Camp Discovery
Parent Meeting

May 19, 2018
Welcome!
Introductions

New campers?

Returning campers?
Camp Discovery
Developed By Kari Dunn Buron

Camp Discovery was started 21 years ago!
It’s one of the first camps in the country created for individuals with Asperger’s syndrome

Kari & Clare retired from Camp Discovery in 2009
Camp Discovery
Developed By Kari Dunn Buron

Adalyn’s Clare
Find out the unique connection between Clare and Camp Discovery
Autism Society of Minnesota
CAMP DISCOVERY provides:

* Structured, supportive environment for campers
* ASD awareness for True Friends camp staff
* Opportunities to explore interests/unique talents
* Social events (e.g. music fest, interest groups)
* Traditional camp programs such as swimming, crafts, outdoor activities, nature, singing around a camp fire
* Learning opportunities that come from everyday natural “camp life”
Courage North
Lake George, MN
Courage
North
Courage North

Map

Dining Hall

Camper Cabins
King Building
Health Center
Waterfront
Camper Cabins
Cabin Day Room
- 8 campers sleep in a cabin
- Each cabin has a bathroom, with 1 shower and 2 sinks
- Each camper will sleep in a twin bed near another camper ("bunk mate")
- A sheet, pillow, pillowcase, and quilt are provided or a camper can bring bedding
- Camper will have 2 dresser drawers
- 3 counselors sleep in Counselor Quarters (CQ) in the cabin
Courage North

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Dining Hall
Camper Cabins
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Waterfront
Waterfront: swimming and boating
Sometimes the camp staff have dogs at camp; the dogs are very friendly. Campers do not have to be near the dogs if they don’t like dogs.
True Friends + AuSM = Camp Discovery Staff
True Friends Staff

* Counselors work all summer at Camp Courage North
* Hired by True Friends
Courage Center Camps & Friendship Ventures partnered in 2012
to create a new camp organization: True Friends

* Program Director: Zach Orner

* Camp Counselors:
  - cabin leaders
  - program staff - waterfront, recreation, nature, etc.
Autism Society of Minnesota Staff

* **AuSM Camp Administrator**: Terri Borowick

* **Camp Discovery Co-Directors**:
  
  Session 1: Jill Pring, Todd Schwartzberg
  
  Session 2: Jill Pring, Nichelle Zimmer, Lacey Hendrickx

* **Camp Support Person (CSP)**: One for every 8 campers, will call you before camp

* **Mentors**: One for every cabin
Why do we have Cabin Support Persons (CSPs)?

* Read through their campers’ registration packets
* Contact parents prior to camp
* Visually support camp
* Help answer questions about ASD
* Social language “interpreter” for campers and staff (diffuse miscommunications)
* Monitor the environment to support campers’ success
Who is a Mentor?

• Adult with ASD

• Mentors are there to keep the Directors and CSP’s on track

• Most are former campers at Camp Discovery
Camp Discovery
Schedule & Activities
First Night Schedule

Supper in Dining Hall
Meeting in cabin
- Meet Campers and Staff, Review Weekly Schedule, Discuss Cabin Guidelines
Evening Programs - rotate to three fun activities
Check Schedule for tomorrow: 1st full day at camp
Get Ready for Bed
Sleep in Cabin
Start of the Day

8:15-9:15  Breakfast at the dining hall. There will usually be both hot and cold food choices.

9:30      Back to the cabins for clean up and a review of the schedule (campers have jobs every morning to help keep the cabin clean - the job chart will be posted)

9:45-10:45 Interest Group 1

11:00-12:00 Interest Group 2

12:15     Lunch/Dinner - This is the largest meal of the day - as with all meals, there will be the option of a sandwich if campers don’t like what is on the menu.
Interest Groups

Adventures Through Time
Righteous Robotics
Fabulous Fishing
Absolutely Awesome Art
Gargantuan Games
Amazing Acting & Performing
Terrific Target Sports
Wild Wilderness Survival
Stupendous Science
Radical Recreation
Iron Chef: Courage North

Startling Stories
Radical Recreation
Fantastic Photo & Film
Morning Interest Groups
Afternoon Activities: A Chance for Campers to Select Recreation Activities

EXAMPLES:
Campcraft (building shelters, dutch oven cooking)
Arts and Crafts (tie dye, nature frames, painting)
Nature (trips to Itasca State Park, hiking, DIY bird feeders)
Waterfront (swimming, fishing, tubing, boating)
Recreation (LARPing, field games, capture the flag)
Waterfront Check In: Lake George for Safety
Campers Can Sign Up For Afternoon Special Activities

Itasca Day Trip

1. Lacy Schenk 2
2. Anthony Gonzalez 3
3. Andrew
4. Rian McMastor 3
5. unknown
6. Nick DeHann 5
7. MaryAnn sonic
8. Allison Ewiny

* This trip is for Thursday Afternoon
  3pm - 5pm
* We will see the Headwaters of the Mississippi

[Staff / Cabin]
1. Christian 6
2. Brian 3
3. Aiden Foster 7
4. Sarah 2
Swimming in Lake George
Tubing on Lake George
Arts and Crafts
Evening

5:30  Supper

6:00-6:30  Cabin meetings: recap the day; discuss any problems. Plan the next day.

