

ADHD Field Camp for Adults

Base camp for adults navigating ADHD in the
real world.

Built around your book. Yours to say yes or no.

What This Is

PURPOSE-BUILT

Every channel and every bot exists for a specific reason. No off-topic noise. No features added just because they seem cool.

LOW-NOISE

Structured daily rhythm – check-ins, co-working, wins. Nothing algorithmic, nothing random. Everything has a job.

STANDALONE

Intentionally separate from Fruit Snack Nation and Infinite Quest. Its own community with its own identity.

ADHD Field Camp for Adults

Base camp for adults navigating ADHD in the real world.

THE TRAILHEAD

Where every camper starts

THE PARADE GROUND

The daily rhythm of camp life

THE LODGE

Where the community gathers to think together

THE TRADING POST

Tools, strategies, and resources you actually use

THE FIRESIDE

A closer gathering for camp supporters

CAMP HQ

Where official communications originate

Cate Osborn – Camp Director (our recommendation)

Six Purpose-Built Bots

+ Book Club and Patreon integration as server-level features

TRAIL GUIDE

Sets the daily rhythm – morning check-ins, evening reflections, weekly mood digest

TRAIL BUDDY

Pairs members for virtual co-working sessions – the buddy system in action

CAMP ELDER

ADHD strategies, term definitions, and grounding exercises on demand

COMPASS

Calm, one-question-at-a-time support when members are overwhelmed or stuck

HERALD

Logs wins big and small – streaks, celebrations, community recognition

ACTIVITIES DIRECTOR

Weekly quests – small, achievable, and never punishing if missed

Camp Structure



THE TRAILHEAD

#welcome-to-camp
#camp-map
#roll-call



THE PARADE GROUND

#camp-pulse
#the-buddy-system
#merit-badges
#counselor-cabin



THE LODGE

#around-the-table
#the-program
#campfire-notes
#weekly-quest




THE TRADING POST

#field-notes
#the-outfitter



THE FIRESIDE

#fireside-chat
#first-light
#director's-cabin
#fire-keepers 



CAMP HQ

#camp-news
#suggestion-box

The Bots in Detail

Trail Guide

Sets the daily rhythm of camp life

COMMANDS

/checkin

Start a daily check-in inline

/mystreak

See your current check-in streak






/weeklydigest


Mod only: post weekly summary


DESIGN NOTES

- Morning + evening prompts create a daily rhythm
- Weekly digest is anonymized – no individual data
- Streak tracking is opt-in positive reinforcement only



IN ACTION


 Good morning, camp! How's today starting? [ Clear 
Light fog  Heavy fog 
Rough day]

 Light fog – clicks button


 Modal: What's one thing you're doing today? (+ optional note)

Finishing the project proposal.

 Got it – tally updated. Only you see this. Streak: 5 days 

 Evening: Did you do the thing you set out to do? What got in the way?

Got distracted but got 80% done – calling it a win.

That counts. Logged. See you tomorrow. 

Mood states tentative – may be refined with Cate

Trail Buddy

The buddy system – no one works alone

COMMANDS

`/workwith [task]
[duration]`

Announce task + start countdown

`/findpartner`

Pair with someone working now

`/done`


Mark session complete

DESIGN NOTES


- Celebration messages randomised – never repeats twice in a row
- Session pairing data not retained after session ends
- Users opt in to session history tracking

IN ACTION


`/workwith task:Write chapter
intro duration:25min`

 Session started! Writing for 25 minutes. Who's joining?


`/findpartner`

 Paired with @marcus – drafting slides. Silent co-working, go!

`/done`

 Session complete! 25 solid minutes. Nice work.

`/mystreak`

 3-session streak. You're on a roll.

Camp Elder

Accessible knowledge – never clinical, never condescending

COMMANDS

/tip

Random ADHD strategy

/define [term]

Look up an ADHD concept or term

/grounding


Walk through a grounding exercise

DESIGN NOTES


- No book content until licensing is signed – placeholder only
- Grounding exercises are trauma-informed and non-clinical
- Tips drawn from independently written ADHD strategies

IN ACTION


/tip

 Body doubling activates your accountability brain – even a silent partner makes a difference.

/define time blindness

 **Time Blindness:** Difficulty perceiving time accurately. ADHD brains often experience 'now' vs 'not now' rather than a continuous timeline.

/grounding

 Let's ground. Name 5 things you can see right now...

Compass

Points true north when members lose their way

/unstuck

Begins a calm, one-question-at-a-time flow

TASK PARALYSIS

Asks: 'What's the smallest possible first action — even a 2-minute version?'

AVOIDANCE SPIRAL

Names the pattern without shame and offers one concrete re-entry point.

SHAME AFTER A MISS

Skips the pep talk — asks what's actually in the way right now.

FULL SHUTDOWN

Does not ask more questions. Immediately surfaces a human mod.

The counselor's cabin is a safe space to land — not a substitute for professional support. One question at a time. Always routes to a human mod. Zero clinical advice.

