



THE
**DIABETES
FAMILY
CONNECTION**

THE DIABETES FAMILY CONNECTION ***TEEN RETREAT HANDBOOK***

October 17-19, 2025 | King, NC

In this handbook you will find ...

- A Quick Reference Guide
- Participant Outcomes
- Participant Expectations
- Packing Lists
- Diabetes Care at the Program
- Technology Guidelines
- Food Allergies and Special Diets
- Program Policies
- Directions to Camp
- Important Reminders/Refund Info



LOCATION

Teen Retreat

Camp Morris location: YMCA Camp Hanes

Camp Morris address: 1225 Camp Hanes Rd, King, NC
27021

Opening day arrival: Friday, October 17th @7:00pm

Closing day departure: Sunday, October 19th at 11:00 AM

Questions: Please call **919.412.6716** or email admin@thedfc.org

Emergencies during Camp: Cell service at Camp Hanes can be limited in certain areas. If you are unable to reach the number above, please call the Camp Hanes main office at **(336) 983-3131**

TEEN RETREAT OUTCOMES

- To have A LOT of fun!
- To meet role models who have grown up with type 1 diabetes.
- To have the opportunity to learn about cutting-edge diabetes technologies.
- To feel encouraged and empowered to tackle daily life with diabetes.
- To make lifelong friendships that foster support for your family.
- To have your management questions answered by empathetic healthcare professionals.
- To fully understand the psychosocial impact of living with a chronic condition.
- To grow as a person.



PARTICIPANT EXPECTATIONS

RULES FOR CONDUCT DURING TEEN RETREAT:

Our programs have a strong impact on campers. Staff and volunteers work hard to maintain a positive and supportive atmosphere. Campers are expected to work in harmony with staff, volunteers, and other participants to ensure a great experience for the whole community.

Please note that camp is not an environment that is suited for every teen. Due to the high number of campers we serve, it may not be in the best interest of our campers to keep a teen at camp who is not meeting behavior expectations. If we deem that camp is not a good fit for your teen, you will need to pick them up. **It is therefore imperative that you let us know in advance of any behavioral challenges that may impact your child's success at camp so that we can proactively plan for their arrival and work with you.**

Often, teen campers come to retreat and behave differently than they do at home or in school. This results from a change in environment, structure, routine, and new peer-to-peer relationships. We believe that camp is an excellent opportunity for campers to learn new skills, grow, and practice teamwork. Campers will be expected to help support group living by assisting with chores and following the camp schedule.

Please discuss camp rules and expectations with your child before coming to retreat.

- Smoking and the use of any tobacco products is prohibited.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers will remain in their assigned cabins at night and before breakfast unless accompanied by staff.
- Campers will not bring candy or food items not previously approved by the health professional team or Camp Director, nor will they receive them in packages.
- Campers are expected to help keep camp clean by keeping their beds clean, cleaning up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director and campers may be asked to change clothing.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally.
- Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.

Any camper who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave. Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp.



PACKING LIST

CLOTHING:

- Long pants or jeans
- Long-sleeved shirts, T-shirts
- Underwear
- Socks
- Shorts
- Swimsuit
- Warm pajamas
- Rain gear, jacket or poncho
- Closed-toed shoes
- Hat with brim
- Warm jacket or sweatshirt

EQUIPMENT:

- Sleeping bag or warm blankets
- Bottom or fitted sheet for twin bed
- Pillow & pillowcase
- Flashlight w/batteries
- Pens and notepaper
- Reusable water bottle
- Small daypack

TOILETRIES:

- Bath towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Shower shoes/sandals
- Sunscreen (SPF 15 or better)
- Feminine hygiene products

PLEASE BE SURE TO CLEARLY LABEL ALL BELONGINGS WITH FIRST AND LAST NAME

OPTIONAL ITEMS:

Highly Recommended

- Portable charger with charging cord
- Electrical power strip
- Sunglasses
- Playing cards
- Musical instruments
- Books/magazines
- Chapstick

