



VIDEO SCAN



**THE KITA CENTER**  
**HOME OF CAMP KITA**

**Join Us At Our New Home For Healing**

[campkita.org](http://campkita.org)



# ABOUT US

Camp Kita was established in 2013 by the Mosher siblings as a summer camp for children who have lost a loved one to suicide. Recognizing the importance of intervention, community, and conscientious care to these at-risk youth, the Moshers, alongside expert mental health providers pioneered national efforts for a therapeutic and recreational experience specific to suicide loss. In doing so, Camp Kita has received national endorsements and attention from thought-leading organizations such as NAMI, American Foundation for Suicide Prevention, and The Samaritans. The camp has been **free for all campers to attend** since its establishment.

Now, nearly ten years later, and with a strong foundation, the KITA organization is evolving. At the end of 2021, KITA was gifted use of a property on Loon Pond in Acton, Maine to grow its programming offerings and increase the capacity of the populations they serve. With the Loon Pond property as the vehicle for growth, KITA will continue to run their flagship summer camp program while expanding to become a Home for Healing. Here – tucked along the shore of Loon Pond in Southern Maine – community, mental health, and nature will walk hand-in-hand with the goal of **generational transformation**.

“My grandchildren have attended counseling since the loss of their parents, but **Camp Kita has been the missing piece**. This is the only place they have met children who understand. Their journey in life is far less likely to end up poorly with all the help they have received.”

**-CAMPER GUARDIAN**

2019

# THE NEED FOR KITA

Suicide is leading cause of death in the United States. There are over 289,000 new loss survivors of suicide each year-or 1 out of every 58 Americans in 2021.

Through this specific type of loss, there are serious consequences and elevated risks to the survivors affected, including:

- 2-3x more likely to die by suicide
- Increased risk of developing mental health problems
- Loss of cohesiveness and connection within the family or social groups, leading to isolation.

Camp Kita provides a much-needed postvention resource. "Postvention" is a response in the aftermath of a suicide that can mitigate negative effects of exposure to suicide.



**Efforts towards suicide postvention are a direct form of prevention of future suicides.**

Noted by American Suicidology Founder, Edwin Shneidman

*79% of communities did not have enough mental health providers to serve residents in 2021.*

**“In my work supporting families and organizations following a suicide loss, I am frequently dismayed over the scarcity of loss support resources for youth. KITA fills a unique niche.”**

**- GREG MARLEY, LCSW**  
Director of Suicide Prevention  
NAMI Maine

# OUR UNIQUE PROGRAM

KITA empowers at-risk youth with tools to inspire life-long engagement with their mental health. KITA's unduplicated, blended, and immersive approach to mental health care makes it an **important component of a comprehensive suicide prevention plan.**



“Being able to go to a place that doesn't feel like therapy is so important, and for [the campers], just being able to tell their friends back home ‘I'm going to Camp Kita...’ destigmatizes and normalizes it.”

-ALI MATTU, Ph.D.,  
Columbia University  
NBC Nightly News, 2018

# OUR FLAGSHIP PROGRAM

Camp Kita's flagship program is a summer bereavement camp open to children who are survivors of a loved one's suicide. Held in a traditional camp setting in Maine, the camp provides all of the quintessential experiences of any rural summer camp. In addition, the camp provides clinical professionals who lead small peer support sessions and offer 24/7 trauma support.

## GRIEF SUPPORT

In addition to peer and adult-mentor support, our campers are supported by:

**Kita Group:** Led by trained grief professionals, all campers participate in a daily group experience that includes discussions and skills specifically for suicide loss survivors.

**Kita Zone:** Led by trained crisis professionals, Kita Zone offers a safe place for individual and responsive 24/7 trauma support for campers.

## RESTORATIVE ACTIVITIES

**Spending time in nature is proven to be beneficial to mental health.** At Camp Kita, we prioritize time outdoors with activities such as:

- Swimming
- Sports & Games
- Photography
- Yoga
- Nature Education
- Fishing
- Outdoor Skills
- Arts & Crafts
- Hiking
- Archery
- Music & Drama
- Woodworking

## CAMPER PROFILES

- At risk youth ages 8-17
- Could not afford camp if tuition was charged: 77%
- Diagnosed with PTSD: 7%
- Bereaved by an active military member or veteran: 17%
- History of additional trauma: 33%
- History of CPS involvement: 11%
- History of self-harm: 7%
- Gender differs from sex assigned at birth: 9%

**Kita was the most amazing, perfect, beautiful place where I felt complete acceptance, love, and fun.”**

**- CAMPER**  
2020



# INTRODUCING THE KITA CENTER

KITA's vision at Loon Pond is to grow the capacity of our restorative community for healing and learning.

