



Highbrook Lodge

Established 1928

2016 CAMP REPORT

Lindsay Lowe, CTRS, Camp Manager

Larry Benders, President and Executive Director

Therapeutic Recreation Focus

Recreational Therapy is designed to restore, remediate, and rehabilitate individuals with disabilities to improve health and well-being and reduce activity limitations as it relates to leisure and recreation pursuits. Therapeutic recreation utilizes interventions in order to improve the physical, emotional, cognitive, social, and leisure domains of clients upon transition from programming. Recreation and leisure interventions are implemented under the guidance of a Certified Therapeutic Recreation Specialist (CTRS) to improve overall well-being and quality of life. Various therapeutic recreation interventions include, but are not limited to, adaptive sports, therapeutic art and music, aquatics, horticulture, leisure education, relaxation and stress management, therapeutic fitness, and therapeutic games.

Therapeutic recreation aligns with the interventions within the camp setting and natural environment. Highbrook Lodge has transitioned into a therapeutic-based camp during summer season 2016 with an increased focus on planning and implementing goal and outcome driven group-based interventions. Our activities and programs allowed campers to work towards individual and collaborative goals. Progress on goals and also camper outcomes were documented on Camper Goal Charts. Camper Goal Charts were completed on all campers age 7 and older, indicating individual camper progress and personal goals and objectives. Through the use of documentation it has created a tool to prove the benefits and validity of attending camp. Most campers departed Highbrook Lodge with observed progress within one or more of the focused well-being domains including activities of daily living, leisure, physical, social, psychological/emotional, cognitive, and spiritual. Overall progress was also documented in Transition Notes written by the Camp Manager (CTRS) and/or Recreation Therapy Intern.

Recreational therapy in the camp setting has been proven by research as an effective method of therapy for individuals with disabilities at camps across the country. We believe here at Highbrook Lodge it will continue to contribute to the vision rehabilitation process for our clients. Data analysis of our Camper Goal Charts will take place in fall of 2016.

Lindsay Lowe, CTRS
Shelby Rieger, RT Intern

Session 1: Celebration

June 20-25, 2016



Attendance: 28 campers total
(increase of 8% from 2015)

15 Male, 13 Female

Utilization¹: 74%

From outside Ohio: 0

From Ohio Outside of Cleveland: 9 – Cincinnati
2 – Garfield Hts.
1 – Lakewood, Columbus, Cleveland Hts., Ravenna,
Strongsville, Brookpark, Highland Hts., Parkman,
Madison, Solon, East Liverpool, Conneaut, Orrville

First Time Campers: 3

Summary:

Celebration session is for campers with multiple disabilities including vision loss, hearing loss, physical disabilities, developmental and intellectual disabilities, psycho-social challenges, and chronic medical conditions such as diabetes and epilepsy.

This session is an important socialization opportunity for our campers with multiple disabilities, including a sizable group from Cincinnati. The accessible and enjoyable programming of Highbrook Lodge allows for individual campers to have experiences that are typically not available during their daily life. Highlights of this program included: **Jungle Bob** and his tactile exotic animal show, a group fishing trip and canoeing trip at **Geauga Park District's Headwater Park**, a visit from the **Great Geauga County Band**, a field trip to **Fieldstone Farms**, a therapeutic riding center, for equine-assisted programming, an Outdoor Activities session focused on teaching skills for cooking over a campfire and overnight campouts in the woods. Finally, the campers were able to exhibit their unique talents in the annual talent show and choir event during the last evening of the session.

¹ Utilization in this report is based off of 38 beds, due to staff and camper housing availability and our supervision ratios. Exceptions to this occur during Kids, Tweens and Teens where up to 43 beds could be utilized.

SYWE Weekend July 1-4, 2016



Attendance: 11 campers total

5 Male, 6 Females

Utilization: 29%

From outside Ohio: 1 - Australia

From Ohio Outside of Cleveland: 1 – Urbana, Euclid, New Philadelphia, Amherst, Rushsylvania, Mayfield Hts., Cortland, Vermilion, Ottawa

First Time Campers : 7

Summary:

This session included 11 individuals from the Summer Youth Work Experience program at Cleveland Sight Center. The campers came to camp for the holiday weekend. Campers got to be exposed to all Highbrook Lodge has to offer through participation in traditional camp activities including teambuilding initiatives, archery, t-shirt tie dying, swimming, creating patriotic songs, going on a hike and more! They enjoyed a 4th of July BBQ before leaving for the CSC on Monday morning.

