

## Camps and Youth Programs Report

By: Sarah Gleich- Director of Camps and Youth Programs



2010



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## **2010 Director's Summary**

The Nevada Diabetes Association (NDA) is the only organization in Nevada offering diversified camping and youth programs for children, teenagers and families living with diabetes.

The NDA Youth Programs are designed to educate, build confidence and gain leadership within the diabetes youth population.

The need for NDA's 2010 Youth Programs has reached an all time high and some facilities were able to accommodate the increase in numbers. Due to the economic down- turn, the NDA also modified programs in order to fit the needs of the families in the greater Nevada area. As for the last three years, the requests for scholarships in 2010 hit another all time high. The NDA responded to this trend and has offered more free programs also the NDA has added new sources to help families fundraise so they could attend camp. The three new ways are:



**Campers4Campers.** This program is run on-line and is a way that campers along with their community can help fundraise for themselves and for their fellow campers. We asked for campers to raise \$1000.00. If they did this then they could attend one NDA camp for free. This also means they monetarily helped another camper attend, too. Campers that participated got to set up their fundraising page like a "MySpace" or "Facebook" page. They were able to add pictures; MP3's customized graphics and most importantly "their story." It also allowed the campers to reach out to their community and will be in place again for 2011.

**Payments.** In the past, the NDA required camp programs to be paid in full prior to camp. This year the NDA set up payment programs with families that wanted to pay for camp but needed extra time. The families set up a schedule with the NDA. All participants are on schedule with their payments and very grateful for this flex-pay arrangement. More than 50 percent of families used this option that decreased (slightly) the need for full scholarships.

**Scholarships.** The NDA tries to accommodate every child no matter what their financial background. The NDA general scholarship fund, the Travis Martin Camp Scholarship fund, the Las Vegas Sun and Access to Healthcare Network were the main sources for the 2010 season.

2010 had a record breaking attendance with waiting lists for most programs. This indicates that the NDA programs are providing a very worthwhile and meaningful experience for these children, teens and families with diabetes.

## Resident Camps

### **Camp Buck August 8-14**

In 2010, Camp Buck was filled to capacity with 148 participants including campers, administration staff, doctors, nurses,



certified diabetes educators, registered dietitians, dietary students, medical students, nursing students, counselors and program staff. The capacity was increased in 2010 because of the addition of tee pee's to the campsite. In the future at Grizzly Creek Ranch there maybe a new ecological village that is expected to accommodate more people.



Features include: Olympic size swimming pool, creek for fishing and panning for gold, viewing resident eagles and sheep, rocks and ropes challenge course, campfire singing ring, archery, lighted amphitheater, in cabin bathrooms and medical/ administration center. The theme at Camp Buck this year was “50’s Sock Hop.”

Camp Staff was brought up the night before to set up and for orientation. At orientation the staff goes over the schedule for the week and sets up for all medical, dietary, social and other needs. Also, the staff breaks out to small group sessions so their roles are specifically talked about. Most of our staff for the camp programs is returning, with about 25% that are new for each camp program.



Each camp program is under the direction of Sarah Gleich- Camp Director, Dr. Kathryn Eckert- Medical Director, Sherri Coffman and Verna Presser- Head Nurse(s) and Certified Diabetes Educators, Barb Scott and Diana Andrew- Head Resident Dietitians and Certified Diabetes Educators, Ryan Dyess- Counselor in Training Director, Tara Winkleman- Lengenfelder and Evan Speight-Head Programming and Head Counselors.

Programs at Camp Buck in 2010 included:

- New Diabetes Education focusing on the importance of fiber, sugar in takes and how much sugar are in foods by allowing the campers to scoop out and measure to see the actual amount
- All Cabin Scavenger Hunt
- The Great Race
- Gold Rush Activity
- 50’s Sock Hop Dance
- Jello Fight



- Skit Night
- Star Gazing and Meteor Shower
- Pool Party Diabetes Baseball Game
- Campfires and Camp Song Sing A-Longs
- The Reinstating of the Counselor in Training Program



In 2010 the Counselor in Training Program (CIT Program) was reinstated. This program was in effect at Camp Buck and Camp Vegas. This program is for teens 14-17 to train them to transition to be counselors. The CITs are considered junior staff and have many of the same responsibilities as the counselors and are under the supervision of CIT Director, Ryan Dyess. Nevada Diabetes Association can gain

retention in programs like this that allow the teens to pay it forward. Other responsibilities of the CIT are diabetes education in which the CITs talked with the campers about diabetes in school, sports and their families. This program, along with Teen Camp and the Las Vegas Injection Connection are designed to assist in the last goal in the youth program: to build leadership.