DIABETES SUPPLIES

PLEASE BE SURE TO CLEARLY LABEL ALL DIABETES SUPPLIES WITH FIRST AND LAST NAME

ALL CAMPERS LIVING WITH DIABETES SHOULD PACK:

- Blood glucose meter
- Test strips
- **INSULIN**

CAMPERS ON INSULIN PUMPS:

- Insulin Pump Infusion sets and reservoirs (one per day) or Pods
- Pump batteries (if applicable)
- Set inserter (if applicable)
- Tape/adhesive (if needed)
- Charger and charging block (if applicable)

CAMPERS ON INSULIN PENS:

- Long-acting insulin pen
- Short-acting insulin pen

CAMPERS WEARING CGMs:

- 1-2 sensors
- Tape (if applicable)
- Charger and charging cord
- Dexcom/ Libre Receiver (if applicable, unless on T:slim or Omnipod 5)

PACKING LIST - CONSIDERATIONS

THINGS TO CONSIDER WHEN PACKING FOR TEEN RETREAT :

DRESS CODE: Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director. Campers may be asked to change clothing.

- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- If your child wets the bed, please pack a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning. Having a second bag ensures that your camper will have a dry bed come bedtime.
- Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- **The Diabetes Family Connection bears no responsibility for damage to or loss of any items that are brought to camp.**

ITEMS THAT SHOULD NOT BE BROUGHT TO TEEN RETREAT

- Expensive jewelry
- Personal sports equipment including skateboards, archery equipment, or baseball equipment
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows)
- Electronics including video games, iPads, laptops
- Food
- Pets or animals (Due to the nature of the program, diabetes alert dogs to remain at home)



DIABETES CARE AT TEEN RETREAT

Campers will be under the care of our highly qualified and trained staff. These staff members include counselors and program staff (more than 80% of whom live with diabetes themselves), dietitians, certified diabetes educators, nurses, pharmacists, physician assistants, endocrinologists, and general practice physicians. Each cabin will consist of 8-14 campers, 2-4 counselors, and 1-2 licensed healthcare professionals. At every meal, in addition to various times throughout the day, each camper will meet one-on-one with their cabin medical staff member to adjust insulin doses. The cabin medical staff members report to the lead medical staff on duty, who then report to our Medical Director.

Note: Your child's blood sugar levels may run lower or higher during their stay at Teen Retreat than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, length of stay, excitement, and so on, will affect your teen's blood sugar levels. Please be aware that our staff works diligently to fine-tune your teen's diabetes control during their stay, but it is not always possible to maintain the same level of control that they may have at home. Retreat provides a safe learning environment to educate your teen on how to manage their diabetes when their schedule is different from their regular routine. To address any diabetes concerns before retreat, please send us an email or give us a call.



DIABETES TECHNOLOGY GUIDELINES

We want campers to be able to manage their diabetes with the same tools they use at home. We encourage the continuation of devices such as CGMs and insulin pumps, if they are a part of your teen's care plan. Because camp life is so different than typical routines at home or at school, some variability will exist and we urge you to read our guidelines and recommendations regarding your teen's diabetes technology at camp.

Continuous Glucose Monitors

Numbers from Dexcom (G6/G7 System) and Freestyle Libre monitors may be used to dose insulin.

All campers will do fingersticks when needed.

If any of the following are true, it is recommended that the number be confirmed with a fingerstick before dosing:

- Child's symptoms do not match the reading.
- CGM has not been calibrated as per manufacturer's guidelines.
- We encourage the "share" feature to be turned off during the retreat. We want the retreat to be a respite for parents as well an opportunity for independence and empowerment.
- Sensors will be replaced as needed; please send at least one to the retreat.
- High blood glucose alarms may be changed during the retreat.
- Low glucose alarms will remain engaged, but may need to be adjusted given different activities at camp.