Session 2: Adult Resort July 4-9, 2016



Attendance: 18 campers total
(decrease of 22% from 2015)

6 Male, 12 Female

Utilization: 47%

From outside Ohio: 1 – Ontario, Canada

From Ohio Outside of Cleveland: 2 – Cleveland Hts.
2 – Strongsville
1 – Greenwich, Carrollton, Rocky River, Lakewood, Euclid,
Kent, Elyria

First Time Campers: 2

Summary:

This session is designed to offer a variety of activities for the campers to choose from during each activity period, excluding all-camp evening program. The theme for the session was Wild Wild West. Each day explored the western front and the program activities reflected this.

The session's campers were joined by 3 campers for the day on Friday, July 8th for a program that gives more individuals a chance to be exposed to camp, and experience traditional camp activities. In addition, the TLC group from the Cleveland Sight Center spent the afternoon at camp as well.

Highlights from this session included an optional canoeing and fishing trip at **Geauga Park District's Headwater Park**, overnight campouts in the woods, our outdoor living program where campers learned orienteering and cooking over the campfire and a performance from the **Chozen Few Band** for Banquet Night on the last evening of the session.

The week following this session, we held a one-day shopping trip that was attended by 10 clients. Clients were taken all around Geauga County to favorite shopping locales such as the **Amish Auction**, the **Middlefield Cheese Factory** and the **Chardon Walmart**.

Session 6: Bright Futures July 15-17, 2016



Attendance: 31 campers total
(24% increase from 2015)

14 males, 17 females

Utilization: 82%

From outside Ohio: 0

# From Ohio Outside of Cleveland:	3 – Beachwood	3 – Akron	6 - Cleveland
	3 – Shaker Hts.	5 – North Ridgeville	
	2 – Westlake	4 – Parma	

First Time Campers: 14

Summary:

This session was planned with the support of **Children and Young Adult Services**, specifically **Laurie Schlickman**, Case Manager and was focused on connecting parents of children who have vision loss with someone who may be able to share similar experiences, challenges, and solutions to problems. This session has been referred to as one of the most important events in the young lives of these camper families.

The theme for the session this year was an Under the Sea weekend. There were parent specific activities along with children & family activities that were planned to allow for an enjoyable experience while also serving the purpose of providing information and support to families. Parent-specific groups included an educational session from **Brenda Lammers**, Early Intervention Specialist and a yoga session from **Barbara Williams**, Early Intervention Specialist. Children and their siblings were treated to special under the sea themed activities throughout the weekend.

This session was in demand for 2015; however due to space and staffing constraints all interested families were not able to attend. Further investigation on implementing a second weekend for future summers is in the works.

**Session 7: Kids
Session 8: Tweens
Session 9: Teens
July 19-July 30, 2016**

**Session 7E: Kids Express
Session 8E: Tweens Express
& Session 9E: Teens Express
July 19-24, 2016**



Attendance: 14 Kids (ages 7-11)
12 Tweens (ages 12-14)
12 Teens (ages 15-21)

9 males, 5 females
8 males, 4 females
6 males, 6 females

16 campers for 6 days only ("Express" session)
22 campers for all 12 days

**38 campers total
(increase of 4% - Total Kids/Tweens)**

23 males, 15 females

Utilization: 88%

First Time Campers: 14

From outside Ohio: 1 – Chicago, Illinois

From Ohio Outside of Cleveland:

- 3 – North Olmsted
- 2 – Akron
- 2 - Barberton
- 2 – Mayfield Village
- 1 – Euclid, Wooster, Mayfield Hts., Aurora, Stow, Belpre, Avon, Willowick, Wickliffe, Medina, Urbana, Eastlake, Milan, Chardon, Columbiana, Chagrin Falls, Toledo, Geneva, Garfield, Concord, Garfield Hts., Twinsburg, Mentor, Brunswick, Westlake, Clinton

Summary:

For the second summer in a row, all three sessions (Kids, Tweens & Teens) were held concurrently. In addition, campers were able to choose to come for 6 days ("Express Session") or for 12 days. Kids are 7 to 11 years old,

Tweens are 12 to 14 years old and Teens are 15-21.

