

Kris' Camp / Therapy Intensive Programs
1132 Green Hill Trace
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THERAPY INTENSIVE PROGRAMS, INC.
Realizing Potentials. Emphasizing Strengths.

NEWSLETTER 2013

Kris' Camp Therapy Intensive Programs

Newsletter 2013

Message from the Executive Director

December 2013

Dear Kris' Camp Friends and Families,

Hope this newsletter finds you all well and enjoying the season. This year has brought a lot of change. As we balance funding changes and assisting families, we continue to investigate alternative ways to offer programs while still maintaining our commitment to quality. Michelle and Leidy have been awesome at holding down the fort – more this year even than past years – so that I could buckle down and finish my dissertation and then go visit my girls. Yes, you heard that right – I am finally done! You can officially call me doctor now, but only if you want. :)

That said, Michelle and Leidy are taking an extended hiatus from their administrative duties. They both have young children (4 and 3 children, respectively), and need to devote their time to their children. I will be taking back some of the responsibility, and am currently looking for someone to help me. Thank you so much Michelle and Leidy, without your commitment, energy and expertise, I don't know what we would have done! Leidy will still be 'on call' for a while to help us through the transition, and Michelle will still be working, at least some, camps. Yay!!



Looking forward, I am investigating grant opportunities that can combine program services with research. Though we know, through observation and feedback, that our programs work for those we serve, we haven't been able to measure, from a scientific perspective, what 'key ingredients' and in what amount, are optimal. I plan to employ some of what I learned in graduate school to further our knowledge.

In fact, I am currently working on a grant that will bring our therapeutic philosophy to a residential facility and day program I work at. This past August I took on a new contract to serve a residential facility here in Tallahassee. There are several individuals with severe autism that attend these programs, and I am now their physical therapist. Programs that currently serve these folks are largely built on applied behavior analysis principles with little to no sensory motor supports. The directors at both programs would like to integrate sensory motor supports. The first grant would cover a week of bringing Kris' Camp therapists to Tallahassee to do an intensive program with some of these clients and to train staff.

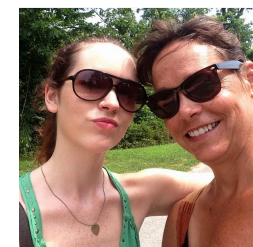
Beyond applying for grants, we will be looking at how we can access other funding opportunities, including state funding agencies that support persons with autism, and an online continuing education opportunity for therapists where a portion of monies raised will be contributed to our scholarship program. And lastly, a new Nationwide Dinner Party that will be kicked off Saturday, February 1st. A good friend suggested this to me. As we serve individuals that cross a wide geographical area it is a challenge to come together for a fundraiser. But, we could all throw a dinner party on a selected evening and 'pass the hat'. I will do a brief online presentation about camp, and then we will pass the hat. The idea is that anyone can contribute, as much or as little as they want and/or are able without geographical restrictions.



On a personal note, now that I have a little breathing room not having my nose stuck in the books, I am enjoying seeing more of friends, I am really excited to be able to start putting my degree to work for camp, and as usual, I am enjoying my four legged roommates. I also was lucky enough to be able to take a long trip after defending my dissertation. I flew to Sri Lanka via New York City. Kevy taught English as a second language in a small rural village in Sri Lanka and invited me over. We enjoyed riding tuk tuks and traveling the southern part of the country. We

also were able to spend a couple of nights with her host family. Though a poor area, it was absolutely beautiful. Think Jungle Book. On the last part of our trip, we spent a day at an elephant reserve and got to ride an elephant. When we arrived the guide asked if we wanted a shower. Not knowing what this was, we said, uh yeah sure. He pantomimed us taking our shirts off. Of course this felt a little weird given that we had spent the last several days worrying if our shoulders were covered enough, but what the heck. So, we climbed on and soon realized what the guide meant! :)

It was awesome that I got to see Chelsea in New York City on the way to Sri Lanka and the way back. She was working this summer and is now attending NYU for a master's program that integrates journalism and international relations. Lucky for me, I got to spend my birthday with her. I am really looking forward to Christmas, when they will both be home.



Have a wonderful, wonderful Merry Christmas, Happy Hanukkah, or whatever you choose to celebrate this season.

Take good care,
Thanks and love,

Kathy

PS – If anyone is wondering what my degree is in: I have a BS in Physical Therapy, a MS in Psychology – Cognitive and Behavioral Neuroscience area, and a PhD in Rehabilitation Science. Didn't totally plan it this way, but it is kind of cool how it worked out, as I want to investigate for cognitive motor and sensory supports for persons with autism.

2013 Camps Summary

This year we focused on maintaining our core programs in beautiful Idyllwild while also offering several opportunities in the San Diego area. Not only is San Diego a great place for out of town families to visit, but we have been met with open arms by several facilities there which has made it a great place to add to our offerings.

