



THE DIABETES FAMILY CONNECTION

TEEN RETREAT HANDBOOK

October 13-15th 2023/ King, NC



**THE
DIABETES**
FAMILY CONNECTION

IN THIS HANDBOOK

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THE DIABETES FAMILY CONNECTION | 2023





QUICK REFERENCE GUIDE

TEEN RETREAT

Retreat location: YMCA Camp Hanes

Retreat address: 1225 Camp Hanes Rd, King, NC 27021

Opening day arrival: Friday, October 13th @ 7:00PM

Closing day departure: Sunday, October 15th @ 11:00AM

Questions: Please email admin@thedfc.org

Emergencies during Camp: Cell service at Camp Hanes can be limited in certain areas. If you are unable to reach the number above, please call the Camp Hanes main office at **(336) 983-3131**

TEEN RETREAT OUTCOMES

What you can expect from our Teen Program...

To have A LOT of fun!

To meet role models who have grown up with diabetes.

To have the opportunity to learn about cutting edge diabetes technologies.

To feel encouraged and empowered to tackle daily life with diabetes.

To make lifelong friendships that foster support for your family.

To have your management questions answered by empathetic healthcare professionals.

To fully understand the psychosocial impact of living with a chronic condition.

To grow as a person.



THE
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PARTICIPANT EXPECTATIONS

RULES FOR CONDUCT DURING THE PROGRAM:

Our programs have a strong impact on participants largely due to the positive and accepting community among our staff, volunteers, and fellow participants. Staff and volunteers work hard to maintain this supportive atmosphere. Participants are expected to work in harmony with staff, volunteers, and other participants to ensure a positive experience for all.

Please note that camp is not an environment that is suited for every teen. Due to the high number of campers we serve, it may not be safe or in the best interest of our campers to keep a teen at camp who is not following the behavior expectations listed in this handbook. If we deem that camp is not a good fit for your child, you will need to come pick them up. **It is therefore imperative that you let us know in advance of any behavioral challenges that may impact your child's success at camp so that we can proactively plan for their arrival and work with you.**

Often campers will come to camp and behave differently than they do at home or in school. This results from a change in environment, structure, routine and new peer to peer relationships. We believe that camp is a great opportunity for campers to learn new skills, grow, and practice working together in a team setting. Campers will be expected to help support group living by assisting with chores and by following the program routine. To help your teen begin their learning and growing, please be sure to discuss the rules of camp and expectations while they are still in your care.



PARTICIPANT EXPECTATIONS

CONT'D



RULES FOR CONDUCT DURING DFC PROGRAMS:

Any camper who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave.

Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp.

- Smoking and use of any tobacco products is not permitted at camp.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers must remain in their assigned cabin throughout the night and pre-breakfast unless accompanied by staff.
- Campers will not bring candy or food items not previously approved by the health professional team or Program Director.
- Campers are expected to help keep camp clean by keeping their beds clean, helping to clean up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Program Director and campers may be asked to change clothing.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally. Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.

PACKING LIST (PAGE 1)

What to Bring to the Teen Retreat...



CLOTHING:

- Long pants or jeans
- Long sleeved shirt
- T-shirts
- Underwear
- Socks
- Shorts
- Warm pajamas
- Rain gear/jacket or poncho
- Closed-toed shoes
- Warm jacket or sweatshirt

EQUIPMENT:

- Sleeping bag or warm blankets
- Bottom or fitted sheet for twin bed
- Pillow
- Flashlight w/ batteries
- Pens and notepaper
- Reusable water bottle
- Small day pack

TOILETRIES:

- Bath towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Shower shoes/sandals
- Sunscreen (SPF 15 or better)
- Feminine hygiene products

OPTIONAL ITEMS:

- Sunglasses
- Hiking boots
- Camera
- Playing cards
- Musical instruments
- Books/magazines
- Chapstick
- Electrical power strip
- Personal fan

NOTE: PLEASE BE SURE TO CLEARLY LABEL ALL BELONGINGS

PACKING LIST (PAGE 2)

Diabetes Supplies

ALL CAMPERS LIVING WITH DIABETES SHOULD PACK:

- Blood glucose meter
- Test strips
- Lancing device
- Insulin

NOTE: PLEASE BE SURE TO CLEARLY LABEL ALL DIABETES SUPPLIES

CAMPERS ON INSULIN PUMPS:

- Infusion sets and reservoirs
(one per day)
- Pump batteries
- Set inserter
- Tape/adhesive (if needed)
- Charger (if applicable)

CAMPERS ON INSULIN PENS:

- Insulin pens
- Pen needles

CAMPERS ON INJECTIONS:

- Syringes

CAMPERS WEARING CGMs:

- 1-2 sensors
- Tape (if applicable)
- Charger
- Dexcom Receiver
(if applicable, unless on
T: Slim pump)

PACKING LIST (PAGE 3)

Additional Information

THINGS TO CONSIDER WHEN PACKING:

- **DRESS CODE:** Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Program Director. Campers may be asked to change clothing.
- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- **The Diabetes Family Connection bears no responsibility for damage to or loss of any items that are brought to camp.**

ITEMS THAT **SHOULD NOT** BE BROUGHT TO THE PROGRAM:

- Expensive jewelry
- Personal sports equipment including skateboards, archery equipment, or baseball equipment
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows)
- Outside food
- Pets or animals (Due to the nature of the program, we strongly encourage diabetes alert dogs to remain at home)

DIABETES CARE

At the Teen Retreat

Campers will be under the care of our highly-qualified and trained staff. These staff include: counselors and program staff (ALL of whom are living with diabetes themselves), certified diabetes educators, nurses, endocrinologists, and general practice physicians. Each teen cabin will consist of 8-14 campers, 2-4 counselors, and 1-2 licensed healthcare professionals. At every meal, in addition to various times throughout the day, each camper will meet one on one with their cabin medical staff member to adjust insulin doses. The cabin medical staff members report to the lead medical staff on duty, who then report to our Medical Director.

Note: Your teen's blood sugar levels may run lower or higher during their stay at camp than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, length of stay, excitement, and so on, will affect your child's blood sugar levels. Please know that camp works diligently to fine tune your child's diabetes control during their stay, but it is not always possible to have the same level of control that they may have at home. Camp provides a safe learning environment to educate your child on how to manage their diabetes when their schedule is different from their normal routine. To address any diabetes concerns prior to camp, please send us an email or give us a call.



DIABETES TECHNOLOGY GUIDELINES:

At the Teen Retreat



We want campers to be able to manage their diabetes with the same tools they use at home. We encourage the continuation of devices such as CGMs and insulin pumps, if they are a part of your teen's care plan.

Because camp life is so different than typical routines at home or at school, some variability will exist and we urge you to read our guidelines and recommendations regarding your teen's diabetes technology at the Teen Retreat.

DIABETES TECHNOLOGY GUIDELINES:

CGM's

- Numbers from Dexcom (G6 System) and Freestyle Libre monitors may be used to dose insulin.
 - All campers will do fingersticks when needed.
 - If any of the following are true, it is recommended that the number be confirmed with a fingerstick before dosing:
 - Child's symptoms do not match the reading.
 - CGM has not been calibrated as per manufacturer's guidelines.
- Sensors will be replaced as needed; please send at least one extra to camp.
- High blood glucose alarms may be disengaged or changed during camp. Low glucose alarms will remain engaged, but may need to be adjusted given different activities at camp.
- **The DFC will not be responsible for lost, misplaced, or damaged devices.**
- If integrated into a supportive insulin pump, the “suspend before low” (Medtronic); “ControlQ” (TSlim); adaptive basal (OmniPod 5) feature should be enabled while at camp due to activity levels and routines being different than at home.

DIABETES TECHNOLOGY GUIDELINES:

Insulin Pumps

Pumps:

- A "camp basal" setting in addition to temporary basals may be used at camp due to changes in activity level and routines.
- Commonly, campers are put on a "camp basal" or reduced temporary basal for the first night of camp as they adjust to the new schedule and excitement of camp.
- Be sure to review your child's pump settings when they return home, as some settings may be altered at camp.
- The "smart" feature (example: Bolus Wizard) will be used at camp. Please be sure your child's settings and ratios are as up to date as possible prior to attending.

Medtronic 670G/770G & OmniPod 5 Users ONLY:

- Child must have been using automode for more than 1 week prior to camp in order to use automode at camp. Camp is not the place to start automode for the first time due to variability in schedules and routines.
- Prior to camp, parents should review Manual mode settings with their healthcare provider to be sure they are as up to date as possible at camp. This will minimize differences in dosing if/when your camper is in Manual mode. (Note: We encourage no more than a 10% difference between Auto and Manual mode basals, prior to the start of camp)

"Do It Yourself" Pumps (Loop, OpenAPS, AndroidAPS) Users ONLY:

- If your child wears a "DIY" pump, please call us before the program so that we can talk about your child's specific pump.
- We may determine that we do not have the capabilities to use your child's custom system at camp, therefore it is important to call us before the program.



