



**American  
Camping  
Association**

Southampton Fresh Air Home  
36 Barkers Island Rd  
Southampton, NY 11968  
USA



# Staff 2026

**OFF-SEASON STAFF INFO PACKAGE**



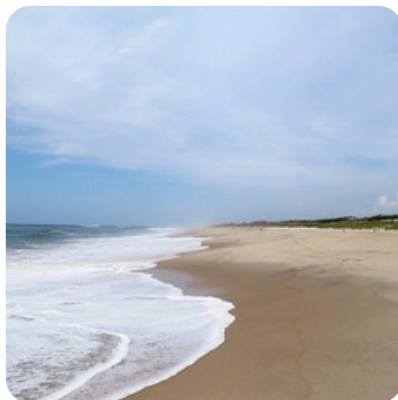
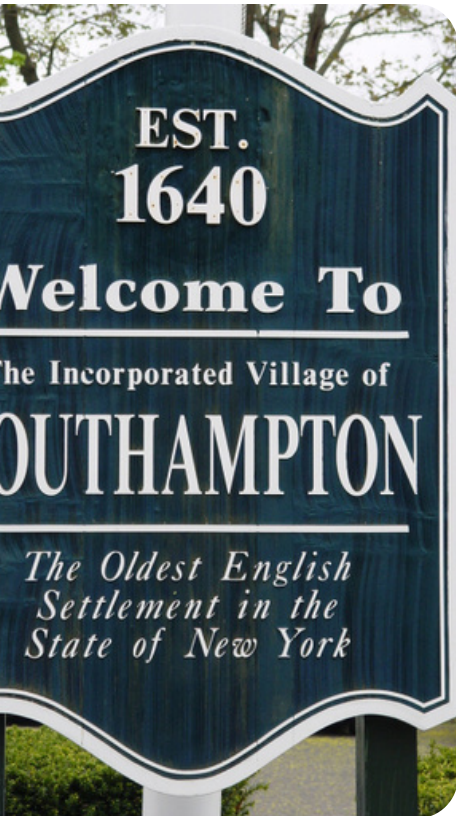
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## Location

# Southampton, NY, USA



### Southampton

Our camp is located in Southampton, NY, on Long Island. By bus or train, it is approximately two hours East of New York City. Southampton is a very wealthy area, with many amazing homes and estates. There are beautiful ocean beaches, fifteen-minute bike ride away from camp by bike and the area is world famous as a vacation resort for many people from New York and all across the USA. Many celebrities and famous people have homes here or nearby areas. There are lots of places to relax at night including the beach, bars, mini golf, shops and movie theaters.

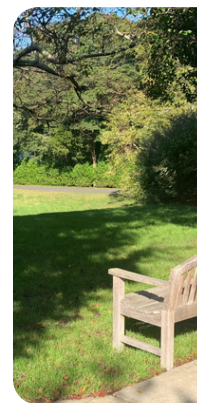


# The Camp

## Southampton Fresh Air Home (SFAH)

SFAH is more than 123 years old.....but thankfully our facilities are not! We have a modern, beautiful campus that will take your breath away. The camp is a not-for-profit organization that is primarily funded by private donations, foundations and corporations. Originally, the camp was a private estate and for many years the children all lived upstairs in the main house. Today, it is a thriving center for youth with physical disabilities, and one of the only camps in the USA that works with our population. Every summer 150 campers come through our doors to spend time in a place that offers activities, friendship, and independence in an environment of love and understanding. Many children who attend our programs enjoy their first experience of leadership, competition, and acceptance; experiences that they carry with them throughout their lives. While at camp, they just get to be kids. Together we spend time in a place that creates amazing life experiences from which they learn and grow.

## Facilities





# The Bunks, The Spa, The Courts, And MORE.....



## Don't Worry You Will Get A Tour!!

We have Lots of fun and exciting places on camp such as...

- The Bunks
- The Pool
- The Clubhouse
- The Back Deck
- The Courts
- The Spa
- The Campfire
- The Sensory Garden

And more!



# Who Does Well At SFAH?



## Is SFAH right for you?

The person who does well at SFAH has three essential qualities: They are nice, willing, and hardworking.

We will help you every step of the way to make this off-season successful. You are halfway there if you have the three essential qualities of being nice, willing, and hardworking. The rest, we are here to teach you!

People will thrive here if...