**At this location, KITA will become The Kita Center.**

- **Allows Growth:** Increases our capacity to increase programs and served population
- **Promotes Belonging:** Provides much-needed permanency and consistency for our campers
- **Reduces Stigma:** Provides a physical place for honoring, remembering, and building community
- **Improves Accessible:** Located within 90-mins of Boston, and less than an hour from local airports, and opens the door to new programs.
- **Benefits The Community:** Kita has preserved the land as a place for enjoying nature, and our expanded programs will broaden our impact for other at-risk people to receive care.

## GROWTH PROJECTIONS

Prior to KITA having its own land, the organization's capacity was limited to 75 campers. Despite a larger demand, campers had to be turned away. Within five years at Loon Pond, KITA is expected to directly serve over 2,000 individuals.

“**I felt understood without having to say a word.**”

- 2019 CAMPER





# PROGRAM EXPANSION

With the Loon Pond property as the vehicle for growth, KITA will fill an unmet need for a facility that focuses on a holistic approach to mental health care. At The Kita Center, KITA has plans to launch the below programs with a connection and suicide prevention focus:

## ■ **Resilience Retreats:**

Inspired by our flagship program, KITA's Resilience Retreats will provide an abbreviated therapeutic experience for expanded groups such as: young adults, family units, and at-risk groups (i.e: first-responders and LGBTQIA+).

## ■ **Empowerment Trainings:**

Our Empowerment Trainings will provide the tools and confidence for caring for yourself, your friends, and your loved ones who may be struggling with grief, suicide ideation, or isolation.

## ■ **Tell Me Their Name:**

A storytelling series with a mission to preserve and share lost loved ones' memories in hopes of building connections and decreasing isolation and stigma.

## ■ **Resource Library**

Providing a curated collection of resources for grief, trauma, self-care, and community-building tools.

## ■ **Nature Connection**

Inviting educational groups to connect with nature while blending self-care curriculum.



**“The boys were different when they came home, they were forever changed in a good way!”**

**- CAMPER GUARDIAN, 2019**

# THE KITA CENTER PROJECT SUMMARY

The 28.5-acre property situated on Loon Pond in Acton, Maine is expected to include:

- The Kita Commons
- Kitchen
- Wellness Center
- Bathhouses
- Kita Group Cabins
- Staff Cabins
- Outdoor Playing Fields
- Camper Cabins
- Outdoor Amphitheater\*
- Create Cabin\*
- Outdoor pavilion\*
- Welcome Center\*
- Nature Education Building\*
- Waterfront on Loon Pond
- Firepits
- Walking Trails

\*Denotes existing structure



**Here, community, mental health, and nature will walk hand-in-hand with the goal of generational transformation.**



# THE KITA CENTER NAMING OPPORTUNITIES

## **Kita Commons**

Sitting at a high elevation with views of Loon Pond, the Kita Commons is the heart of the campus. This building is where meals will be shared, spontaneous dance parties will break out, and where high-energy activities will take place on rainy days. In addition, The Kita Commons will be shared with the broader community for training, gatherings, and expansion of our mission in support of mental health.

**Cost of naming right:** \$500,000  
**Status:** Reserved



## **Medical Center**

Our campers will be well-cared for in the ADA Compliant Kita Medical Center. Fitted with refrigeration for medications, locked cabinets, running water, and private sleeping and washrooms, our Medical Center is ready to welcome campers at any time of need.

**Cost of naming right:** \$200,000  
**Status:** One available

## **Kitchen**

At KITA, we know our health begins from the inside and food offers the foundation for us to thrive. Connection, nourishment, and the fuel to take on the next activity at camp is served from this kitchen. This thoughtfully designed space inside the Kita Commons offers plenty of room for food prep, storage, and serving.

**Cost of naming right:** \$175,000  
**Status:** One available

## **Bathhouses**

As we strive to build an inclusive and welcoming environment, bathhouses will be made with the comfort of all our campers in mind, no matter how they identify. Each bathroom stall will be equipped with a private shower and toilet. The bathhouses will include ADA-compliant stalls and communal sinks.

**Cost of naming right:** \$100,000  
**Status:** Two available

### ■ **Kita Group Cabins**

These cabins house the heart of our healing programming. In these cabins, campers will be led by the guiding hands of trained grief professionals and will participate in daily therapeutic group sessions which include discussions and skill-building specifically for suicide loss survivors. These cabins will be designed with group work in mind and include a bathroom and storage closets.