The theme of the entire 12 days was based around Star Wars. Activities were related to the theme, including evening programs. Among other things, campers made “planet” banners, light sabers from pool noodles, Jedi robes, “Jed-eyes” and galactic water colors in arts and crafts; played keeper of the keys, learned how to play the theme song with boom-whackers and made up song parodies in music and drama; worked on teamwork in sports and recreation activities such as archery, obstacle courses, and of course, BB-8 ball; planted herbs, took hikes and learned about constellations in nature; and learned about shelter building, fire building and orienteering in Outdoor Living. In addition, our teens participated daily in Outdoor Living Skills with longtime staff member turned volunteer **Maxwell Czekala**. Over the course of 12 days they learned survival skills such as fire starting, shelter making, how to collect water, plant identification, camouflage, and how to survive in open water (via our pool). Evening programs also focused around the theme and included activities such as pod racing, a counselor “bounty” hunt, Jedi Code, and a Ewok Party (kids/tweens). The session culminated with the “Death Star Mission” – a team focused, challenge race where campers worked together utilizing all they had learned throughout the session. Another important focus for the campers in our Kids, Tweens and Teens session was a cabin clean up session block where each member of a cabin group was responsible for cleaning up their bunk area and assisting their peers and staff in maintaining the cleanliness of their cabin. Galactic points were awarded daily for the cleanest cabin!

Other highlights of these sessions included the following: overnight campouts in traditional tents; trips to **Geauga Park District’s Headwater Park** for canoeing and fishing; a visit from **Jungle Bob’s** exotic tactile animal show; a visit from the **Cuyahoga Valley National Park** team that put on a show utilizing Native American legends to teach about animals found in Ohio; a trip for our teens to **Fieldstone Farms**, a therapeutic riding center, for equine-assisted programming; a trip to **Hasting’s Dairy** where our kids and tweens got to learn about the milk making process and even try some themselves; visits from some very special galactic friends!

Additionally, a week prior to the Kids, Tweens and Teens session, our one-day Youth Day Away trip was held at Highbrook Lodge for individuals between the ages of 8-16. This allowed young campers to experience camp for the first time. Eight campers attended.



Session 10: Adult Express August 1-5, 2016



Attendance: 14 campers total
(decrease of 13% from 2015)

8 Male, 6 Female

Utilization: 37%

From outside Ohio: 0

From Ohio (outside of Cleveland): 2 – Lakewood
1 – New Philadelphia, Parma, Hudson, Berea, Lorain,
Cincinnati, Euclid, Akron

First Time Campers: 1

Summary:

This session provides another experience for adults with vision loss to attend camp. The theme for this session was Myths and Legends. Activities for this session included swimming, bowling tournament, fire building, unique arts and crafts, generational music programs, and educational nature activities. Campers also got to participate in evening programs such as pyramid making, legends focused Scattegories, a mythical rendition of Name That Tune and the closing Banquet with Talent Show. In addition, campers were able to choose to participate in a campout night in the woods and a canoeing and fishing trip to **Geauga Park District's Headwater Park**.

Session 11: Fit & Fabulous Weekend

August 5-7, 2016



Attendance: 7 campers total

2 Male, 5 Female

Utilization: 18%

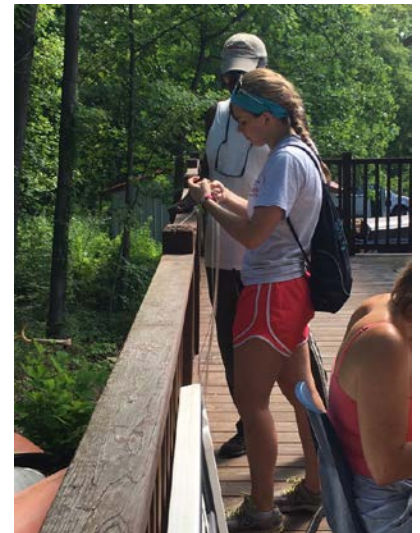
From outside Ohio (list city or states): 0

From Ohio Outside of Cleveland: 1 – Eastlake, Lakewood, Maple Heights, Parma Heights

First Time Campers: 4

Summary:

This pilot session was created and implemented by our Recreation Therapy Intern, Shelby Rieger. The session provided low-impact recreation and leisure activities for adults the ages of 40-60 with vision loss. This program was designed to increase exploration of leisure activities appropriate for their age demographic in which they would be able to pursue within their own community. Activities for this session included music and drama drum circle, a nature walk, canvas painting, horticulture hanging planters, yoga, water aerobics, bowling, archery, relaxation/guided imagery, and leisure education. Additionally, speakers attended including a yoga instructor and volunteers from the Cuyahoga Valley National Park to implement a Bat Program teaching the campers about bats of Ohio and locating bats utilizing a bat detector. At the conclusion of the program campers attended the end of the year Family & Friends BBQ visiting with Sight Center staff.



2016 Volunteers & Guests

Prior to the camp season kicking off, **Progressive Insurance** sent two separate departments out to camp to help prep the camp for the beginning of summer. During camp an additional **Progressive Insurance** department came out to help assist with mid-summer cleaning and prep for our Bright Futures session.



