



# Connect Leadership Retreat Manual

*Last revised July 2023*

## OVERVIEW:

Diabetes Youth Services (DYS) Connect Winter Retreat is an opportunity for those living with Type 1 diabetes between ages 16-22 to be welcomed into a safe space and engage in connecting with others through open discussions, games, and activities for young adults. Our goal for all participants is to leave feeling supported by others and enable teamwork, leadership, and goal-setting skills. All participants are expected to engage in activities and be respectful towards everyone at all times.

## BEFORE YOU GO:

Use the packing list (included in this manual) to determine what you need to bring to the retreat.

You must complete all of the online registration materials found on CampWise. If you do not have reliable online access, please call the office and we can take care of it over the phone. [Click here to access the CampWise Login page](#)

## CHECK IN:

Check In will begin at 4:00PM on Friday November 3, 2023 at Our Lady of the Pines Retreat Center in Fremont, OH. You are welcome to unload your bags in front of the main building (on your left when you go up the drive) and will be directed to park in the visitor lot afterwards.

**If you are less than 18 years old:** A parent must accompany you to check in to sign registration forms.

**If you are 18 or older:** You can drive yourself to and from the retreat center, however you must stay on the property until the Retreat has concluded.

## CHECK OUT:

Check Out will begin at 11:00am on Sunday November 5, 2023. ***Please arrive on time to pick your participant up!!***

## ACTIVITIES:

Each day will begin at 8:30 AM, with activities concluding at 10:30 PM. We provide ample free time during the day for participants to catch up on homework or enjoy bonding with others. General activities include teamwork-based activities, speakers, and interactive conversations about leadership in our daily life.

## DIETARY:

DYS Staff will utilize the 2023 Connect Leadership Retreat Nutrition Information Form on CampWise to log any food allergies, picky eaters, restrictive diets, etc. The sooner this form is completed the more we can prepare for your diet at Connect Leadership Retreat. All meals and snacks will be joined with the carb count for each item.

Depending on the situation, DYS Staff may ask participants to bring their own meals with them that will be stored separately at the facility to prevent cross-contamination. Please contact [camp@dys4kids.org](mailto:camp@dys4kids.org) if you have questions surrounding food during the retreat. We are a nut-free campus and always expect and plan for Gluten Free participants. DYS will not control or limit food intake and will always have a variety of healthy foods available.

## MEDICATION/ DIABETES MANAGEMENT:

DYS expects all participants to manage their own medication throughout the retreat. We ask all participants to keep medications in their room which will have the ability to lock. **All insulin must be labeled in the provided refrigerator with the participant's name.**

While DYS will have licensed medical personnel on site throughout the retreat, we expect all participants to be fairly independent in their diabetes care. This means they can independently administer insulin, change, and rotate injection areas, etc. without the need for assistance. DYS Staff will provide carb counts and reminders to dose for foods, but ultimately the diabetes management role is left to the participant.

## MISCONDUCT:

DYS reserves the right to require a participant to return home if they are unable to adapt to the retreat environment due to misconduct, with no refund. Please note that misconduct includes the use of foul or offensive language. For more information, please refer to the DYS Code of Conduct.

## WINTER RETREAT PHONE POLICY:

During the Connect Winter Retreat, participants are allowed to keep their phones on their person unless we are doing a group activity/listening to a speaker. At those times, DYS staff will collect phones to be stored securely until free time. If a participant is not cooperating with our phone policy the phone will be confiscated for the remainder of the day and given back at bedtime. Multiple offenses can result in being dismissed early from the retreat.

## BULLYING:

Diabetes Youth Services does not tolerate bullying or harassment, including on the basis of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities or expressions, religion and non-religion, citizenship or immigration status, and any other category people use to define themselves or others. We strive to create inclusive environments that celebrate diversity and foster positive relationships.

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else.

Bullying can also happen through cyber- space: through the use of e-mails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between retreat seasons and be especially hurtful when persons are targeted with meanness and exclusion.

Unfortunately, persons who are bullied may not have the same ability to get the most out of their experience. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and participants so everyone will be comfortable alerting us to any problems during their experience and between seasons. Every person has the right to expect to have the best possible experience, and by working together as a team to identify and manage bullying, we can help ensure that all participants and staff have a great time.

Although we do our best to watch for the signs of bullying and address them as they occur, it is not always possible to see every instance of bullying. If your child is the victim of bullying or witnesses bullying, please encourage them to speak up. No one will know that they were the ones who reported the incident. We cannot correct what we do not know, reporting from the kids is vital for Diabetes Youth Services to address every issue.

### DRESS CODE:

Please adhere to the same guidelines for dress as your school allows.

Inappropriate camp attire may include, but is not limited to:

- Excessively loose or low pants/shorts
- Spaghetti Strap, Halter, or other revealing tops
- Pajamas for daytime use
- Offensive language/gestures on clothing
- Flip-flops (allowed **only** for showering)

**DYS and Our Lady of the Pines Retreat Center reserves the right to have the participant change any clothing deemed inappropriate.**

### SEARCH AND SEIZURE:

DYS Staff reserves the right to search and/or seize a camper's belongings if there is reasonable suspicion in accordance with Our Lady of the Pines Retreat Center and/or DYS rules and guidelines.

### LOST/STOLEN ITEMS:

DYS is not responsible for the loss, theft, or damage of a participant's property, you assume all risk of any such loss or theft. Please keep this in mind when packing for camp.

## Winter Retreat Packing List

- Diabetes supplies including insulin, pump supplies/ syringes, etc.  
CLEARLY LABELED
- Daily medication CLEARLY LABELED
- 2-3 shirts
- 2-3 pants
- 3-4 pairs socks
- 3-4 pairs of underwear
- Laundry bag for dirty clothing
- Pajamas for Friday/Saturday
- Sweatshirt and jacket for indoor use
- Winter coat and insulated pants (weather permitting)
- Flashlight
- Toiletries (toothbrush, shampoo, hygiene products, towel)
- Any fun games you want to play with the group during free time
- Studying supplies (if needed)
- Phone & Phone Charger
- Reusable water bottle

Please **DO NOT** bring the following to the Connect Leadership Retreat:

- Weapons of any kind (pocket knives, utility tools with blade, firearms, matches, fireworks, etc.)
- Illegal drugs AND any medication that is not prescribed for participant
- Tobacco products (vape pens and cartridges, cigarettes, etc.)
- Loud speakers or large electronic devices (laptops are fine, computers are not)