If integrated into a supportive insulin pump, the "suspend before low" (Medtronic); "Control-IQ" (Tandem); "adaptive basal" (Omnipod 5) feature should be enabled while at camp due to activity levels and routines being different than at home.

Insulin Pumps

Pumps:

- A "camp basal" setting in addition to temporary basals may be used at camp due to changes in activity level and routines.
- Most commonly, campers are put on a "camp basal" or reduced temporary basal for the first 1-2 nights of camp as they adjust to the new schedule and excitement of camp.
- Be sure to review your child's pump settings when they return home, as some settings may be altered at camp.
- The "smart" feature (example: Bolus Wizard) will be used at camp. Please be sure your child's settings and ratios are as up to date as possible prior to attending.

Medtronic 670G/770G/780G & OmniPod 5 Users ONLY:

- Child must have been using automode for more than 1 week prior to camp in order to use automode at camp. Camp is not the place to start automode for the first time due to variability in schedules and routines.
- Prior to camp, parents should review Manual mode settings with their healthcare provider to be sure they are as up to date as possible at camp. This will minimize differences in dosing if/when your camper is in Manual mode. (Note: We encourage no more than a 10% difference between Auto and Manual mode basals, prior to the start of camp)

"Do It Yourself" Pumps (Loop, OpenAPS, AndroidAPS) Users ONLY:

At this time, we can only support FDA approved devices at Camp Morris. DIY Loops are NOT allowed at camp. Please work with your healthcare professional to transition to a FDA approved system prior to camp.

FOOD ALLERGIES AND SPECIAL DIETS

WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT CAMP MORRIS

Celiac Disease: We will have gluten free options available at every meal for individuals living with celiac disease. While we do our absolute best to prevent cross contamination, we are not able to guarantee a 100% gluten-free environment.

Vegetarian: We will have vegetarian options at every meal.

Nut Allergies: We are not a nut free camp but work hard to avoid exposure.

All dietary needs should be communicated on the forms completed during the Teen Retreat application and enrollment process.

TEEN RETREAT POLICIES

Cell Phones

As technology advances, we recognize more and more campers are using cell phones for their insulin pump and CGM devices. Campers may bring their phones to camp, but the expectation is that they will only be used for diabetes management. We ask that all cell phones be placed in airplane mode and highly encourage you to turn off the share feature before arriving at the retreat. Diabetes devices all connect to cell phones via Bluetooth technology, so removing the SIM card or using airplane mode will not affect the ability to manage devices through the cell phone.

Campers will be able to carry their cell phone when outside of the cabin, but phones will be placed in the cup at the end of their bed when in the cabin. Cell phones will not be allowed in any bathroom areas. While cabins have plenty of outlets, we highly recommend packing wireless chargers or battery packs to facilitate charging of all diabetes devices. We also ask that you do not contact your teen via calls or texts while they are at camp.



TEEN RETREAT POLICIES

Prescription Medication

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, Strattera), depression or other psychological conditions. These medications allow a child to take advantage of all that a school environment has to offer. Camp is no different, but many prescribing physicians are not familiar with camp and may take a child off medication without knowing the full implications. While many children do well off of ADD/ADHD medications and similar drugs for their summer vacations, camp is a very stimulating environment. The continuous social interaction can be stressful for children with certain conditions, and they can be at a disadvantage trying to make friends and participating in activities, discussions, and performances without their medication. **Leaving a child on or putting a child back on their medications for camp is recommended by the American Camp Association.** It is our experience that campers still need their school doses to make friends and enjoy all of the activities and interactions at camp.

If your child is on medication and you are planning to or have made a change in that medication any time up to six weeks before camp, please discuss it with us. Likewise, if your child has an IEP for any condition other than diabetes, please let us know so we can decide together whether having a plan at camp would be of benefit.

If you have any concerns regarding your child, please be sure to note them on the health forms and provide as much detail as possible. Any information regarding your child will assist staff in working to provide the best camp experience possible. We want to partner with you in setting your child up for success at camp.

