SDES – Camp Seale Harris
Annual Outcomes Report | 2019
What is Camp Seale Harris?

Purpose
The mission of Southeastern Diabetes Education Services (SDES) is to "To educate, encourage, and empower children with diabetes and their families to live well." We believe that we fulfill our mission by providing both knowledge-based education and skill training in diabetes care through hands-on activities in recreational and social environments. Our programs utilize peer-support with the family as a catalyst. We offer structured health education programs in three models: Residential, Day, and Community-based camping and physical activity/recreational formats. Residential and day camps operated statewide including: Camp Seale Harris residential located on Lake Martin and in Mobile, AL, and Day Camps in Birmingham, Dothan, Huntsville, Mobile and Tuscaloosa. Additional education is offered year-round in Community Education Family Support Programs in Alabama and Northwest Florida include: Birmingham, Auburn/Opelika, Cullman, Dothan, Huntsville, Montgomery, Mobile, Tuscaloosa, Pensacola, and Destin.

We believe that children and families receive lifesaving skills by attending diabetes camp, and also need ongoing support throughout the year, delivered in our regional Community Family Program events. SDES is committed to all children being able to attend any of our programs regardless of ability to pay. The majority of families are unable to afford the cost of diabetes education and support services.

What do we do?
Activity
Our 2019 Camp Seale Harris Overnight and Day Camps programs successfully met goals to improve the health of children with diabetes. Sessions were staffed by volunteer healthcare professionals including physicians, nurses, pharmacists, dietitians, diabetes educators, cabin counselors, and activity leaders. The majority of counselors live with Type 1 diabetes, serving as peer models and teachers. Education stressed confidence building, consistency, treatment skills and decision making, and independence in diabetes care. Activities, education, and resources served needs of the child with diabetes as well as family members.

Volunteer Certified Diabetes Educators delivered excellent education sessions focused on hands on learning. Counselors and medical staff provided individual instruction to campers as "teachable moments" occurred. Key goals included training in
nutrition, physical activity, and medication management utilizing insulin injections, pumps, and Continuous Glucose Monitors. "Diabetes Technology Educators" worked one-on-one with children helping them understand how to effectively utilize insulin pumps, glucose meters, and continuous glucose monitors. Our outcomes surveys showed that we made great progress in all areas, especially in “self-management of diabetes” and “knowledge of diabetes.”

A total of 80 adults living with diabetes served as volunteer camp medical and activity staff, demonstrating effective diabetes management and continuing to be an inspiration to our children. The campers were motivated and empowered by the examples and the specific strategies taught by the educators, speakers, and counselors, each of whom live a daily struggle with Type 1 diabetes.

**How do we do it? Who pays for helping children with diabetes?**

**Costs**

Unfortunately, private insurance and Medicaid do not pay for diabetes education and support. Maintaining health with diabetes is very difficult and constantly changing.

Our commitment is that every child with diabetes has an opportunity to come to Camp Seale Harris and Community Programs to learn and practice the skills to stay well. Without ongoing education, care, and support, children will not survive until there is a cure for Type 1 diabetes. We rely on charitable support to make that critical care possible. Cash cost to operate all programs in 2019 was $660,000 for 12 Camp Seale Harris Overnight and Day Camp sessions and 12 Community Support Programs statewide. Additionally, we received and expended $658,868 in in-kind (non-cash) property donations of medical supplies, medications, printed materials, food, and facilities used in programs, and $370,048 value of in-kind donated professional services of physicians, nurses, counselors, and general volunteers. Direct services expenses were 80% of total expenditures. Less than 20% of cash expenses and less than 4% of total expenses including donated property and services was needed for Administrative or Fundraising costs.

Our supporters want to know that families who can afford to participate in the cost of Camp Seale Harris do. All families received reduced cost services, but many cannot afford any fee. SDES reviews requests and awards financial assistance for Camp programs through an application process based on Federal Poverty Levels guidelines. Awards are based on a sliding scale of income up to 250% of poverty level, as well as extenuating financial circumstances.

Our 2019 financial aid awards for our Camp Seale Harris Overnight and Day Camp programs showed that 67% of children attending camp utilized financial aid, receiving partial or full income-based scholarships or donor sponsorships. Payments by camper families covered only 17% of costs for all programs and are less than 14% of total organization revenue. Community Support Program attendees are fully subsidized and families served paid no fees for services.
### 2019 Program Year Delivery and Outcomes

Our service programs enrollment totaled 2382 participating attendees served combined, including children with diabetes, family and community members.