FOOD ALLERGIES AND SPECIAL DIETS

WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT THE TEEN RETREAT.

Celiac Disease: We will have gluten free options available at every meal for individuals living with celiac disease. While we do our absolute best to prevent cross contamination, we are not able to guarantee a 100% gluten-free environment.

Vegetarian: We will have vegetarian options at every meal.

Nut Allergies: We are not a nut free camp but work hard to avoid exposure.

THE DFC POLICIES:

Prescription Medications

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, Strattera), depression or other psychological conditions. These medications allow a child to take advantage of all that a school environment has to offer. Camp is no different, but many prescribing physicians are not familiar with camp and may take a child off medication without knowing the full implications. While many children do well off of Ritalin and similar drugs for vacations, camp is a very stimulating environment. The continuous social interaction can be stressful for children with certain conditions and they can be at a disadvantage trying to make friends and participating in activities, discussions, and performances without their medication. **Leaving a child on or putting a child back on their medications for camp is recommended by the American Camp Association.** It is our experience that campers still need their school doses to make friends and enjoy all of the activities and interactions at camp.

If your child is on medication and you are planning to or have made a change in that medication any time up to six weeks before camp, please discuss it with us. Likewise, if your child has an IEP for any condition other than diabetes, please let us know so we can decide together whether having a plan at camp would be of benefit.

If you have any concerns regarding your child please be sure to let us know. Any information regarding your child will assist staff in working to provide the best experience possible. We want to partner with you in setting your child up for success at camp.

THE DFC POLICIES:

Communicable Diseases

We are asking your family to play a critical role in helping us prevent communicable diseases such as seasonal influenza, gastroenteritis, and pertussis at the Teen Retreat. Here is how we need your help:

Given that infections are spread person-to-person, and tend to happen in congregate residential facilities, please instill healthy hand washing and coughing habits at home. Please help us by teaching your children to “Cover the Cough” by coughing into their elbow (not their hands), and washing their hands before and after sneezing, coughing, and eating. Please try and limit their exposure to persons who are sick in the couple of weeks prior to camp.

Please make sure that your contact information is up-to-date on our forms, and that your alternate emergency contact information is also up-to-date and will be reachable during the time your child is at camp.

Most Important: Please keep your child at home if they are vomiting, have diarrhea, are experiencing bouts of coughing or you suspect they have any communicable illness. We ask that you keep your child at home until 24 hours AFTER they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) and/or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever reducing medicine.

THE DFC POLICIES:

Head Lice

The Diabetes Family Connection requires that all participants be free of nits and lice prior to attending a program.

Therefore, Parents/Guardians must perform a head check of each camp participant 48 hours before the first day of the program. Home screening decreases the risk of a head lice outbreak at Camp Morris.

-If nits and /or lice are found prior to the first day of the program and therefore cancellation must occur, a partial refund will be given.

-If nits and/or lice are found or suspected at camp, a head check will be performed by a Healthcare Professional. This check will be done discreetly and away from other campers. If nits/lice are found during this check, parents/guardians will be notified. The Healthcare Professional will decide whether the child is to be taken home or to continue being treated at camp. If a participant is found to have lice/nits, the other participants in the cabin/deck will also be given a head check by a Healthcare Professional.

There is no refund of the camp fee if a child is sent home from the Teen Retreat due to the presence of lice and/or nits.

DIRECTIONS TO CAMP HANES

YMCA Camp Hanes
1225 Camp Hanes Rd
King, NC 27021

Accurate directions are available via Google Maps by inputing the name "YMCA Camp Hanes"

CAMP HANES IS LOCATED AT THE BASE OF SAURATOWN MOUNTAIN, NEAR KING, NORTH CAROLINA, 25 MILES NORTHWEST OF WINSTON-SALEM, NORTH CAROLINA.

- Take US-52N from Winston Salem to the King/ Tobaccoville Exit #123
- Turn Right toward King, travel 2 miles
- Turn Left on Brown Road, After 2.2 miles, Brown will dead end
- Turn Right onto Chestnut Grove Road, and Travel .5 mile
- Turn Left onto YMCA Camp Road, Travel 3.7 miles
- Arrive at Camp Hanes Road, follow into camp



REFUND INFORMATION

- The Diabetes Family Connection will refund 75% of the camper fee (25% non-refundable deposit) for cancellations received in writing 30 days PRIOR to the start of the program. Thereafter, no portion of the camper fee is refundable, unless it is for a documented medical reason.





Still Have Questions?

We'd love to hear from you! Shoot us an email at
admin@thedfc.org