In the future at Buck Camp we will be looking at ways to increase the number of campers because this is our most popular program with the largest waiting list.

### **Camp Vegas March 29- April 2**

Camp Vegas reached an all time high with 56 campers that enrolled. The theme at Camp Vegas was “Superheroes” and how to be a superhero with your diabetes. This theme played out through all the activities. Camp Vegas is intended for younger diabetics with more youthful program format. Also new to Camp Vegas in 2010 was the addition of the CIT program. Similar to the CIT Program at Camp Buck, Camp Vegas allowed the CITs a chance to train to be counselors.



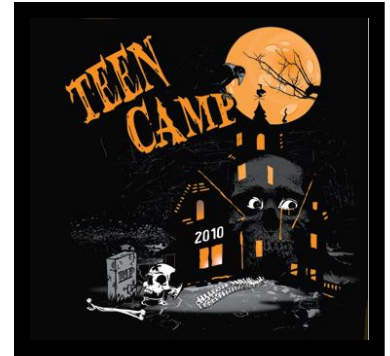
For a special trip, campers attended a Las Vegas Wrangler’s Hockey game. At the game we showed the campers how to go to a sporting event and eat properly. One of the focuses of Camp Vegas was not over indulging when your parents are not around and that eating in moderation is much healthier.

Other programs and activities included: baking classes, archery, music lessons, superhero movie night, gold rush game, small group diabetes discussion sessions, camp superhero dance night, camp songs and much more.



## Teen Camp October 1-3

Newly added in 2008, Teen Camp has been a program that the campers, staff and diabetes medical community have really embraced and made their own. This new program has been a tremendous success and is a great retreat program for the greater Nevada community along with the Injection Connection Teen Support Program in Southern Nevada. This camp is targeting one of the most difficult age groups. These teens will either learn to control their disease or will head down an unhealthy path. The purpose of this program is to give the teens the self-management tools and to allow them to play it forward. Teen Camp enrolled 52 campers.



Teen Camp had a “Halloween” theme and campers were asked in their cabins to decorate their cabins in a scary diabetes theme. Another activity at Teen Camp was an all camp Assassins game, this was a fun way for everyone at the camp to know one another. Other activities included: Camp Halloween



Costume Dance, Challenge Course, Haunted Hayride, Bobbing for Apples, How to Make great low carb/ sugar free apple ciders and hot chocolates and most importantly new diabetes education topics. The diabetes education topics were: Protocols for going to college and how to set up proper diabetes management when attending, women’s health, insulin and glucagon...how they interact in the body, sex- drugs- and rock in roll talk, new pump technologies, stress- massage and diabetes and caffeine and blood sugars.

With counselor and medical team supervision, teens were asked to turn the tables and tell the medical staff how they were going to treat themselves and get approval for their insulin treatment self-diagnosis. The purpose is to promote complete self-management.

Teen Camp was made possible for the second year in a row thanks to generous funding from the SaveMart CARES program!

## Terry Lee Wells Family Camp North September 10-12

In 2010 the Terry Lee Wells (TLW) Family Camp hosted 7 families. This unique camp experience allows newly diagnosed diabetic families the opportunity to all learn in a camp setting. The topics that were covered at Family Camp were: the new wireless Omni Pod Technology with Susan Sullivan RN? CDE, School Lunch Dietary Information with Masko Hornio RD, the University of Nevada Dietary Club came and did a sugar intake





forum, Dr. Graybar a family therapist talked about the dynamics of diagnoses and the family, Why your Childs Blood Glucose May Go Up with Verna Presser CDE/ RN one of our volunteer Certified Diabetes Educators, Ketones and Sick Day Management with Annie Munn. And What To Do At Schools With Bonnie Martin, RN. Along with these topics the families also had a chance to partake in family challenge course games, arts and crafts, archery, parachute challenge, family movie night, camp songs and how to fun healthy snacks. This program really helps ease the anxieties of the new diagnosed by allowing them to see that they are not alone by talking to other families and an opportunity for them to get their medical and social questions answered in a casual setting.