- They're open-hearted individuals who bring energy, and a deep respect for others.
- They're comfortable learning new skills, supporting campers with physical needs, and creating a warm, inclusive environment that feels like home.
- Staff who succeed here embrace our values of Dignity, Empathy, Equality, and Respect (DEER) and are eager to grow, connect, and make a meaningful impact in the lives of campers and peers alike.



# Day Programs Done During The Off-Season

## Day Trips, The Holiday Party, Family Fun Day, Socials, And More

During the off-season, we try to do as much as possible to keep the activities going!

We offer...

- Mini-sessions
- Our Home away from home program
- Day trips / they can happen any time, anywhere; the possibilities are endless!
- Social events
- And More!!!

During the Holidays, we throw a holiday bash right on the campgrounds — Santa drops by, and there's a cookie-decorating showdown!

As spring blossoms, we host a Family Fun Day, inviting newcomers and seasoned camp veterans to mingle and soak up the camp magic before summer takes the spotlight again.





# Off-Season Sessions

## Camper Mini Sessions / Home Away From Home

- Our Camper Mini Sessions, ages 8-16, offer a camp-like atmosphere and an exciting experience during the off-season months.
- Our Home Away from Home program is dedicated to teaching essential life skills and setting personal goals, offering a structured approach to the weekends. This is our Alumni Program, ages 16-25
- No matter the program, we fill the weekends with a wide array of activities, games, and much more to ensure a memorable time for all participants.
- Since these sessions occur in the off-season, we embrace the opportunity to include entertaining themes such as Halloween, Fall, and Valentine's Day





# “Home Away from Home”

## HAFH Overnight Weekends

**Purpose:** The Home Away from Home overnight weekends give participants the opportunity to learn personal care independence and setting S.M.A.R.T. goals.

**Goal:** Participants are able to form the foundation of their independence goals within their peer groups in the areas of care management, healthy living, education and career, independent living, and personal connections.

**Skills to accomplish:**

- Identifying S.M.A.R.T. goals in key areas: Specific, Measurable, Achievable, Relevant, and Time-Bound.
- Gain job experience and develop mentorship opportunities through assisting with recreational weekends for younger campers.
- Master independent living skills to be carried out into their communities.



# Background of Home Away From Home (HAFH)

## Home Away from Home Program

Transitioning into adulthood is daunting. Changes within expectations, lifestyle, and interpersonal connections are difficult for people to conceptualize, navigate, and accomplish. Having a physical disability adds an extra mountain of obstacles that young adults must also overcome.

The Home Away from Home (HAFH) program was born out of my own experiences, growing up as a full-time wheelchair user with endless aspirations. The goal of the HAFH program is to give young adults the community, support, and life-skills that they need as they transition into adulthood.

-Kiara Esteves, Assistant Camp Director at Southampton Fresh Air Home

Elements encompassing the Home Away from Home Programs:

- Public Transportation Mentoring
- HAFH Overnight Weekends - Life Skill Labs sessions for young adults
- 'After Campfire' Podcast
- Campers Give Back

## How does the HAFH grow with each person?

### Multi-Level System

Every person who attends the Southampton Fresh Air Home is totally different. They each have a different set of goals and experiences that sets them apart from each other. It isn't always the case where someone at 18 has more life experience than someone at 16.

Each person who's part of the HAFH program is assigned to a level. Participants are assigned based on:

- age
- life experience
- future aspirations
- job readiness



# How are the Levels defined?



# Levels Explained

## Level 1: Younger Campers



At **Level 1**, campers in our summer program participate in workshops that introduce independent living concepts through hands-on learning with a mentor.

### Goals for Level 1

- Registers for para-transit services within county (Access-A-Ride, Able Ride, SCAT)
- Self-advocate ability around family/friends
- Has gone shopping with family member or friend
- Acquires an active interest in working in the future
- Learns basic awareness of independently living obstacles (care management, housing options, costs, etc.)



## Level 2: Older Campers



At **Level 2**, campers beginning to transition into adulthood participate in off-season programs that introduce independent living in real-world environments alongside their mentor.

### Goals for Level 2

- Will able to travel & reserve trips on para-transit services within county independently (Access-A-Ride, Able Ride, SCAT)
- Learns a basic ability to engage with service workers without prompting (restaurant, store, etc.)
- Ability to purchase things from a list at a store independently
- Creates a resume with at least one example of previous experience and has a non-familial job reference
- Identifies realistic goals within independent living with a timeline in place





# Levels Explained

## Level 3: Young Adult Alumni



At **Level 3**, alumni who have recently aged out of the summer program participate in off-season programs and act as alumni mentors during selected summer sessions.