Herald

Announces wins — every size earns a place on the wall

COMMANDS

`/win [description]`

Log a win + celebrate publicly

`/mystreak`

Your current win streak

`/wins`



Recent community wins feed

DESIGN NOTES

- Wins of any size count — getting out of bed is valid
- No streak pressure: missing days doesn't break the count
- Community wins feed is opt-in — members choose visibility

IN ACTION


`/win` I replied to that email I'd been avoiding for two weeks

 WIN LOGGED! Avoidance broken. Win streak: 3 days 

`/wins`

✨ Recent wins: finished a task, got out of bed on a hard day, replied to a long-avoided email...

`/mystreak`

 3-day win streak. You're doing it.

Activities Director

Weekly quests – small, achievable, never punishing if missed

COMMANDS


`/submit [response]`

Submit this week's quest response

QUEST RULES

- Small and achievable – always
- Missing a week is explicitly framed as fine
- No shame mechanics, no penalty streaks
- Weekly anonymized participation summary posted

IN ACTION


 This week: Write one thing that drained you and one thing that filled you up. That's it.

`/submit` Drained: inbox. Filled up: an hour of hyperfocus on my side project.

 Quest logged! 14 others shared this week.

I missed last week – is that ok?

Completely fine. No penalty. Jump in whenever you're ready.

 Week summary: 14 members. Top themes: inbox overwhelm, unexpected small wins.

The Lodge – Book Club

Where the community gathers to think together

HOW IT WORKS

Frequency

Weekly or biweekly – TBD with Cate

Format

Discord Stage for live discussion + text thread for async

Scheduling

Discord Events – members RSVP and get reminders


Prompts

Trail Guide posts discussion question in advance

Missed it?


Campfire notes posted in #campfire-notes after every session


IN ACTION

 This week: Chapter 4 – Time Blindness. What's one moment this week where time got away from you?

 The Lodge meets Thursday 7pm ET – 14 members attending. RSVP in Discord Events.

I can't make Thursday – will there be notes?

 Yes! Campfire notes posted in #campfire-notes after every session.

 Session notes: 11 members, top theme was 'the 2-minute rule and why it fails us'

The Fireside – Patreon Integration

Intimacy, not exclusivity – an addition, never a gate

HOW IT WORKS

- Discord's native Patreon integration – no custom bot needed
- Supporters automatically receive a server role when they connect
- Role unlocks access to The Fireside channels
- If they cancel Patreon, the role is removed automatically
- Zero manual management required

INSIDE THE FIRESIDE

The exact perks are Cate's call – but the structure supports:

#fireside-chat

Direct conversation with Cate – periodic drop-ins and AMAs

#first-light

Weekly quest and book club prompts posted a day early

#director's-cabin

What Cate is working on, reading, thinking about

#fire-keepers

Patreon supporters connecting with each other

Bot & Data Safety

COMPASS

Always routes to a human mod.
Zero automated clinical advice.
Logs are anonymized and mod-only. The counselor's cabin is a safe space to land — not a substitute for professional support.

CAMP ELDER

No real book content until licensing is signed.
Independently written placeholder content only. Your voice, your approval before anything ships.

ACTIVITIES DIRECTOR

No shame mechanics. No punishing streaks. Missing a week is explicitly framed as fine. Community safety over engagement metrics.

TRAIL BUDDY

Session pairing data is not retained after a session ends.
Users opt in to session history.
No data collected without consent.

Community Safety & SFW Policy

This entire camp is SFW – by design, not by default.

NSFW DISABLED AT SERVER LEVEL

Not hidden. Not restricted. Not there. No NSFW channels exist on this server – period.

DISCORD AUTOMOD FROM DAY ONE

Explicit content filtering, slur blocking, harmful language rules – active at launch.

ADULTS ONLY – BY NAME AND BY DESIGN

ADHD Field Camp for Adults is explicitly adult. Camp language does not mean youth audience.

MINORS WELCOME AS GUESTS – PROTECTED ALWAYS

No personal info sharing. No unsolicited DMs. Any behaviour targeting minors = immediate removal.

NSFW CONTENT HAS A FUTURE HOME – NOT HERE. ADHD + sexuality content belongs in a separate age-gated server. This server stays a safe entry point for everyone.

Hosting & Cost

Resource	Details	Cost
Bot Hosting	Oracle Cloud Free Tier (4 OCPU, 24GB ARM VM)	\$0 / mo
Database	Supabase – free tier until ~500 DAU	\$0 / mo
Database at scale	Supabase Pro	~\$25 / mo
Fallback hosting	Railway (if Oracle signup fails)	\$5 / mo
Patreon integration	Discord native – no custom bot, no monthly fee	\$0 / mo

Total at launch: \$0 / yr – scales to ~\$25/mo only at meaningful community size.

What We Need From You

YOUR VOICE

Server name, brand feel, how it should sound to your readers. Final say on everything community-facing.

YOUR TITLE

We'd love to call you Camp Director – but it's yours to define.

BOOK CLUB FREQUENCY

Weekly or biweekly? Your call – it can evolve. The structure supports either, and members can vote over time.

PATREON PERKS CONTENT

What's the 'little something extra'? Early access, Q&A, exclusive tips – the perks are entirely yours to define.

MODERATION INPUT

Compass always routes to human mods. Who should that be, and what's the escalation path?

ANY LEVEL OF INVOLVEMENT

Deeply involved or checking in quarterly – the level of collaboration is entirely yours to define.

A camp built for your readers.

*Base camp for adults navigating ADHD in the
real world.*

Built with care. Yours to say yes or no.