Family Camp was made possible thanks to generous funding from the Terry Lee Wells Foundation!

### **Robert R Banks Day Camp with the Washoe County School District May 22**

New in 2010 was a day camp that was paired up with one of the local school district. This program focused on the new protocols for disabilities in schools and what to do when your child is there. This was an opportunity for the greater Washoe County area's diabetes community to come out and be seen. Along with months of planning for new regulations in school the NDA spearheaded this event. All major diabetes companies and programs were present. The new unveiling of the protocols in the WCSD allowed families a chance to ask questions to diabetes professionals and to speak face to face to the heads of the school district. Since speaking face to face does not come often this event was well attended with over 131 people.

Reno Day Camp was made possible thanks to the generous funding from the Robert R. Banks Foundation

### **Frank and Victoria Fertitta Las Vegas Family Day Boot Camp November 2**

This year's Boot Camp was focused on Sick Day Management. The speakers included Sherri Coffman RN that spoke about ketones along with Cindy Ross from Abbott Diabetes Care. Dr. Dewan spoke about when to call your doctor and send your child to the hospital and what to do to prevent that at home. Diana Andrew RD/ CDE spoke about what to feed your child when they are sick to ensure they are receiving the proper nutrients. Lastly there was a panel of families that spoke about personal experiences when their (diabetic) children have been sick. This event hosted over 70 people, one of the highest day camp attendances to date.



Las Vegas Day Camp was made possible thanks to the generous grant from the Frank and Victoria Fertitta Foundation.

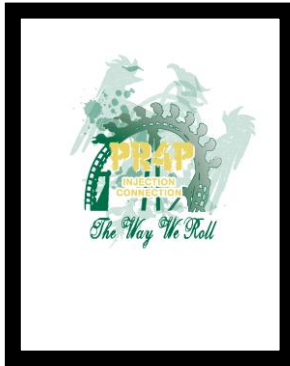
## Las Vegas Injection Connection

March 2010- Wrangler's Hockey Game

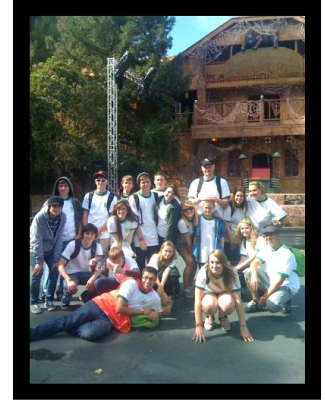
May 2010- Pool Party

October 2010- Magic Mountain Trip

This new teen support group that was added in 2008, is for teens 12-17. Not only has this group benefited the Las Vegas valley but also Nye County, Southern California and Northern Arizona. The group premise is to allow the diabetic teens both type 1 and 2 to bring a friend to the various events. This "support system" show the



diabetic teens along with the friends how to properly manage and help their friend. This group has also shown huge benefits in-between camp as friends are allowed to see each other again and those that have diabetes are given a much needed reminder that they are not alone and how important proper management is. This program reinforces the good habits that every teen should proactively be practicing.



Events in 2010 included: Wrangler's Hockey Game-this event allowed the teens to bring their families. The families were given the opportunity to speak with other families in the area that also had diabetic teens. Pool Party- at this event teens brought a friend and the topic was what to do in the summer with diabetes and when water activities were available how to make sure you are still receiving enough insulin. Another topic that was covered was diabetes the sun and dehydration. The final event of the year was the Trip to Magic Mountain- this was another trip where teens were able to bring a friend. The friends learned how to look for symptoms of high and low blood sugar and how to assist when this happens. How adrenalin affects blood sugar, was easy to demonstrate as the teens went on more and more thrill seeking rides and on the bus ride to and from the park we had a fun activity about famous diabetics.



The Las Vegas Injection Connection program hosted more than 124 teens in 2010. This program truly is a great way for the teens to be reminded about proper diabetes management while between camps and is another great way to bring the medical diabetes community together.

The Las Vegas Injection Connection Support Group was made possible thanks to the generous grant from Cox Communications.