6:30-7:00  Organized Activities

7:00-9:00  Evening Activities - These will be planned and discussed ahead of time.

9:00  Back to cabins to wash up and relax.

10:00  Lights out
Evening Activities

Camp Chat/Waterfront/Games/Snack
Boat Ride/Campfire/Mentor Panel
Surprise!
Music Fest & Talent Show
Games & Snacks In the Dining Hall

One of the evening program rotations
Mentor Panel
Music Fest
Camp Discovery
Strategies and Supports
Teasing Hurts Everyone

Camp Discovery is a No Teasing Zone
Schedules

Saturday, July 19th

8:15 - 9:00: Wake up / Morning tasks
8:30: Breakfast / Back to cabin
Cabin clean-up
11:15: Recreation & Walking - Scavenger Hunt
11:45: Campground - Eating Ready To Go Camp
12:00: Lunch set-up
12:15: Lunch
1:00 - 2:00: Adjust / Preparation Time
Activity
Games
Come back to Cabin
1:00: Meet at “The Rock” - Afternoon Program
Waterfront: Four swim / water ski clinic course
Kids & Camp: Tug-O-War
3:00: Craft / Art Workshop: Recreation activities
Camping: Fortune - searching for signs and clues
5:15: Back to cabin
9:40: Supper
Back to cabin
6:15: Store
7:00: Self-Advocacy (classroom)
7:15: Games (Dining Hall)
8:00: Racketball (Waterfront)

Evening tasks: changing, cleaning, etc.
Close all / Tuck
9:50: Lights off
9:45: All lights off
Everyone in their own beds.

“Good night, sleep tight, don’t let the bed bugs bite!!”

Art work by:
Cabin 3 Staff

Gustav Mackie!
Guidelines for Success & Waterfront Rules

Rules to remember:
- Jump in the water feet first
- Walk on the dock
- Swim in the swim area
- Wear lifejackets on dock and on boat

Lifeguards are responsible for reminding campers if they are not following the rules. They have no choice. This is their job. When a lifeguard reminds you of the rules:
- Stop talking
- Think about the rules
- Follow the rules

Thank you.
Tools for Success: Visual Reminders for All

Check In

5-Point Scale

Camp Voice Scale

5: emergency
4: loud
3: talking
2: whispering
1: no talking
Relaxation and Stretching
The Zones of Regulation
The Blue Zone -- is used to describe low states of alertness, such as when one feels

sad          tired
sick         bored

Look for ‘Green Zones’ and wait boxes and sensory tools if the camper is having difficulty moving to the green zone
Green Zone: Camper “Good to Go”

The Green Zone: Calm States of Alertness

Happy    Focused    Content
Ready to Participate

This is the Zone we Strive for at Camp Discovery!
Yellow Zone: Caution

The Yellow Zone

Stressed Out  Frustrated
Anxious      Excited
Silly        Nervous

You still have some Control
Red Zone: Alert “Camper is Out of Control”

The Red Zone

Angry
Terrified

 Explosive
Devastated

These are *intense* emotions
The goal of Camp Discovery is to have a successful week, not to change behavior.

Collaborative & Proactive Solutions (CPS)
Dr. Ross Greene
author of The Explosive Child

www.livesinthebalance.org
www.cpsconnection.com/CPSmodel
Technology

- Technology is a compromise
- Cell Phones are NOT allowed this year
- Handheld games/iPads are allowed but will be kept safe in the counselor’s quarters during the day and at night

Technology Time is scheduled for each day
What to Expect When You Arrive at Camp on Sunday
Riding the Bus

Campers will begin loading the bus at 9:00 a.m.

It is important to be on time for the bus - it will be leaving promptly at 10:00 a.m.

If your camper misses the bus, you will be responsible for transporting your camper to camp.
Campers will arrive and start at the Dining Hall

Parking: In Front of Dining Hall and King Building
Intake is “check in” time at camp

Staggered Check-In
Not until 3:00.
Go to the Dining Hall.
What if you’re early?
- Games set up in dining hall/puzzle table/magazines
- Take a walking tour of the Camp

CHECK IN: Schedule Provided when campers arrive
- Head check
- Check in with the Camp Office
- Unpack in Cabin
- Meet campers and staff in cabin
- Talk with the nurse
- Make a name tag
A check-in list is given to campers when they arrive

Head check
Talk with the nurse
Check in with the Camp Office
Make a name tag
Unpack in Cabin
Meet campers and staff in cabin
Camp Office: Corner of Dining Hall
Camp Discovery Menu

Please look through the menu and anticipate any meals/portions of meals you camper does not like or may not eat.

Consider sending an alternative menu item or remind your camper they have the option of the salad bar or a peanut butter sandwich.
A Few Additional Notes
Hygiene

We do not engage in power struggles regarding hygiene.

We encourage but cannot force campers to shower.
Bugs

Courage North does spray for bugs using an organic solution

Despite this...please send plenty of bug spray with your camper
Social and Recreation Experiences can contribute to Wonderful Shared Memories and the Development of Future Relationships
Questions?