



**Diabetes**  
**Education & Camping**  
Association

***Empowering Youth  
With Diabetes***

February 17 - 18, 2018

**Gaylord Opryland Resort &  
Convention Center**

Nashville, Tennessee, USA

Session Title	Speaker(s)	Description
<p>“Sensors, pumps, and closed-loop technologies – what will be coming to camp with in the next few years”</p>	<p>Bruce Buckingham, MD</p>	<p>Use of sensor approved for non-adjunctive use, and implanted sensors. Hybrid closed-loop systems, Medtronic, Tandem basal IQ, Tandem control IQ, Insulet systems, and the Bionic Pancreas. Will the work for camp medical staff be increased or decreased? How comfortable will staff feel with automated insulin deliver</p>
<p>Why Camp Experiences Are More Essential Than Ever Before For Every American Youth, Teen and Young Adult</p>	<p>Tom Rosenberg, BS, MBA, President and CEO American Camp Association</p>	<p>Mobile media screen time use by Gen-Z young people has skyrocketed and regular in-person social interaction has significantly declined. Psychologists report dramatically increased loneliness, stress, depression, suicidal thoughts and self-harm among teens. Yet strategic foresight researchers project that when Gen-Z-ers enter the workforce, they will be facing a human-centered economy where everything that can be automated will be managed by machines and AI. Researchers report that well-practiced core social-emotional skills, growth mindsets and 21<sup>st</sup> century learning skills such as collaboration, critical thinking, communication, creativity and emotional regulation will be absolutely essential. Come and learn more about this critical context for camp and how to position your camp for the future with community partners, parents, funders and other constituents.</p>
<p>Change and Innovation to Engage and Keep Youth Involved</p>	<p>David Bryfman, PhD</p>	<p>David's extensive research into understanding adolescents brings a fresh understanding of what communities need to be doing in order to engage youth today, as we embed resilience and grit, knowledge, skills, and capacities to make their communities and country a better place.</p>
<p>How to Utilize Advances in Diabetes Technology at Camp, FDA Approved and Unapproved</p>	<p>Bruce Buckingham, MD, Raylan Lal, MD</p>	<p>Training staff on where to find information on the systems when responding to alarms, using sensor readings and trends (are meter readings required for sensors approved for non-adjunctive use), what can be adjusted while at camp, should campers be allowed to bring do-it-yourself systems to camp, what about remote monitoring by parents, what to do when a system isn't working.</p>

<p>Remote Monitoring of Dexcom CGMs: Data and Recommendations</p>	<p>Jaclynn Johnson, RN, BSN, CDE</p>	<p>The accuracy of continuous glucose monitors (CGMs) has increased greatly in the past few years. More and more parents of children with type 1 diabetes are "following" their child's CGMs 24 hours a day and using the CGM alarms to alert them to when their child needs treatment for a high or a low blood sugar. Catching and treat low and high blood sugars overnight is an important aspect of any diabetes camp, and the ability to remotely monitor CGM readings assists in this goal at camp as it does for parents at home. Camp Neveda in 2017 developed a system of remotely monitoring Dexcom readings through the Dexcom Follow phone app that was improved and continued in 2018. This system allowed campers to bring and wear their Dexcom systems at camp and allowed both high and low blood sugars to be caught remotely by medical staff and treated overnight. This session will go over the data collected from the remote monitoring system as well as provide information on how this system was set up and how it will continue to change in the future as technology advances. Recommendations for future remote CGM monitoring systems at camp will be made based on the data collected including alarm parameters and treatment decisions.</p>
<p>Diabetes Toolbox, Basics of Diabetes Management at Camp</p>	<p>Abby Hollander, MD, Carla Cox, PhD, RD, CDE, CPT, Vicki Moran, PhD, RN, CNE, CDE, PHNA-B, TNS, Kelly Mueller, MS, PMP, Stephanie Kassels, DNP, FNP-BC, CDE &amp; Emily Fay, B.A.Sc.</p>	<p>Comprehensive training modules with assessments designed to increase the knowledge of diabetes management for camp staff. Content compiled using practice standards from the American Diabetes Association (ADA).</p>

<p>Structuring Your Program to Successfully Work with Teens!</p>	<p>Kristi Nelson, RN, BSN, Megan King</p>	<p>Over the past 5 years since initiating a week-long High School Camp program, Camp Leo has been modifying procedures to find a structure that works well for all. The past few years, we have successfully implemented a program where the teens take the lead of their own care while at camp, with support and buy-in from their medical staff, rather than instruction. We have seen this reduce the frequency of conflict between campers and medical staff, increases in learning opportunities, and growth with camper confidence and self care. Our programming has also changed over the years to allow a greater diversity in activities, and provides options for campers to choose activities that interest and challenge them, rather than requiring all campers to participate in all activities.</p>
<p>Diabetes Education Course at Camp for HCP With Experience in Diabetes</p>	<p>Mark Barone, PhD</p>	<p>ADJ Diabetes Brasil (the largest Brazil diabetes NGO) has been running a Diabetes Education course for HCP with experience in Diabetes for the past 10 years, in partnership with the Brazilian Diabetes Society and IDF-SACA. 3 years ago we started to run a Diabetes Education course focusing on type 1 diabetes in parallel and inside our annual diabetes camp. There, the 40-50 HCP have opportunity to have all their classes and trainings, while immersed in the real-life experience in the camp, they also have structured opportunities to interact and learn from these interactions with our 80 campers and 100 professionals in one of the most traditional diabetes camps in Latin America.</p>
<p>National Survey of Pharmacy Students Volunteering at Camps for Children with Diabetes</p>	<p>Christopher Jacobson, Pharm D., BC-ADM, Heather Whitley, Pharm D., BCPS, CDE</p>	<p>Pharmacy students have volunteered at diabetes camps across the United States for decades. However, published data is lacking about demographics, contributions, and outcomes associated with their participation. This collaborative project between Auburn University Harrison School of Pharmacy and Loma Linda University School of Pharmacy was designed to answer this call. Pharmacy students across the nation who participated at diabetes camps as medical staff during the summer of 2018 were provided a pre and post survey to evaluate their knowledge and attitudes about diabetes as well as involvement while at camp.</p>

