





## Overview: Problem


- Our community is severely lacking in bringing together people with and without disabilities.
- While there are many camps in California most of them cater to kids that either do or don't have disabilities. Few cater to BOTH.

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- There are numerous barriers for people with disabilities, such as opportunity, access to the facility, adequately trained staff ready to meet special needs, etc.
  - Some facilities may feel that if there are people with disabilities, others may consider not coming.
  - In some cities, the county government doesn't think its important enough to have inclusive programs and so people with disabilities have a harder time being involved in mainstream recreational programs.
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### Overview: How Inclusion is Beneficial for Everyone



- gives people with and without disabilities opportunity to engage in leisure together and learn from each other; an experience they might not often have.
  - Inclusive recreation programs gives a number of benefits to experience social and peer friendship building.
  - Playing and interacting with others maintains physical, emotional, psychological, and social well-being.
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## Overview: Solution



- Our goal is to provide an inclusive camp setting, with trained professionals and counselors to help kids with disabilities so activities include all.
- Our program would be set in a recreational therapeutic milieu with a main focus geared toward all kids so that personal and social goals are achieved.





## Background

- In the 1990s, it was recognized there are more people with disabilities in the community than residential centers and recreational leisure was needed just as much for them as for people without disabilities (McLean, Hurd, Rogers, 2008, p.244-245).



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- McLean, Hurd, and Rogers (2008) states, “although all individuals need diverse recreation outlets, those with disabilities encounter barriers that those without disabilities do not. Problems with access to recreation opportunities can be attributed to attitude, architectural, programmatic, and transportation barriers” (p. 240-41)
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- Kids can benefit from the same experiences and teach outcomes that are desirable and undesirable for all children.
  - “Inclusion provides opportunities for socialization and friendships to develop. It provides a sense of belonging and appropriate modeling of social, behavioral, and academic skills”  
- Kids Together Inc.
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## Integration Works!



- Over the span of 3 yrs. the NICP (National Inclusive Camp Practices) studied 14 inclusive residential camps and schools whose programs ran about a week long.
- Results showed successful integration! Both kids with and without disabilities reap the same benefits when focusing on personal and social growth as well as outdoor skills.





## Results

- Surveys with parents and counselors showed that improved self esteem and positively increased and the major improvement made was independence and resourcefulness.
- The results made with both kids with and without disabilities were satisfactory or beyond.



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- “Diversity is a cornerstone of our society and culture and thus should be celebrated. Including people with disabilities in the fabric of society strengthens the community and its individual member.”
  - Broadening our understanding and acceptance for differences through leisure experiences we give our future generation the tool to build a better place for all to live and thrive.
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## Successful Inclusion

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- Professionals should “value recreation as an important life experience for persons with disabilities and seek to achieve positive physical, social, and emotional outcomes, making whatever adaptations in programming, facilities, equipment, or leadership methods are appropriate” (McLean, Hurd, Rogers, 2008, p. 245).
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## Attitudes and Confidence

- Attitudes should be improved and motivated through education and adequate training of staff to give confidence when working with people with disabilities.
- It shows through study that counselors who have been given a profile of the child and had training courses prior to camp on disabilities, improved the attitude and confidence of the counselors in their ability to take care of kids with disabilities.
- This increases the effectiveness of the overall camp.



## Feedback

- Through interviews and surveys it shows that parents who have had their child participate in a inclusive camp setting feel that their child has grown in several area such as independence and use of free time positively.
- Parents who have not had their child in an inclusive camp setting feel that it would be beneficial for their child to be involved in one given it was available locally.



## Survey

- Would you like your child to be involved in an inclusive camp setting catering to kids with and without disabilities? YES NO
- How comfortable would it make you feel to have them overnight at a camp if you knew they were taken care of? 1 2 3 4 5
- Do you feel there is a need for more inclusive camps in your area? YES NO
- Do you feel that your child has had a positive experience at the camp he/she went to? YES NO
- If your child has attended camp do you feel that the counselors in charge were adequately trained to handle kids with disabilities? YES NO



## Our Solution

- We decided as a group to do an inclusive summer camp for people with and without disabilities.
- The focus will be based on building relationships and personal growth with others through therapeutic play and interaction, while providing a variety of activities for people of all abilities and station for development.





## Our Mission

- Our mission is to integrate people together regardless of disabilities into an non threatening environment that encourages and focuses on social skills, self esteem, and personal growth using therapeutic recreational activities.
- By deliberately focusing our camp on the above mentioned, we are stepping outside of the box and giving these children a new opportunity they normally wouldn't be given with a regular camp.




- This will be accomplished in a four week time period.
- Each cabin is capable of holding ten campers and will accept fifty applications including staff.
- Each cabin has four bunk beds and two regular, with two staff in each.
- Two cabins share a linked bathroom that can be accessed from their cabin.



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- There will be a Camp Director, assistant director and counselors to help.
  - There will be specialists like occupational and recreational therapists to help and facilitate the program events and activities to help the kids with special needs.
  - These people will work together to communication between parent and child to ensure confidence in our camp and keep them informed on how their child is doing.
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## What kind of program?



- Once we are up and running we can now be a not for profit but fee charging inclusive camp program.
  - This means money raised donated and received from fees will go to staff, upkeep of camp, food, etc., and scholarships for those in financial need based on fundraising success.
    - It would be our goal to join up with other public and not for profit organizations so all can help out in the success of the camp.
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## Rough Budget

- Government grant based on ADA 250000
- State Grant based on ADA 250000
- Outside funding from local businesses 3000
- Fundraising 7000
- Campers Participation (150.00x50) 7500
- Directors pay (13.50x40) -2160
- Assistant directors pay (12.50x40) -2000
- Sr. Counselors Pay (11.00x30) -1320
- Counselor Pay (9.50x25) -950
- Nurse (25.00x40) -4000
- Nurse Assistant (20.00x40) -3200
- Clean up crew (15.00x40) -2400



## Rough Budget con't

- Horse and two trainers -9600
- Ropes: 3 certified instructors -6800
- Rent Paid to the facility -200000
- craft supplies -5000
- Life guard (15.00x15) -900
- Final Budget \$257,702
- All food provided by local lions club, boys and girls clubs, YMCA, boy and girl scouts and key clubs. They provided all meals and brought own food to prepare. They volunteered so no money was given to them.



## Goals and Outcomes



- Improved self esteem, confidence and personal growth
- Improved outdoor skills
- Better communication and social skills amongst peers
- Relationship building skills
- Improve independence
- Knowledge about at risk behavior and confidence to use that knowledge.





## Example: Breaking the Barriers Fresno, CA

- Deby, founder, at age 16, was a State, Regional, and National gymnastics champion. She had the opportunity to perform in the Olympics, but an ankle injury in 1972, kept her from competing.
- Her dream, was not for self-glory but was born out of the shadows of another birth - that of Deby's sister, Kathy born with Down Syndrome.
- Kathy, became her drive to create a common bond, fused through sports, between all persons with different abilities.



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- Breaking the barriers started on twenty acres of her grandfathers land.
  - Later it moved to a house with a trampoline, bed mattresses for mats, and balance beams.
  - Now at 32,000 sq ft the facility has a swimming pool, beach access, gymnastics equipment, kick boxing, and more.
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- “BTB’s mission is to break all barriers experienced by people with different abilities.” With over 3,000 students participating in programs offered at BTB, including 8 school districts, BTB is continually adapting to meet increasing demands for this unique program.
  - BTB, continues to change lives around the world. It’s recognized as the National Role Model for Inclusion and has broken barriers nationally and internationally.
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## References

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