**Cost of naming right:** \$90,000  
**Status:** Two available

### ■ **Staff and Resilience Retreat Cabins**

These cabins house our mental-health clinicians, mentor group, and program staff, who are made up almost entirely of volunteers. These staff members dedicate time away from their homes and families to support our campers. The staff cabins will be equipped with bunks, a bathroom, a sitting area, and a kitchenette. Outside of youth camp sessions, these staff cabins will be available for Resilience Retreat programming.

**Cost of naming right:** \$80,000  
**Status:** Two available

### ■ **Open Athletic Fields**

The open athletic fields are where many traditional summer camp activities take place. Programming in these spaces includes activities such as yoga, team-building games, high-energy field games, and morning running meetups.

**Cost of naming right:** \$70,000  
**Status:** Two available



## Bunk Cabins

Ask any camper, and they will tell you that some of their best camp memories happen in the cabins. Here, campers have unstructured downtime and meaningful organic conversations. At the start of the session, each cabin group works together to establish a set of values and respectful expectations for their shared space. Our initial cabin plan includes six buildings that provide campers with comfortable options, including a gender-inclusive cabin and cabins for girls and boys regardless of sex assigned at birth.

**Cost of naming right:** \$65,000

**Status:** Five out of six available

## The Create Cabin\*

The Create Cabin is where restorative arts and new skill building, like woodworking and photography, will blossom. Camp Kita recognizes the power art has on wellness and developing new skills can have on building confidence. Fostered by the Create Cabin, we hope campers leave Kita with a new-found passions and meaningful relationships that guide them to choose healthy coping mechanisms.

**Cost of naming right:** \$40,000

**Status:** Reserved



## Outdoor Amphitheater:

One of the historic infrastructures on the property, our amphitheater area is our primary community gathering place for campfires, and memorialization.

**Cost of naming right:** \$35,000

**Status:** Reserved

## Outdoor Pavilions

These pavilions will be one of the main spaces where campers come together as a group for meals on nice days, outdoor performances, and movies.

**Cost of naming right:** \$30,000

**Status:** One out of two available



### Welcome Center\*

The Welcome Center is the first building you see when you arrive on campus. With historic charm, this building will serve as KITA's main operational command center, house the admin offices, and conference space. In addition, this building will house a curated library of resources with comfortable chairs positioned around a charming stone fireplace.

**Cost of naming right:** \$20,000  
**Status:** Reserved

### Nature Education Center\*

This cabin will house the outdoor and learning programming, including creative writing/journaling, science, and nature displays, and will be the kick-off center for outdoor skill and survival programming.

**Cost of naming right:** \$20,000  
**Status:** Reserved



### Waterfront \*

The waterfront area will be equipped with a shoreline, swimming area, and dock. On hot summer days, the waterfront will be a welcomed amenity for activities and rest. Swimming, fishing, and paddling will kick off from this waterfront.

**Cost of naming right:** \$20,000  
**Status:** Reserved



\*Denotes rehab of an existing structure

# OTHER GIVING OPPORTUNITIES

## General Capital Support

Help us bring our future home to life with an unrestricted or designated gift towards our Loon Pond construction project.

### Tribute Benches

Benches encourage the culture of listening, community, and friendship at Camp Kita, or can memorialize a loved one.

**Cost of naming right:** \$2,500

### Memorial Bricks

Memorialize a loved one or pay tribute to a special summer at Camp Kita with a memorial brick on Camp Kita's new property.

**Cost of naming right:** \$1,500

**Interested in launching a fundraiser to secure one of these opportunities?**

Email [info@campkita.com](mailto:info@campkita.com) for your fundraising kit.



# THANK YOU

“My camper has shared with me that Camp Kita was the best thing that he’s ever done and that he looks forward to returning every year. He said he made lots of wonderful friends and developed trusting relationships with counselors.”

-GUARDIAN, 2020

[info@campkita.org](mailto:info@campkita.org)  
[www.campkita.org](http://www.campkita.org)



## YES, YOU CAN COUNT ON MY SUPPORT!

- Loon Pond Naming Right \_\_\_\_\_
- Loon Pond Donation \$ \_\_\_\_\_
- KITA Operating Expenses- \$ \_\_\_\_\_
- Area of Greatest Need- \$ \_\_\_\_\_

Learn more by emailing Sydney at [smosher@campkita.com](mailto:smosher@campkita.com).