<p>Camp Counts: Demonstrating the Value of Camp Through Research and Evaluation</p>	<p>Laurie Browne, Ph.D., ACA Director of Research</p>	<p>We are in a very exciting time for camps and the campers we serve, first because we have emerging research that demonstrates the value of camp and second because we have tools that camp professionals can use to measure and demonstrate the outcomes of their camp programs. We will cover both research and evaluation in this session. Participants will learn about new findings from ACA's national Youth Impact Study and discuss ways to apply these findings in their work at camp. Participants will also review ACA's evaluation tools and brainstorm how these tools might help increase the value and visibility of their camp programs.</p>
<p>Recognizing Opportunities to Get Your Piece of the Diabetes Pie</p>	<p>Bill Vierbuchen, BS, &amp; Jenna White, BS</p>	<p>The object is to offer up some non-traditional approaches to fundraising, and more importantly, think about better ways to improve current fundraising activities. Are there better ways to approach the "usual suspects"? How can you work with JDRF and other large diabetes organizations? How important is return on investment for your organization? Overall, how do you adapt to 'get your piece of the diabetes pie?'</p>
<p>Using Your Strengths to Lead and Grow</p>	<p>Jennifer H. Selke, Ph.D. cell: 510-206-0810</p>	<p>In this interactive three-hour workshop, you will internalize your talents and understand how to turn them into strengths as they drive your quest for excellence. Discover what talents you have relied on to reach your current level of success. Learn what you bring to the team and how to get the best of you at work. Understand where to form complimentary partnerships to be more effective. Learn what your strengths look like when they are overdone and how this might get in the way of your peak performance. This workshop will also include bonus material to help you prepare to run your own StrengthsFinder workshop with your team.</p>

<p>It Takes a Village; Enculturating Diabetes Management with Full Time Summer Staff</p>	<p>Rebecca P Winsett, PhD, Elizabeth Owen, BS</p>	<p>Counseling staff is the heart of the camper's experience. When there are limited counseling staff with diabetes (18 years and older) there must be contingency plans to assure that campers receive safe glucose management. Camp Hopewell, a Presbyterian Camp and Conference Center, has hosted diabetes camp for over 40 years. During the past ten years the Camp Director built into the contract for the summer counseling staff expectations to act as counselors with diabetes during the three diabetes sessions held. This session will describe the circumstances, the policies and procedures used to develop counseling staff with limited exposure to diabetes to prepare them to assist with blood glucose monitoring during camp activities and overnight. The diabetes sessions at Camp Hopewell use a decentralized model, where cabin nurses paired with the cabin counseling staff manage blood glucose and insulin delivery. The goal using this model is to create the atmosphere of uninterrupted play.</p>
<p>Leadership Development Programs Teaching More Than How To Be The Ideal Camp Counselor</p>	<p>Anna Rambo, BS</p>	<p>This session will touch on what changes I have made with Camp Kudzu's leadership development program, and the importance of teaching young adults not only how to be a great camp counselor, but how to be independent, how to create a support network, and how to be a great well-rounded leader in their everyday lives.</p>
<p>Homesickness at Diabetes Camp</p>	<p>Kelsey Tullis, BA</p>	<p>For many campers in the diabetes camp community, camp is their first experience away from their home and parents. When living with a chronic condition like diabetes, parents are used to being involved in everything their child participates in. The thought of leaving them for a week with no to little communication can be frightening. Similarly, campers may be unaccustomed to spending time away from home. This session will explore the different aspects of homesickness, including perspectives from campers and from parents who are nervous to leave their child at camp; strategies to help campers acclimate to camp; ways to prevent homesickness and first day nerves; and material to introduce during staff training to help best prepare your camp staff for homesick campers.</p>

<p>"An the Oscar Goes to..."</p>	<p>Kat Shreve, BS, Teresa Tucker, PhD</p>	<p>"If a picture is worth a thousand words, a movie clip can speak volumes. Use the power of film to facilitate your staff training... Engage staff on the edge of their seat with illustrations of important training concepts concerning bullying, safety, communication, teamwork, diversity, and more using the big screen. (Bring your own popcorn)"</p>
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