We held two concurrent therapy sessions for new and returning campers in Idyllwild in late June. As always, Rainbow Inn, Idyllwild Inn, and the more recent addition of Apple Blossom Inn were very accommodating of our staff, families, and 'stuff'! Not long after we left Idyllwild, a large forest fire threatened the entire community, which was evacuated for a time. Thankfully, the community survived relatively unscathed. We are so glad that everyone is ok, and of course that we will be able to return again in 2014.

In July we held a full five day therapy program at Stella Maris Academy, a Catholic School in La Jolla, CA. They offered us a gated yard with several classrooms and playground attached, and a set up in which we could have our group dinners. We had views of the water in the background and a cool ocean breeze in the middle of July! And of course, a hard working team of staff and campers doing their thing!!

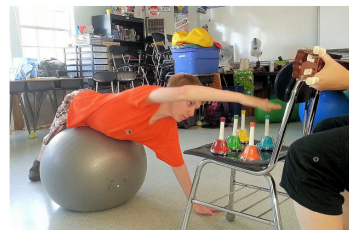
Also in July was our I Can Camp session. I Can Camp is a sleepover/recreational camp that provides a more traditional summer camp opportunity for kids with special needs such as autism who are ready for this type of experience. This year we were fortunate to hold the I Can Camp at Whispering Winds (www.whisperingwinds.org), a gorgeous facility in Julian, CA, with all inclusive therapy space, lodging, dining hall, and recreational activities. In addition to the I Can Camp, we also held our fall therapy/family camp at Whispering Winds, which allowed fun times on the zip line, challenge course, rock wall, archery, and camp fire to name a few! It was a breath of fresh air to be in this environment with a crew that could not have supported our staff any better. Incredible group and incredible site!



Thank You!

We would like to thank the following organizations and families for their involvement in making camps great this year!

- Autism Speaks
- Marlene Rench Scholarship Fund
- Rainbow Inn of Idyllwild, CA
- Apple Blossom Inn of Idyllwild
- Idyllwild Inn
- Jennifer Oliver
- Whispering Winds Retreat Center, Julian, CA
- Stella Maris Academy, La Jolla, CA
- Baby Go Round retail store, San Diego, CA



At camp, we often talk about how we try and turn a negative cycle into a positive one. Once we assume (which we always do) that the persons we serve are competent, and can understand, it is our job to figure out the right supports to use. Recently, David Mitchell, the father of a child with autism who translated “The Reason I Jump”, a book written by a young man with autism who types to communicate, appeared on the Daily Show. <http://www.thedailyshow.com/watch/tue-october-1-2013/exclusive---david-mitchell-extended-interview-pt--1>

Jon Stewart: So you open this up and there is this idea that there is a complexity and a nuance to this person’s (persons’ with autism) inner life that is not evident. How does that help you? Does it make it more complicated? Does it ease your mind? What happens to you when you learn this?

David Mitchell: For me, it... very practically encourages me to give my own son’s capability and potential much more credit than I otherwise would. Uh... if he drops a top on the floor and walks off. Previously I would have thought, well, he has autism what would you expect? But now,... a little bit because of the book, I will say: Rea... pick up the top, bring it over to the table and set it down. And, he will. A sort of virtuous spiral kicks in rather than a vicious cycle.... because I believe the potential, that the possibility of a much richer life is there, I bother to expose my son to more language than I otherwise would.”

“.... People with autism deserve to be given much more credit for their intelligence. We are so used to equating someone’s intelligence with the level to which they are able to articulate themselves. ... Therefore when we meet someone who has such an enormous output problem – it is so hard for them to say anything – we assume that they are broken.... I feel that this book is a powerful and life enhancing rebuttal of that view...”

Message from the Program Director

Happy Holidays to all of our Kris' Camp Friends and Family!

This year has flown by! I guess chasing a 19 month old and chauffeuring 3 other 'big' kids around can make time fly! Our family is doing great- TJ is in 4th grade this year, Matthew is in 2nd, Kathryn is in Kindergarten, and Ellie 'helps' me get all of the kids to school, piano lessons, kung fu, ballet, cub scouts, etc. Our lives are very busy to say the least! We are enjoying the San Diego sunshine and all that this lifestyle brings. I also have expanded my private practice and am excited about the professional opportunities that have come my way. I am trying to find ways to incorporate our Kris' Camp philosophy with the standard behavioral models in education out there for individuals with autism and am hopeful to see the change occurring in the programs I have consulted with. I have had the privilege of publishing two articles in peer reviewed journals this year that I co-authored with a colleague, Blythe LaGasse (who many know from camp!). The foremost being one that looks at the implications of rhythm on movement in individuals with autism in the *Frontiers in Integrative Neuroscience*. This whole journal has been devoted to looking at the movement piece in autism and is getting a lot of deserved buzz. Check it out at:

http://www.frontiersin.org/Integrative_Neuroscience/researchtopics/Attism_The_Movement_Perspectiv/801



This camp year brought some great opportunities to develop relationships with two wonderful organizations. These relationships allowed us new, exciting location opportunities as well as a chance to serve both new and returning families. I would like to extend a heartfelt thank you to Whispering Winds and Stella Maris Academy. They were able to support us with cost effective therapy spaces and beautiful working environments! Their staff were very supportive of our team, campers, and families and that made our camp experience even better! We also are thankful to John at Rainbow Inn for his continued support of camp and flexibility with our ever changing needs.