## Goals for 2010

To have 20% of total camper enrollment coming from culturally diverse families

- Promote the Camp Programs and inform physicians, nurses, dietitians, diabetes educators, and school district administrators about the availability of these camps for their patients.
- Target the medical community servicing the under-served population to include County Hospitals, Free Clinics and Bilingual Clinics.

Result: 49.8% diversity.

- To have at least 10% of our total camper enrollment qualifying for a scholarship.

- Target areas of Nevada with under-served populations.
- Contact the medical communities within the geographical areas of each camping program to increase their awareness of the availability of scholarships for camp.

Result: 66.7% on full scholarship. (100% of the campers are on partial scholarship)

To have 20% increased enrollment from 2009

- 26% increase



## Future Plans



Plans for the NDA include a Northern Nevada Teen Injection Connection like the program in Southern Nevada; this plan is scheduled to go into effect in the first part of 2011. The NDA is helping to create a satellite support program in Pahrump for both youth and adult diabetics and their families. The NDA is planning to keep relations with a diabetes panels that are assembled with Washoe County School District. These events and relationships help spread the word about the new regulations for children with medical conditions and

what families can do to make sure their needs are being met. More plans consist of adding adult camps for both type 1 and 2, and the addition of new marketing tools for the all camp/ youth and NDA programs. Also The NDA would like to increase the teen camp program from a weekend to a full week. In addition to the youth programs the NDA would like to add an “in-house” Certified Diabetes Educator in both Northern and Southern Nevada to help families affect by diabetes get more one on one care.

## **Results and Program Feedback**

The NDA sends out questionnaires after youth program events. These questionnaires help us generate statistics on how the programs have influenced families after they were done. The questionnaires indicate that the programs have help with: Fewer hospitalizations, more frequent blood glucose testing, less high blood sugars, made healthier diet choices, better reports from teachers and coaches, complains less about being diabetic, fewer fights between parent and child, shows better ownership of their diabetes, better blood sugar control, less low blood sugars, less trips to the school nurse, better A1c levels, child is more social, happier demeanor, better self-esteem, teaches parents and other about diabetes, wears medical alert jewelry more often.

The questionnaires have also shown that the campers want to start a newly diagnosed program where they would visit hospitals and talk to kids and families about diabetes from their point of view.

Parents/ Guardians also commented that:

“Camp is where my son can be a regular kid where diabetes wasn’t the issue”

“This was also my break from diabetes in over a year and a half, Thank you so much for being there”

“Awesome great experience”

“My child has only gone to camp once but is more independent and doesn’t depend on us for diabetes all the time”

“I wish I didn’t wait so long to send my kid to camp, thank you once again for the scholarship we couldn’t have done it without you”

“It felt nice to know that other diabetics are there for you, it inspires you to do better, and to finally feel normal and just have fun”

“Camp is a place where I don’t have to carry medical supplies around with me at all times...so nice”

“My child is bullied at school for being diabetic and at camp he is not bullied at all, he doesn’t feel so alone, the staff and camp was fantastic!”

“When our son comes home from camp is acts like he is connected to the world again and not isolated”

“I LOVE CAMP!”

“ Camp is the best thing that has ever happened to my child!”

“The most informative session I have ever had about diabetes has been from camp”

## **Networking with other Organizations**



The NDA Camp Program is running entirely in-house now resulting in much lower costs and much greater efficiency. The NDA has integral working relationships with all the hospitals in Northern and Southern Nevada and their diabetes, chronic disease self-management programs. Children with diabetes are referred to our camping program from

pediatricians, school nurses throughout Nevada, C.A.S.A., Renown Family Support Program for Children with Diabetes, Washoe County Health Department, Nevada Hispanic Services, J.O.I.N., Care Chest of Nevada, the Human Service Network, the University of Nevada School of Medicine, the Access to Health Care Network, the HAWC Clinic, State of Nevada Healthy Kids, Nevada Check Up, Children with Special Healthcare Needs Program, Child Welfare Services, Nevada Urban Indians, Indian Health Services, State of Nevada Diabetes Prevention and Control Program, the Nevada Academy of Family Physicians and Access to healthcare network, and the greater Nevada schools districts.

