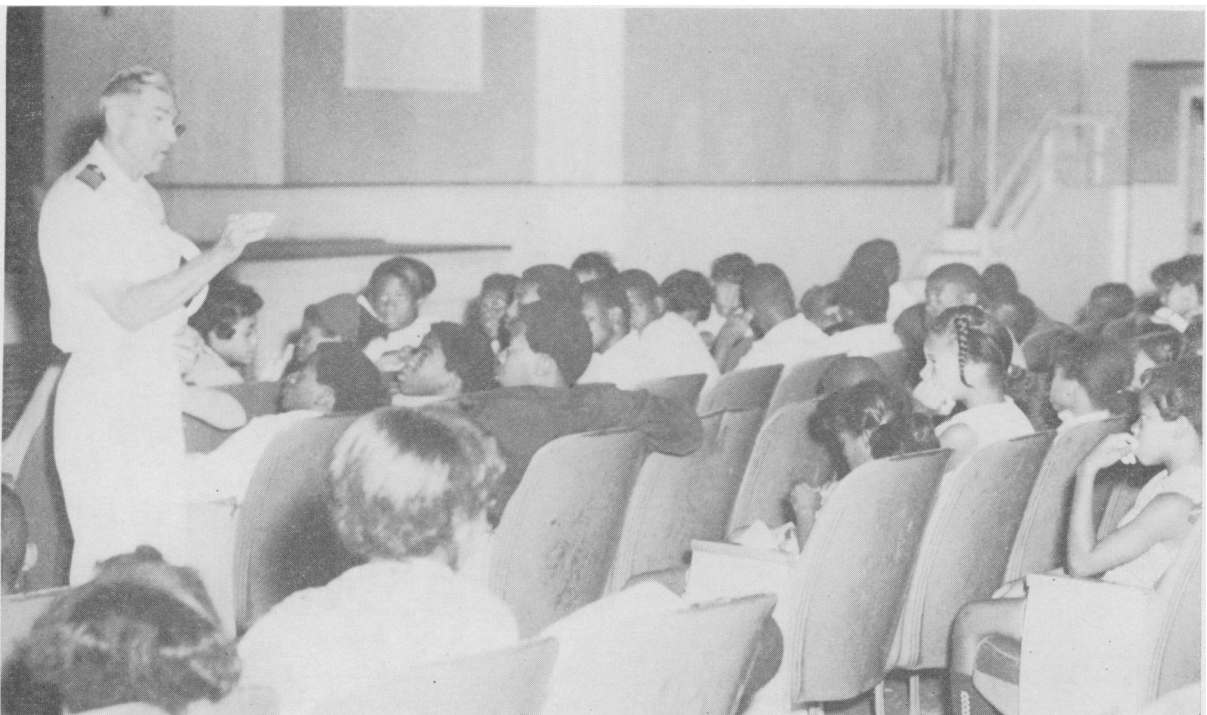
Well-behaved campers move from mess hall to recreation area

U.S. Navy photo



U.S. Navy photo

Tour of Navy hospital presents new vistas on health careers



Baltimore City Health Department photo

Officer in charge of hospital unit holds health education session

number of new films of greater interest to this age group were obtained: Health—You and Your Helpers, Your Protection Against Disease, Your Body and Its Parts, Safety in the Home, Biography of Jackie Robinson, Getting Angry, Negro Heroes from American History, and The Policeman.

Health careers. Further information on specific health careers was requested by 601 campers. The most popular health occupations, in order of the number of requests, were nurse, social worker, physician, health aide, laboratory technician, X-ray technician, medical secretary, dentist, and dietitian.

All 601 youngsters were sent leaflets, letters, or brochures pertaining to their interests and addressed, stamped post cards requesting answers to four questions about the camp's program. Two of the questions pertained to health careers. Of the 601 post cards, 87 were returned. According to the replies, 80 thought the camp program was "good," 7 said "fair." All 87 respondents thought that the health program was "helpful"; 75 were currently interested in a health career and 10 were not interested. To the question "Name the field that interests you most," 24 said nurse; six, social worker; six, physician; five, laboratory technician; four, dentist; and one each said pharmacist, medical secretary, X-ray technician, and dietitian. Twenty-three indicated nonmedical fields, and 15 did not answer the question.

Health questionnaire. To save camping time, the questionnaire was administered on the buses in transit. This highly unsatisfactory procedure undoubtedly accounted for the return of only 1,629 questionnaires from the campers. Also, because of the rigid camp schedule, only a few of the group leaders were able to evaluate campers' health status. However, the replies of 706 campers indicated that they needed medical followup. A total of 662 were referred to school nurses, and 44 nonstudents were referred to physicians or clinics.

The most frequent complaints recorded were "trouble with eyes," 219; "bad headaches," 205; "trouble with teeth or gums," 159; "trouble with ears or hearing," 105; and "frequent sneezing and trouble with breathing," 101. The complaints of the youngsters still in school were

to be evaluated by their school nurses and the questionnaires included in their school health records.