<table>
<thead>
<tr>
<th>Program Service</th>
<th>Participants Served</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Children with Diabetes</td>
</tr>
<tr>
<td>Overnight Diabetes Camp for Children/Teens</td>
<td>366</td>
</tr>
<tr>
<td>Overnight Diabetes Camp for Families</td>
<td>50</td>
</tr>
<tr>
<td>Day Diabetes Camps for Children/Teens</td>
<td>128</td>
</tr>
<tr>
<td>Community Family Day Camps/Events</td>
<td>132</td>
</tr>
<tr>
<td>Community-Wide Diabetes Walk</td>
<td>130</td>
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Children’s health and lives are improved at Camp Seale Harris! Evaluations report parent/guardian observed increased independence in diabetes management skills as compared to what the child demonstrated prior to program participation. A total of 87% of respondents reported improvement in at least one or more areas. Over 60 skills were measured. A sampling of responses/results is below.

<table>
<thead>
<tr>
<th>SDES Camp Seale Harris 2019 Parent Outcomes Survey</th>
<th>Response Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respondents answering “Yes” to diabetes care improvement</td>
<td>85%</td>
</tr>
<tr>
<td>Positive attitude about diabetes diagnosis and self-care</td>
<td>71%</td>
</tr>
<tr>
<td>Independent care/Self-management of diabetes</td>
<td>62%</td>
</tr>
<tr>
<td>Knowledge about diabetes</td>
<td>61%</td>
</tr>
<tr>
<td>Being comfortable with others knowing about my diabetes</td>
<td>72%</td>
</tr>
<tr>
<td>Improved diabetes related emotional distress</td>
<td>57%</td>
</tr>
<tr>
<td>Diabetes care resilience, handling challenges</td>
<td>45%</td>
</tr>
<tr>
<td>Counting carbohydrates</td>
<td>52%</td>
</tr>
<tr>
<td>Alternating/rotating injection sites or pump sites</td>
<td>49%</td>
</tr>
<tr>
<td>Calculating insulin doses</td>
<td>35%</td>
</tr>
<tr>
<td>Checking his/her own blood sugar</td>
<td>51%</td>
</tr>
<tr>
<td>Giving his/her own injections or pump boluses</td>
<td>41%</td>
</tr>
<tr>
<td>Recognizing/treating High or Low blood sugar levels</td>
<td>87%</td>
</tr>
<tr>
<td>Understanding and operating insulin pump</td>
<td>56%</td>
</tr>
</tbody>
</table>

Children are learning how to better manage their diabetes through their participation in our diabetes education camping programs. This reduces stress on the family, school teacher and school nurse, childcare providers. Improved diabetes management has been proven to lower hospital admissions and reduce long term risk of health complications from diabetes.
What Parents/Guardians Said About Camp Seale Harris Programs

The most noteworthy highlight of our programs is the impact made on the lives of children with diabetes. Parents’ responses are below in answer to the question:

“What is the most significant benefit your child gained from Camp Seale Harris?”

“That he is not the only one out there dealing with diabetes on a daily basis.”

“Meeting other children with diabetes and learning more about diabetes.”

“It made him realize that there are a lot of other children that have the same problem and that it can be handled well while doing sports and other things. Making new friends and becoming more comfortable talking about his diabetes”

“Feeling like a normal child”

“Support and understanding”

“Getting the opportunity to talk with so many other people with the disease and finding out how they deal with issues.”

“Learning to interact with his peers and talk about his diabetes. Just being away from home was a big deal.”

“For 1 week out of the year she feels independent.”

“Confidence in himself and his ability to be "really good at being diabetic". For his family, confidence that he is very well supervised, both medically and otherwise, while at camp.”

“Learning how to safely dispose of needles and we also received a free bio hazard box.”

“My child learning about how to deal with diabetes and taking care of herself.”

“Meeting other kids with diabetes and learning how to change his infusion set.”

She was able to participate in activities & not have to explain what her pump is, or what's "wrong" with her, or asked a million questions about diabetes. She was just like everyone else.”

“Learning that she needs to take care of herself.”

