

Hello Parents & Guardians!



We are so excited that your child will be joining us at the 2025 LMTI Power of One Conference! The information below will help you get ready for the conference and move smoothly through the check-in process. If you have any questions, please don't hesitate to contact us!

Conference Dates:

Monday, August 25 – Wednesday, August 27

Conference Location:

YMCA Camp Mason,
23 Birch Ridge Road
Hardwick, NJ
(www.campmason.org)

Check-In:

Check-in is on Monday between 9:00am-10:30am. If students are traveling with a group, your school or community advisor is the point of contact regarding transportation times. Upon arrival, you/your child will be greeted by our staff members, who will be ready to guide you through the registration process. *Please do not arrive earlier than 9:00am, as the entrance to camp will be closed until registration begins.*

What to Bring:

See enclosed list!

Medications:

We will have two Registered Nurses present for the duration of the conference to administer any medications (both prescribed and over the counter medications) to participants. All medications, including prescription and non prescription vitamins, must be in their original, labeled bottles with clear dosage information. If there is a change in dosage from the time of your application please contact Kira at KChontow@pipnj.org.

Health & Wellness:

It is essential that if your child is sick with a fever, experiences vomiting or diarrhea, or symptoms of Covid-19 within 48 hours prior to the start of the conference, that they do not attend. While we want everyone to have the chance to participate, we also need to ensure the overall health and wellness of our camp population. Thank you for your understanding.

Phone Use:

Between our busy days at camp and poor cell reception, students may not have the time or ability to text/call/video chat with you. ***If you need to get in contact with your child or LMTI staff during the conference, please call 908-362-8217.***

Conference Conclusion & Departure:

The conference will conclude on Wednesday with an afternoon of fun. You are invited to attend the festivities from 2:00pm - 3:00pm.

Online Info Sessions:

LMTI will host two live camp info sessions via Zoom on Thursday 7/24 at 6:00pm and Thursday 8/7 at 6:00pm. **Register for either of those to attend.**

Other Questions? Please refer to our Parent Handbook, or check out our Parent Orientation Webinar, which can be viewed at njlmti.org/slc2025. For any questions prior the start of camp you may contact the LMTI Director, Rachel Taylor, at RTaylor@pipnj.org or call us at 201-614-2117.



A program of Partners in Prevention.

lindsey
meyer
teen
institute



LMTI POWER OF ONE CONFERENCE

RULES & GUIDELINES



**Any rule violation may cause a participant to be sent home.
Parents/guardians are responsible for transportation if a participant must leave.**

- LMTI is all about teaching you that you can have fun without the use of alcohol, tobacco, and other drugs—so these substances are not allowed.
- We want to keep everyone safe and healthy during their stay with us. Thus, all prescribed medication must be turned into the Nurse upon arrival and will be dispensed by the Nurse as required. All medication must be in an original bottle with a clearly legible label.
- You'll be having so much fun, you won't want to leave, but please keep in mind that no one may leave Camp Mason unless he or she has been authorized to do so by the LMTI Staff.
- We want to create a fun environment that is separate from our technology-dependent day to day lives. Do not bring other electronic devices such as tablets or computers and please try to limit your phone time during the week and refrain from using it during presentations, workshops, and discussion groups
- We ask that you do not require your child to call home upon arrival. Between our jam-packed days of programming and the lack of cellular reception, it will be difficult for your student to call/text/VideoChat. If there is an emergency refer to the phone numbers on the first page of this packet.
- In order to help us move the week along smoothly, we'll need your help- you must attend and be on time for all activities, including meals.
- Let's be respectful of each other-- aside from scheduled group meetings, you are not permitted in someone else's cabin without permission.
- If you drove here, we want your car and any belongings you have inside to be safe- all automobiles must be parked in designated areas and kept locked.
- Please help us to respect Camp Mason by cleaning up any areas you use and disposing of garbage in the appropriate receptacles.



- It's important that while you're with us, we know where you are. To help us keep you safe, please remember that no participant is permitted out of their cabin after lights out. Youth staff may only leave their cabins if given permission to do so by their cabin chaperone in the event of an emergency.
- We want to get to know you! Wear your nametag at all times.

LMTI POWER OF ONE SUGGESTED PACKING LIST

What to Bring

- **Bedding & Towels:** a sleeping bag and/or bed linens and a blanket; pillow; towels & washcloths (campers will be provided a mattress, but all other bedding must be brought)
- **Clothes:** shorts, jeans, t-shirts, sweatshirts, socks, light weight jacket, waterproof jacket or poncho, sturdy sneakers, pajamas (weather can vary - please be prepared for very hot, cold, and/or rainy weather)
- **Toiletries:** toothbrush & toothpaste; shampoo, soap; personal items; tissues
- **Miscellaneous:** flashlight; sunscreen; noise canceling headphones; water bottle
- **Optional:** bathing suit; flip flops for the shower; backpack; bug spray; camera; musical instrument

What NOT to Bring

- Tablets, computers, or other electronic devices: We do not want you to lose these valuables during LMTI. In addition, due to an extremely full schedule, there will be no time to utilize these items.
- Food/Snacks: All meals and snacks will be provided by LMTI. Bringing food and/or snacks can attract animals into cabins. If you have specific dietary needs, please contact Kira Chontow at KChontow@pipnj.org.

TI Open Mic!

Attention LMTI Participants!

TI Open Mic is a time during the LMTI Summer Leadership Conference where you are able to share your talents if you choose to. You can perform individually or with a group. Performances can include but are not limited to:

- Singing a song
- Playing an instrument
- Group dances
- Reciting poetry
- Hidden talents

LMTI Store

The LMTI Merchandise Store will be open during multiple times throughout the conference. There will be opportunities to win credit through the week and items range from \$1 - \$50. Cash and credit cards are also accepted!