



## **Deer Run Camps & Retreats Emphasizes Essential Role of Summer Camps in Combating Childhood Anxiety**

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Deer Run Camps & Retreats, a Christian retreat center in Thompson's Station, Tennessee, highlights the critical importance of outdoor summer camp experiences as childhood anxiety and digital disconnection reach unprecedented levels nationwide.

The 150-acre retreat center, which has received the Best of Parenting award for 13 consecutive years from Nashville Parent magazine, points to mounting research showing that outdoor camp experiences significantly reduce anxiety while building confidence and independence in children. With registration now open for the 2026 summer season, the organization emphasizes how traditional outdoor adventures provide essential developmental benefits that cannot be replicated through digital experiences. Summer camps are available at <https://deerrun.camp/camps/>, the facility serves churches, schools, and organizations year-round.

Recent studies cited by social psychologist Jonathan Haidt reveal that the decline of play-based childhoods and the rise of phone-based interactions have become primary drivers of mental health challenges among young people. Deer Run's programs directly address these concerns through structured outdoor activities, adventure recreation, and technology-free environments that allow children to develop naturally.

"I love nature and creation, and when kids get out of their normal environment and into the outdoors, something special happens," said David Gibson, Founder and CEO of Deer Run Camps & Retreats. "God uses it in ways we may not fully understand, but we see the impact. In a time of digital overload, depression, and identity struggles, children need spaces where they can step away from distractions, hear truth, and connect deeply. Camp has never been more important than it is today."

The retreat center's summer programs include both day camps for ages 5 through fifth grade and overnight camps for students who have completed grades 3 through 10. Activities range from water sports on Spring Valley Lake to zip lines, climbing towers, archery, and team-building challenges. Each week incorporates outdoor adventures, group games, worship, and Bible study in an environment designed to foster personal growth and meaningful connections.

Groups interested in hosting retreats can explore options at <https://deerrun.camp/host-a-retreat/>. The center provides customized retreat planning, meeting facilities, lodging accommodations, and team-building activities for various groups throughout the year.

During the 2025 summer season, more than 3,200 campers participated in Deer Run's programs, resulting in 128 first-time professions of faith, 192 baptisms, and 18 recommitments to Christ. The organization reports that parents consistently praise the transformational impact these experiences have on their children's confidence, social skills, and spiritual development.

"One day I felt like God told me He had something more significant for me to do," Gibson reflected on the camp's founding in 1998. "After two years of prayer, He began to lay on my heart a vision for a place where families and children could come to grow in their relationships with Him and with one another. That's how Deer Run was born."

Deer Run Camps & Retreats operates as a nonprofit, nondenominational ministry focused on providing camps and retreats that inspire transformational relationships with Jesus Christ while strengthening connections between family and friends. Additional information about all programs and registration details can be found at <https://deerrun.camp/>.

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For more information about Deer Run Camps & Retreats, contact the company here: Deer Run Camps & Retreats  
Deer Run Camps & Retreats (615) 794-2918  
CONTACT@DEERRUN.CAMP  
3845 Perkins Rd, Thompson's Station, TN 37179

## Deer Run Camps & Retreats

*Deer Run Camps & Retreats offers camps for kids, family events, and year-round group retreats on 150 private wooded acres in Middle Tennessee, with lodging, meeting spaces, recreation, and meals.*

Website: <https://deerrun.camp/>

Email: [CONTACT@DEERRUN.CAMP](mailto:CONTACT@DEERRUN.CAMP)

Phone: (615) 794-2918