Our camp program provides hands on experience for student dietitians, student nurses and medical students to work with children with diabetes. Students volunteer from the University of Nevada Medical School, Nevada State College School of Nursing, and Stanford School of Medicine. In addition to the Camp Programs, the NDA partners with many of these organizations to provide other community health and wellness programs to reduce the incidence of and complications attendant to diabetes.

For the last 7 years, the NDA has partnered with Trial Net Research, a program through Stanford University that collects blood samples from the next of kin of children with Type 1 diabetes to assess genetic links. NDA camps provide a unique opportunity for collecting this invaluable data.

### **Resources for Recruiting**

The following organizations are called upon for recruiting volunteer staff members and campers for the NDA Camp Program:

Endocrinologists, Diabetes Clinics, Hospitals, Pediatric Units, University of Nevada, University of Nevada- Las Vegas, Certified Diabetes Educators, Universities and Colleges in Nevada, Nevada School Nurses Association, Parent Support Groups, Past Camp Families, Past Camp Staff, ADA and JDRF.



## **Program Statistics**

<b>2010 Camp/ Youth Program Expenses</b>								
	Buck	Vegas	Teen	TLW Family	Reno Day	LV Day	LVIC (Year)	Totals
	8/8-8/14	3/29-4/2	10/1-10/3	9/10-9/12	8-May	2-Nov	several	
Washoe County	28	52	12	16	83	0	0	191
Other Outlying Nevada Counties	9	0	6	0	6	0	0	21
Southern Nevada (Clark and Nye)	69		26	5	0	72	116	288
California	16	2	6	14	2	0	2	42
Other (Arizona, Washington, Utah, Texas)	4	2	2	0	0	0	6	14
Girls	53	23	26	18	47	36	60	263
Boys	73	23	26	17	44	36	64	283
Parents/ Siblings (LVIC Friends)	0	0	0	25	58	56	38	177
Caucasian	81	39	28	26	30	33	42	279
African American	11	2	4	0	6	8	10	41
Hispanic	16	8	8	4	21	15	33	105
Asian	2	0	1	0	6	0	4	13
Pacific Islander	3	2	4	0	6	0	6	21
American Indian	8	4	5	3	10	6	29	65
Other	5	1	0	2	0	0	0	8
Not Reported	0	0	2	0	12	12	0	26
Scholarships Given	66	15	18	35	91	72	74	371
Total Enrollment	126	56	52	35	91	72	124	556

	Buck	Vegas	Teen	TLW Family	Reno Day	LV Day	LVIC (Year)	Totals
	8/8-8/14	3/29-4/2	10/1-10/3	9/10-9/12	8-May	2-Nov	several	
Camp Ground Site Fee	55469	16340	7920	5100	0	0	1195	86024
Additional Food Charge	1250.1	852.15	200.62	363.07	0	33	428.94	3127.88
Arts and Crafts	162.08	0	0	100	150	103	0	515.08
Additional Site Charges	400	500	150	0	0	0	0	1050
Bussing	2258.81	510	1170.9	400	0	0	1715	6054.71
Travel Airfare/Mileage	15237	1883.15	8103.73	500	200	300	300	26523.88
Stipends	1100	0	0	0	0	0	0	1100
Supplies	446.01	326.73	514.41	117.11	200	20	135	1759.26
Office supplies	200	250	180	60	20	20	75	805
Postage/Delivery	268	200	145.45	40	0	0	80	733.45
Photos	50	34	20	50	20	10	25	209
Printing	250	100	100	70	30	102	90	742
Phones/ Internet	1200	850	100	300	141	141	135	2867
Office Support	4200	5000	1800	1575	776	2000	900	16251
Camp Director	10266.66	10500	4125	3849.99	1750	1750	1800	34041.65
T-shirts	1244.45	857.34	937.68	0	0	0	0	3039.47
Rent and Storage	1600	1000	600	600	200	200	400	4600
Insurance	800	450	270	270	90	90	180	2150
Back Ground Checks	80	80	0	0	0	0	0	160
Misc Expenses	969.41	400	488.4	150	125	75	0	2207.81
Audit and Accounting	800	500	300	300	100	100	400	2500
Total Number of Campers/ Teens	90	42	40	40	131	72	124	539
Total Camp Exp	98251.52	40633.37	27126.19	13845.17	3802	4944	7858.94	
Total Exp. 2010								196461.19