Communicable Diseases

We are asking your family to play a critical role in helping us prevent communicable diseases such as seasonal influenza, gastroenteritis, COVID-19 and pertussis at Camp Morris. Here is how we need your help:

Given that infections are spread person-to-person, and tend to happen in congregate residential facilities, please instill healthy hand washing and coughing habits at home. Please help us by teaching your children to “Cover the Cough” by coughing into their elbow (not their hands), and washing their hands before and after sneezing, coughing, and eating. Please try and limit their exposure to persons who are sick in the couple of weeks prior to camp.

Please make sure that your contact information is up-to-date on our forms, and that your alternate emergency contact information is also up-to-date and will be reachable during the time your child is at camp.

Most Important: Please keep your child at home if they are vomiting, have diarrhea, are experiencing bouts of coughing or you suspect they have any communicable illness. We ask that you keep your child at home until 24 hours AFTER they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) and/or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever reducing medicine.

TEEN RETREAT

Head Lice

The Diabetes Family Connection requires that all participants be free of nits and lice prior to attending a program.

Therefore, parents/guardians must perform a head check of each camp participant 48 hours before the first day of the program. Home screening decreases the risk of a head lice outbreak at Camp Morris.

- If nits and /or lice are found prior to the first day of the program a cancellation must occur, a partial refund will be given.
- If nits and/or lice are found or suspected at camp, a head check will be performed by a Healthcare Professional. This check will be done discreetly and away from other campers.
- If nits/lice are found during this check, parents/guardians will be notified. The Healthcare Professional will decide whether the child is to be taken home or to continue being treated at camp. If a participant is found to have lice/nits, the other participants in the cabin/deck will also be given a head check by a Healthcare Professional.



THE
**DIABETES
FAMILY
CONNECTION**

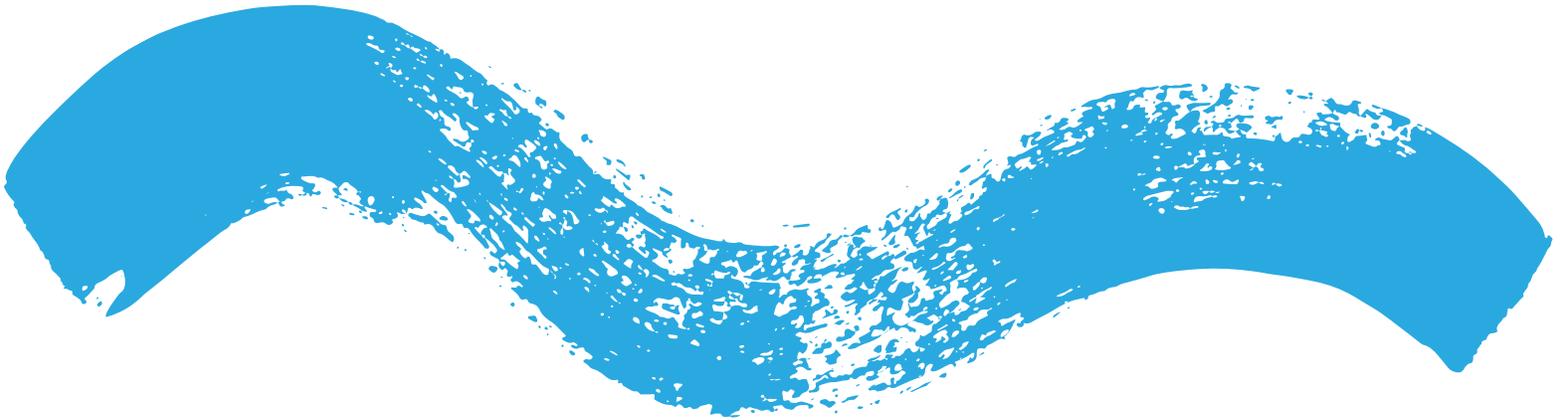
DIRECTIONS TO CAMP HANES

CAMP HANES is located at the base of Sauratown Mountain in King, North Carolina. Camp is 25 miles northwest of Winston-Salem, NC.