“What she learns from the counselors and the other children who have diabetes.”

“Camp made her feel "normal."”

“My son can be away from us and take care of himself.”

“That my child can enjoy intense physical activities with doctors there to care for her.”

“My son came away knowing that he's not alone in this fight and there are many, many other kids just like him that have to deal with this. He is now better educated and has better practices in dealing with his day to day handling of his diabetes.”

“Independence in her diabetes care.”
What Children Say About Camp Seale Harris

My favorite thing about Camp Seale Harris is:
“Being with people my age going through the same thing as me.”
“Hanging out with other diabetics.”
“Feeling normal.”
“Learning diabetes with games.”
“Community.”
“Eating good food!”
“All the activities and meeting new friends.”
“I’m not different or weird at Camp Seale Harris.”
“Everybody has diabetes.”
“My blood sugars are lower and I feel better.”
“Not worrying about my family taking care of me.”

I learned:
“Diabetes is different for everyone.”
“I am not alone. Lots of kids have diabetes.”
“I know what to do about diabetes burn out.”
“How to make my insulin pump work.”
“How to calculate my insulin dose.”
“How to play sports with diabetes.”
“How to give my own insulin shot.”
“My diabetes can’t stop me from being healthy if I take care of myself.”
“There are some good foods I like.”

Camp makes me feel:
“Like my disability won’t stop me from anything.”
“Happy and accepted.”
“Not afraid anymore about diabetes.”
“Like a regular person.”
“Like I can do anything.”
“Like I’m not alone.”
“I can do this.”
“Normal.”
“Alive!”
Money Matters
From our Audited Financials Year End December, 2018 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Fiscal 2018</th>
<th>Fiscal 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Revenues</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1,831,383</td>
<td>$1,760,608</td>
<td></td>
</tr>
<tr>
<td>➢ Donated Cash</td>
<td>$ 705,285</td>
<td>$ 700,363</td>
</tr>
<tr>
<td>➢ Investment Income</td>
<td>$ 4,720</td>
<td>$ 3,219</td>
</tr>
<tr>
<td>➢ Unrealized gain on investments</td>
<td></td>
<td>$ 15,883</td>
</tr>
<tr>
<td>➢ Realized gain on investments</td>
<td>$ 3,297</td>
<td>$ 12,226</td>
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<tr>
<td>➢ In-Kind Donated Medications/ Supplies</td>
<td>$ 747,056</td>
<td>$ 658,869</td>
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<tr>
<td>➢ In-Kind Donated Professional Medical Services</td>
<td>$ 371,025</td>
<td>$ 370,048</td>
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<tr>
<td><strong>Program Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1,613,739</td>
<td>$1,532,767</td>
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<tr>
<td><strong>Fundraising Expenses</strong></td>
<td>$ 112,679</td>
<td>$ 113,907</td>
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<tr>
<td><strong>General &amp; Administrative Expenses</strong></td>
<td>$ 31,804</td>
<td>$ 41,187</td>
</tr>
<tr>
<td><strong>Unrealized loss on investments</strong></td>
<td>$ 12,240</td>
<td></td>
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<tr>
<td><strong>Total Expenses and losses</strong></td>
<td>$1,770,462</td>
<td>$1,687,861</td>
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<tr>
<td><strong>Change in Net Assets</strong></td>
<td>$ 60,921</td>
<td>$ 72,747</td>
</tr>
<tr>
<td><strong>Net Assets, Ending</strong></td>
<td>$ 708,253</td>
<td>$ 781,000</td>
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</table>

To view our most recently filed tax return, visit: [www.campsealeharris.org/about-us/financial/](http://www.campsealeharris.org/about-us/financial/)

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Southeastern Diabetes Education Services is governed by a Volunteer Board of Directors. These dedicated volunteers provide governance and oversight to the organization.

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For more information on diabetes, the children of Camp Seale Harris, and how you can help a child with diabetes live well and give hope to an entire family, visit [www.CampSealeHarris.org](http://www.CampSealeHarris.org).

Email us at: [info@southeasterndiabetes.org](mailto:info@southeasterndiabetes.org)


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Southeastern Diabetes Education Services
Camp Seale Harris
Programs Office
500 Chase Park South, Suite 104
Birmingham, AL 35244
Phone: 205-402-0415

Educating, encouraging, and empowering children with diabetes and families to live well!