At the beginning of June the **Cohen Syndrome Association** held their third bi-annual family conference at Highbrook Lodge. Our staff provided programming for the children and adults with Cohen Syndrome while their parents and family attended educational sessions and spent time networking with other families.

Gordon Safran visited during our teen session to gift clock radios to our teen campers. Gordon has been showing his generosity to camp and our campers for over 40 years.



We were lucky to be supported by six volunteers who dedicated their time and energy over the summer to assist us in our camp programming. Volunteers include: Michele Hare, Michelle Reid, Bobbie Szabo, Maxwell Czekala, Joseph Svarovsky and Barrett Jett. Pictured at left: Joseph Svarovsky, Maxwell Czekala and Bobbie Szabo.



We were once again fortunate to benefit from the volunteerism of several organizations that provided a day of service to paint, rake, and repair and help us keep the camp beautiful and maintained. In addition to above named groups the **Delta Gamma Alumni East organization**, **Gesu Church** and **Chardon High School** joined the efforts during this fiscal year to keep camp beautiful this summer.

2016 Camper Attendance

Session	2015 Camper Attendance
Adult Celebration	26
SYWE Weekend	6
Adult Resort	23
Bright Futures	25
Kids	5
Tweens	5
Teens	10
Kids Express	17*
Tweens Express	
Teens Express	
Adult Express	19
Sports Camp	7
Fit & Fabulous Weekend	N/A
Adult Day Trip	7
Adult Shopping Trip	25
Youth Day Away	11
TOTALS	186

2016 Camper Attendance	Session Length (days)	Actual Camper Days Attended
28	6	155
11	4	24
18	6	107
31	3	71
7	12	84
4	12	84
10	12	120
7	6	42
7	6	42
2	6	12
14	5	66
CANCELLED DUE TO LOW REGISTRATION NUMBERS		
7	3	21
3	1	3
8	1	8
8	1	8
165	-----	847



Highbrook Lodge employed 24 staff members to serve as Cabin Leaders, Program Staff, Lifeguards, Drivers, Media Specialist, Registered Nurse, Kitchen Assistants, Maintenance Assistants, Recreation Therapy Intern and Leadership Team Members. All staff is supported by year round Camp Manager, Lindsay Lowe and Camp Ranger, Kevin Pye in addition to seasonal staff members Mollie Evans, Camp Coordinator and Stefan Wickli, Program Coordinator.

Recommendations

The following programmatic recommendations are being made by the Camp Manager and the Camp Coordinator for summer 2017 based off continued observation and assessment of camp programming from summers 2014, 2015 and 2016.

- It is recommended that the supervisory ratio be decreased from its current two staff to eight campers to a two staff to six camper ratio. Over the years we are seeing more and more campers with multiple disabilities which present more behavioral and personal care needs. We feel that our campers are unable to be properly supported in our current ratio and believe for the health and safety of campers and staff the ratio should be decreased to 2:6.
- Over the past three summers we have seen a 40% decrease in attendance at our Adult Resort and Adult Express sessions – sessions originally designed for campers living with vision loss or blindness, excluding additional disabilities (clients with multiple diagnoses attend Adult Celebration). Due to this decrease it is recommended that Adult Resort and Adult Express be combined into one session to maximize the utilization of camp. Ensuring campers are being registered for the appropriate session will be vital to ensure campers are able to be properly supported while at camp.
- Over the past two summers there has been an increased interest in the Bright Future's Family Camp session held for clients ages birth to six with vision loss and their families. Word of mouth from families who have attended in the past in addition to support from CYAS Case Manager Laurie Schlickman and Early Intervention Specialists has made the demand grow. For summer 2016 not all interested families could attend due to the space constraints at camp. It is recommended that an additional weekend session be considered. Additionally, it is recommended that the weekend run from Saturday to Sunday only. In the past two years many families have come late so as not to miss work on Friday.
- Over the past two summers we have also seen a great increase in the number of kids, tweens and teens attending camp. It is recommended that this age demographic be a continued focus of camp. Informally this age group benefits greatly from the therapeutic nature of camp.
- To continue increasing the utilization of camp it is recommended that camp be marketed and focused on as the premier recreation activity for the summer for clients. If the health and wellness department (formerly camp and recreation) moves towards a more streamlined, goal-focused, therapeutic model it would be recommended that clients are referred through the (former title) Recreation Specialist to attend camp. It is suggested that more attention in the agency about the benefit of camp will also be needed for this to happen. A cultural shift in staff and clients that camp is therapeutic and a part of the vision rehab journey – as opposed to just a “fun place” or a “vacation” is needed.



For More Information Contact:

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