YMCA Camp Hanes
1225 Camp Hanes Rd
King, NC 27021

- Take US-52N from Winston Salem to the King/Tobaccoville
- Exit #123 Turn Right toward King, travel 2 miles
- Turn Left on Brown Road, After 2.2 miles, Brown will dead end
- Turn Right onto Chestnut Grove Road, and Travel .5 mile
- Turn Left onto YMCA Camp Road, Travel 3.7 miles
- Arrive at Camp Hanes Road, follow into camp

Accurate directions are available via Google Maps by inputting the name "YMCA Camp Hanes"



IMPORTANT REMINDERS

ALL retreat forms must be submitted to The DFC on or before September 30th.

REFUND INFORMATION

The Diabetes Family Connection will refund 75% of the camper fee (25% non-refundable deposit) for cancellations received in writing 30 days PRIOR to the start of the program. Thereafter, no portion of the camper fee is refundable, unless it is for a documented medical reason.

STILL HAVE QUESTIONS?

Contact us at admin@thedfc.org



Teen Retreat Drop Off Forms - Please print, complete, and bring to camper check in.

SHOTS OR NON-PUMP RECENT DIABETES INFORMATION

Camper's Name _____ (for camp use only Cabin # _____)

Please label all diabetes supplies, especially meter, lancing device, and CGM receiver.

1. **Recent physical activity level**—How many hours per day does your child spend in:

___ Low activity such as sleeping, watching TV, or playing video games

___ Moderate activity such as walking, playing outside with friends, or shopping

___ High activity such as basketball, swimming, bicycling, or running

2. **Yes or No:** Has your child been hospitalized with Diabetic Ketoacidosis (DKA) in the last 6 months?

If so, when, and what were the circumstances? _____

3. Type of **long acting insulin:** _____ **Pens or syringes:** _____

Type of **short acting insulin:** _____

Type of **premixed insulin:** _____

4. Usual **Insulin dosing:**

Long Acting: Time: _____ Dose: _____

Short Acting:

Time	Carb Ration	Correction Scale - Sliding Scale	Target BG
Breakfast			
Lunch			
Dinner			
Snack			
Bedtime			

Premixed: Time: _____ Dose: _____

Where does the camper inject insulin? _____

5. Last 24 hours of **BG and doses of insulin: (Be sure time and date are correct in meter)**

Date	Time	BG/CGM	Carbs	Dose of Insulin

6. Anything else you want to share for your camper to have the best week at camp?



PUMP USER RECENT DIABETES INFORMATION

Camper's Name _____ (for camp use only Cabin # _____)

Please label all diabetes supplies, especially meter, lancing device, and CGM receiver

1. Recent physical activity level

How many hours per day does your child spend in:

____ Low activity such as sleeping, watching TV, or playing video games

____ Moderate activity such as walking, playing outside with friends, or shopping

____ High activity such as basketball, swimming, bicycling, or running

2. Yes or No: Has your child been hospitalized with Diabetic Ketoacidosis (DKA) in the last 6 months?

If so, when, and what were the circumstances? _____

3. Type of pump: _____ **Type of insulin:** _____

Type of infusion set: _____ **Last infusion set change:** _____

If using a sensor, **type of sensor:** _____ **When was sensor last inserted?** _____

Time	Basal	Time	Carb Ratio	Time	Correction	Target BG

5. Last 24 hours of BG and doses of insulin: (Be sure time and date are correct in pump)

Date	Time	BG/CGM	Carbs	Bolus

6. Yes or No: Does the pump have any damage such as a recent hard drop, visible cracks, torn buttons, blurry numbers on the screen, or a broken battery/cartridge cap?

7. Anything else you want to share for your camper to have the best week at camp?