### Goals for Level 3

- Ability to cross county lines using multiple para-transit services
- Uses public transportation with minimal guidance/support
- Does not rely on family/friends for self-advocacy in public setting
- Ability to form a budget and create a shopping list of items needed
- Has basic cooking and home-maintenance knowledge and practice
- Is currently enrolled in a post-secondary/vocational program aligned with personal goals
- Has a defined plan for independent living goals and with solutions for obstacles.



## Level 4: Adult Alumni



At **Level 4**, adults who have spent some time away from SFAH, looking to develop their advocacy skills to reach the final level of living independently.

### Goals for Level 4

- Has full capability of crossing multiple county lines on para-transit services (included reservation times and locations)
- Independently and promptly travels on at least two different forms public transportation
- Has independently and regularly formed a budget of expenses and can shop independently for all needs
- Has a collection of regular recipes on a rotation.
- Can live independently without guidance/support and regularly maintains living space.

# How does the HAFH grow with each person?

## Activities for all Levels

Below is a list of topics that can be covered by all participants in the program, categorized by type:

### ADULTING

- Grocery Shopping
- Clothes Shopping
- Washing/Drying Dishes
- Sewing Skills
- Setting a Table
- Storing Important Documents
- Getting a passport
- Sending postal mail
- Understanding insurance
- Schedule an appointment
- How to Vote
- Social Security Number
- Booking a flight/train
- Booking a hotel
- Troubleshoot internet
- Basic First Aid

### DISABILITY MANAGEMENT

- Maintaining Chair Repairs
- Ordering Medical Supply

### FINANCIAL RESPONSIBILITY

- Paying bills
- Utilizing bank account
- Writing a check
- Budgeting
- Comparing prices
- Using an ATM

### EMERGENCY PLANNING

- Emergency Preparations
- Emergency Kit & To-Go Bag
- Calling 911
- Accident Procedures
- Interacting with police

### INTERPERSONAL

- Conflict Resolution
- Utilizing the calendar
- Writing a Thank-You letter
- Sending Invitations
- Hosting a party

### PERSONAL DEVELOPMENT

- “What Would You Do?”
- Tipping service providers
- Habit forming skills
- Productive goal setting
- Personal Hygiene
- Packing a suitcase
- Trustworthy resources
- Reading a map
- Situational Awareness
- Asking for help
- Self Defense
- Legal Rights

### SOCIALIZATION

- Using Standard Software
- Mock-Phone Calls
- Finding a repair service
- Contacting customer service
- Calling a business
- Reporting to police
- Making small talk
- Introducing yourself
- Small group etiquette
- Dinner party etiquette
- Sincere apology
- Accepting Criticism
- Giving a presentation
- Managing emotions

### HOME MANAGEMENT

- Cleaning
- Vacuuming/Dusting
- Cleaning the floor
- Cleaning appliances
- Unclogging the toilet/drain
- Using a hammer/screwdriver
- Changing Batteries

### FOOD/COOKING

- Cooking
- Meal Planning
- Peeling vegetables
- Cutting fruit
- Operating an oven
- Kitchen Safety
- Operating the stove top
- Food expiration dates



# Programs within Home Away from Home

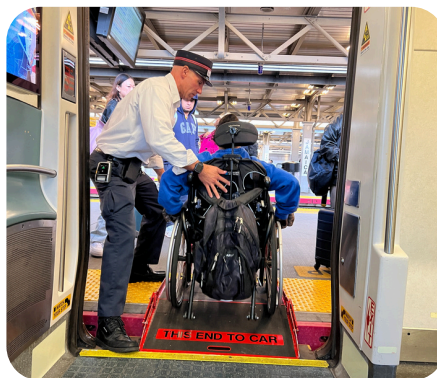
## Transportation Mentorship

**Purpose:** Teaches campers and young adult alumni to learn to navigate their community alongside an alumni mentor utilizing public transportation and para-transit services.

**Goal:** To provide SFAH campers and alumni the tools they need to independently navigate to social, medical, personal, and professional appointments.