Discussion and Recommendations

Undoubtedly, Camp Concern was of great benefit to the youngsters. Not only did it provide disadvantaged youth with recreation and health opportunities otherwise not available during the summer months, but their exposure to naval personnel and procedures was highly beneficial from a disciplinary and exemplary point of view. Hopefully, the many new vistas presented to them will have a lifelong effect.

The camp program was rated "excellent" to "outstanding" by the staff; by 248 visitors, among whom were many officials interested in the program; and by the campers. For the campers the three most popular activities were special entertainment, eating, and swimming.

Nineteen accidents were recorded, most of which were cuts and bruises. One camper fractured a wrist. This record indicates good behavior by the children and excellent supervision by the staff.

With regard to the health components of future "Camp Concerns," we recommend the following.

1. At least 60-90 days should be allotted before the camp opening to organize the training program for the group leaders and the health program for the campers. It was chiefly through the intense interest of all participating members that the program was established and conducted so well in so short a time.

2. A health educator should be employed full time to work on the plans, arrange for films, obtain literature, coordinate the health program, and meet guest speakers, introduce them, and substitute in their absence. A health educator also could plan small group meetings and be a counselor or guide in the career aspects of the program. Additionally, this person could evaluate the questionnaires, submit a final report, and be responsible for the health records.

3. The health questionnaire should be given to the camper at the time of application so that it can be returned completed when the application is returned. This procedure may enable a

more accurate and complete assessment of the child's health, because a parent or responsible adult can help the child in filling it out; if this is not feasible, time should be allotted in the camp schedule to complete the questionnaire.

4. The program should allow 3 weeks for staff training and orientation. This would enable guest speakers and first aid instructors to provide more comprehensive coverage of the subjects.

PHS Staff Appointments

Dr. Harvey L. P. Resnik has been named chief of the National Institute of Mental Health's suicide prevention program. As chief, he will lead the national effort to develop suicide research, training, and prevention programs. Currently, suicide ranks as the 10th leading cause of death in the United States.

Dr. Resnik is an internationally known suicidologist from Buffalo, N.Y., where he was director of psychiatry at E. J. Meyer Memorial Hospital. He is on leave of absence as professor and deputy chairman of the department of psychiatry, State University of New York at Buffalo.

During the past 2 years, he served on the NIMH Suicidology Grant Review Committee and as consultant to the director of Special Mental Health Programs, NIMH. Dr. Resnik held various academic appointments at the University of Pennsylvania from 1962 to 1967, when he joined the faculty of the State University of New York.

Dr. Resnik has written numerous professional papers on suicide and is the author of "Suicidal Behaviors: Diagnosis and Management," published last year, and co-author of "Masked Depression," and "Treating the Sexual Offender," currently in preparation.

Dr. Resnik received his undergraduate training at the University of Buffalo and his medical degree from the College of Physicians and Surgeons, Columbia University, in 1955. He served his residency in psychiatry at Jackson Memorial Hospital in Miami and at the University of Pennsylvania. He is a graduate of the Philadelphia Psychoanalytic Institute and has also taken advanced training in medical hypnosis, marriage counseling, and group psychotherapy.

Certified by the American Board of Psychiatry and Neurology, Dr. Resnik belongs to numerous professional organizations, including the American Psychiatric Association, American Medical Association,

American Association of Suicidology, International Association for Suicide Prevention, and the International Society of Criminology.

Dr. Robert M. Bucher has been named deputy director for institutional development in the Bureau of Health Professions Education and Manpower Training of the National Institutes of Health.

Dr. Bucher will serve as principal adviser to Dr. Leonard D. Fenninger, bureau director, in providing leadership and direction for programs of support to institutions engaged in biomedical research and the education and training of personnel in the health occupations.

Since receiving his M.D. from the Temple University School of Medicine in 1944, Dr. Bucher has held increasingly responsible positions in medical education. For the past 10 years he has been dean of the school of medicine at Temple. Prior to that he was an associate professor of surgery and an associate dean of the medical school at the university.

Additionally, Dr. Bucher has served the National Institutes of Health as special consultant to the regional medical programs and as a member and chairman of the heart program project committee. He is a member of the Executive Council of the Association of American Medical Colleges.

Dr. Bucher was born in Philadelphia, attended secondary schools in Ridely Park, Pa., and received his bachelor's degree from the University of Pennsylvania. He served in the Army Medical Corps from 1946 to 1948, holding the rank of captain. He is a member of the Alpha Omega Alpha, the undergraduate medical honor society, and of the Phi Chi Medical Fraternity. He is a fellow of the American College of Surgeons, a member of the American Medical Association, the Pennsylvania State Medical Society, and many other scientific and professional associations.