For the past 14+ years, I have worked camps, directed camps, developed new therapy and recreational experiences, supported families, trained staff and other professionals, and have tried hard to increase access for families as well as bridge the gap from camp to home. As much as I have loved every experience with Kris' Camp, and have grown personally and professionally within my roles, it is with a peaceful heart that I resign as Program Director at the end of this year. I look forward to working camps in the future, but it is time for a change to allow the vision for this amazing program to be even more defined. I am grateful to Kathy Berger, and her family, for trusting me and allowing me the privilege of steering the ship for awhile, Leidy van Ispelen, who has been an incredible support and behind the scenes partner, my extended family for supporting camp in a variety of ways, and my immediate family, especially my husband, Tom, for always supporting me to make camp a reality despite the challenges and responsibilities that could have easily interfered.

I look forward to what the new year brings and wish all of you a peaceful holiday. I hope our paths will cross again soon.

-Michelle

Comments from Families

Iven had an awesome time. He liked that he learned to be Iven. He enjoyed how everyone treated him like a real person. We have even told others about you at the RDI "relationship development intervention" therapy program.

-Maria, parent

Having two children on the spectrum, when it comes to therapies it is a little tricky. We really have to plan where we will get our best bang for our buck. Kris' Camp is well worth the money. Having therapists that work with our children that speak to them in the present, ask their opinion, know that they are capable of anything just in a different way or time than you and I touched my husband and me. At the end of the week we were able to see a difference in their attitudes and we were able to walk away with tools and suggestions on things to address with them. Having a therapist that works with my boys on a regular basis is great but sometimes you just need a fresh set of eyes to regroup and "see" things in the a different light. We are extremely grateful to the Kris' Camp staff for all they do in providing my children therapy in a fun way! ☺

-Marlene, parent

We've been attending Kris' Camp for many years, but our most recent experience at Whispering Winds in Julian was the best. The combination of therapy and challenging recreational activities led by caring and experienced staff had my non-verbal son saying the word "happy" as clear as a bell. Thank you for assuming and inspiring confidence in my son.

- Tracey, parent

Swimming and Proprioception

The following excerpt from a recent autobiographical novel, Ido in Autismland, written by an individual who types to communicate, illustrates why the proprioceptive[1] sense is so important in supporting persons with autism. Many persons with autism report they love swimming... Ido says:

" ... I can go into a freezing pool or ocean. I get cold, but I need to be in the water. It is so compelling, I must do it. It's because in the water I can feel my whole body.

In the water I feel my arms, core and legs. It's good to be in the water because it applies gentle pressure to my whole body... outside the water I need to look to see my legs' positions..."

This can be described to parents or other therapists in this manner: If you close your eyes and hold your arm out in a stable position, we can visualize in our 'mind's

eye' what our arm looks like. For many persons with autism, they have either no picture or a distorted picture of their arm. Only with external touch or movement of their limbs, do they 'feel' their body.

[1] Proprioception is the sensory system that transmits information from sensory receptors in the muscles and joints that allows us to feel where our body is.



Kris' Camp Staff Spotlight: Lauri Lewis - Physical Therapist

Our staff spotlight this year shines on Lauri Lewis, Pediatric/Sensory Integration Physical Therapist at Riverside County Office of Education, Infant CIRCLE Program. Born and raised in Denver, Colorado, Lauri attended the University of Colorado in Boulder. She has been a licensed physical therapist in California since 1986



and has been specializing in children since 1987. Lauri relocated to the desert immediately following completion of her degree in 1986. She spent her first 13 years employed with the California Children Services program as a therapist and supervisor. In 2000 Lauri began her early intervention focus with the Riverside County Office

of Education in their Infant CIRCLE Program. Lauri has extensive training and knowledge of sensory integration disorders and treatment. Providing training and instruction in normal development and sensory integration to families, teachers and community care staff has been the primary focus of her practice. Lauri reports that she has enjoyed being a part of the families,



children and staff at Kris' Camp over the past 13 years, and we have been very glad to have her positive influence in our programs!