**Skills to accomplish:**

- Para-transit services: reserving trips (correct addresses/times/equipment/etc.), paying for them, using multiple services across counties, etc.
- Long Island Railroad: accessibility resources, checking the time in advance, getting help on/off the train, buying tickets, LIRR Care Program, etc.
- Public Bus: navigating to the stop, reading the signs, getting off where you need to
- Subway: elevator (service status, location, etc.), which subway lines are most accessible, reading the subway map, finding the boarding area, safety, etc.
- Outside travel: Amtrak, MetroNorth, NYC Ferry, etc.





# Programs within Home Away from Home

## Independence in NYC

**Purpose:** To provide young adults the opportunity to practice their independent living and advocacy skills in a real-world setting.

**Goal:** To be independent young adults within the community, fully able to advocate for their needs, manage their care team, and navigate the world around them.

**Topics for discussion:**

- Independently shopping for themselves
- Knowing how to interact with the people around them and asking for help
- Using money and budgeting in real-world environments





# Staff Testimonials



## Staff Testimonials

‘The place was like a home. From the day I arrived at SFAH the people received me with love and affection, they became like my second family’

‘Southampton Fresh Air Home is the best camp ever, everyone is so kind, they respect your hours, and if you have a problem they help you to solve it. You won't ever get lonely! Im so grateful to have been there.’

‘Very welcoming and lovely staff. All the kids are also lovely to work with and its enjoyable and interesting to learn from them and have a great summer. You also get trained and managed really well.’

‘I had the most amazing, life-changing experience of my entire life’

‘The camp atmosphere itself is absolutely incredible! It is such a friendly place and you develop a family for life. The work is hard but so rewarding! My summer there was beyond amazing and I am hoping to return!’

‘It really is a huge family and I've made some friends for life from camp! Just the bonds you have with the kids and the activities, there really is nothing like it!.’

# Participants of “HAFH” Program Testimonials

## Participating Alumni

“It's an great opportunity for people to get used to working. It gives you great life skills such as teamwork, communication skills, job readiness and a good work ethic.” - Calvin G. (23)

“I love the program because it helps me understand and prepare for transitioning into adulthood as a young woman with a disability” - Alazia M. (19)

“I think the program is a great way of learning how to be independent in many ways in life after camp. What I enjoy the most about this program and the experiences it comes with is seeing camp from an adult's perspective, Working together with your peers, facilitating activities for campers, and most importantly seeing their joy while engaging with the activities is the best thing I've experienced during my time in the program.” - Francisco O. (21)

“I love all that the program provides as it's helped me grow, get out of my shell, and learn how to live independently outside the SFAH bubble.” - Emily M. (20)

“This program helped me see my potential of being a great mentor when I didn't think it was something I would be good at.” - Noel T. (24)

“The program is aimed to help us still be a part of the best camp while helping us learn and develop as adults” - Kamya R. (23)

“I really enjoyed seeing SFAH behind the scenes and helping out with activities.” - Jai Ray C. (17)

“This program supports people with disabilities to be more independent and learn to be adults with disabilities” - Axya H. (27)

“Overall, each program I've been apart of has been a great experience that has provided me with the opportunity to not only be around genuine good people, but has also taught me responsibility, independence, social skills and to be able to express myself in creative ways. These programs are always something great to look forward to fun and learning all in one!” - Delvin M. (28)



# Additional Resources



[www.sfah.org](http://www.sfah.org)

A great place to start

After Campfire Podcast

The camps podcast, featuring many previous staff will give you a real sense of who we are and what we do

Instagram:  
[@sfah\\_1901](https://www.instagram.com/sfah_1901)

Where you can see photos, reels, videos, and flyers showing fun activities, laughter, and events!

Facebook:  
Southampton Fresh Air Home

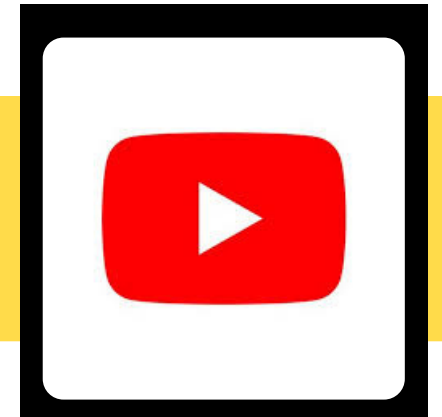
Find more information about our community and events.

Zoom

Meet our team, get to know your colleagues, and ask us any of your burning questions.

You Tube:  
Southampton Fresh Air Home

Find videos from our summers, events, and travel information.



## Contact Info for SFAH Admin



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