Fundraisers & Donations

No Show Ball to Merge with Phantom Tea

In 2014 we will be merging our No Show Ball fundraiser, normally held in January, with our Phantom Tea which is held in May. A big THANK YOU to those of you who loyally contribute to one or both fundraisers - please look for your Phantom Tea invite in the mail in May!

Donate Online!

Kris' Camp is able to accept donations online via Paypal. Donating online is easy – just visit our fundraising page: <http://www.kriscamp.org/fundraising/index.html> and click on the 'Donate' button on the left side of the screen. You will be taken directly to Paypal where you can donate via credit card or your paypal account. Receipts will be mailed out within 3 weeks of donation receipt.



Nationwide Dinner Party Kickoff Saturday, February 1st



Accomplish two things at once - finally invite all those friends and family that you've been meaning to have over for dinner, and support a great cause at the same time! We will be hosting a Nationwide Dinner Party on **Saturday, February 1st**. This can be as small or large as you wish. Kathy will present online about camp so every party in any state can tune in, and each party can 'pass the hat' to collect donations for camp. Mark your calendar and contact Kathy to get involved: kathy@kriscamp.org



2013 Financial Information

Notes from the Field - Paradigm Shift in Action



I recently picked up a contract to be the physical therapist for a residential facility for persons with disabilities, including some with autism. [I am very excited at the possibility of being able to put my expertise to use.] - I approach autism as a psychomotor regulation, sensory processing difference - this is an emerging and less understood concept. More typical is applied behavior analysis where behavior is often interpreted as attention seeking, non-compliance or escape behavior, as opposed to an attempt to communicate.

Recently, as I was attending to another client, a person with non-verbal autism in the same house took her/his shoes off and threw them. I asked "'N', what's going on - what's the matter?" Currently 'N' has no means to communicate. (I am hoping to change that soon.) The aid working with 'N' informed me that I should not interact, that 'N' was just seeking attention.

I replied, "I know that is what you have been told, but there is another interpretation. I think that 'N' is trying to communicate something important."

I let 'N' lead me back to his room, where his bags were laid out to go home for the holiday. I sorted through various questions that might be running through his mind. Is he worried or excited about going home? N just kept getting more upset and signing 'more' to me, the only sign he can perform. I knew there was a message there, just not sure what.

Then, I realized his pant legs were soaking wet. It had poured rain that day. I asked him if his socks were wet. He calmed down, sat on the bed and we changed into dry socks. He walked back out into the living room and seemed calmer.

While I don't know that the wet socks and shoes were the reason, I do believe that N has something to say. He just doesn't have the opportunities to say it... yet.

- Kathy Berger

Revenues

Donations	\$	10,059.54
Tuition Fees	\$	33,846.00

Total Revenues

\$ 43,905.54

Expenses

Camp Supplies & Food	\$	(4,362.74)
Postage & shipping	\$	(516.51)
Printing & publications	\$	(52.13)
Camps Travel	\$	(2,673.29)
Bank & Merchant Account fees	\$	(336.09)
Filing fees	\$	(30.00)
Insurance	\$	(825.00)
Administrative Salaries	\$	(20,760.12)
Therapist & Consultant Stipends	\$	(13,150.00)
Lodging/Facility Rentals/Equipment Stora	\$	(13,595.00)
Taxes (employee payroll)	\$	(5,196.00)
Fundraisers	\$	(138.16)
Marketing/Advertising/Website	\$	(405.00)
Phone	\$	-

Total Expenses

\$ (62,040.04)

Net Profit (Loss)

\$ (18,134.50)

This information is current as of 12/8/13 and is based on the tax year 2013.

Board of Directors

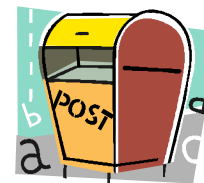
Kathy Berger, PT, Executive Director
 Chris McHorney, parent
 Blythe Lagasse, MT-BC, NMT, F/ANMT
 Sue Yudovin, RN, MN, CPNP

*We are currently accepting nominations for additional board members. Please contact Kathy kathy@kriscamp.org if you or someone you know is interested.

2014 Tentative Program Calendar

These dates are tentative. Please check our website at <http://www.kriscamp.org/calendar/index.html> for updates in the New Year.

Session	Date	Location	Ages
Adult Program	February 15-17	San Diego, CA	18+
5-day Mixed Ages Therapy Program	March/April	Tallahassee, FL	4-15 yrs
3-day Mixed Ages Therapy Program	Last 2 weeks of June	Idyllwild, CA	4-15 yrs
5-day Mixed Ages Therapy Program	Last 2 weeks of June	Idyllwild, CA	4-15 yrs
5-day Mixed Ages Therapy Camp	July	San Diego, CA	4-15 yrs
I Can Camp	July	Julian, CA	9-15 yrs
3-day Mixed Ages Therapy Camp	November	San Diego, CA	4-15 yrs



Need to Contact Us?

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