

Family Camp – 2008 Southern District Innovative Grant Proposal

Project Coordinator Information

Susan Nagelkerk, Sauk County Family Living Educator, 505 Broadway, Baraboo, WI 53913

Susan.nagelkerk@ces.uwex.edu

Statement of Need

Children living in families with limited economic resources are at higher risk for a number of negative outcomes such as child abuse and neglect, substance abuse, teen pregnancy, and juvenile delinquency. In Sauk and Columbia counties approximately 4% of families are living in poverty (U.S. Census Bureau, 2000) and more than that fit the USDA definition of limited resource families that we're using in this project. Extension has a role to play in utilizing a variety of methods to effectively engage families with limited resources in order to strengthen their ability to function in ways that support all members.

A collaborative team of Extension professionals representing 4-H, Family Living and WNEP from two southern district counties, Sauk and Columbia has taken the lead in planning "Family Camp," an innovative program originally developed by Extension professionals at Rutgers. (Extension professionals from a few counties will also participate and bring families but they will cover all the costs of their counties' participation.) The overnight camp will take place at Upham Woods in May 2008. The purpose of Family Camp is to provide limited resource families an opportunity to go to camp together, something that they may not otherwise be able to afford. Families at camp participate in experiential learning activities designed to increase communication among family members, help family members identify their family values, and strengthen family relationships and family living skills...all while having fun together in a camp environment! Families are provided with materials to take home in order to help them extend the learning that took place during camp. In addition, a "Family Camp Reunion" for families from Sauk and Columbia Counties will provide an opportunity to support ongoing change in the families and increase the impact of Family Camp.

The project team is working with county agencies that serve low-income families in order to identify families to participate, thereby strengthening our working relationships with those agencies. We are reaching out to agencies and groups in our respective communities, including human services agencies, 4-H clubs and HCE groups, to raise funds to support families' participation in Family Camp. In addition, we will be working in partnership with UW-Baraboo to provide some of the programming during the weekend. Volunteers will be recruited from 4-H to assist with camp.

Project Goals or Objectives

The Family Camp project will:

1. Provide a camp experience for a minimum of 10 limited resource families that will focus on the following:
 - a) Increase communications among family members
 - b) Identify and address barriers to positive family communications

- c) Identify values the family fees are important and provide opportunities for families to implement values
- d) Provide opportunities for family socialization and fun
- 2. Provide support for ongoing family change through a Family Camp Reunion.
- 3. Develop a Family Camp Manual that can be used by other UW-Extension colleagues.

Personnel

Family Camp is a multi-county, multi-disciplinary collaborative project of UW-Extension professionals in two counties in the Southern District. (We anticipate participation by Family Living Educators and 4-Youth Educators from a few counties in the Central District, but Sauk and County are taking the lead.)

Sauk County – Jessica Jens, 4-H Youth Educator; Sue Nagelkerk, Family Living Educator; Danielle Varney, Wisconsin Nutrition Education Program

Columbia County – Karen Nelson, 4-H Youth Educator; Patti Herman, Family Living Educator; Becky Gutzman, Wisconsin Nutrition Education Program

Budget and Dollars Requested

THIS IS OUR TOTAL PROJECTED BUDGET

Upham Woods Fees (includes one night lodging and four meals)		
Accommodations & Meals for 100 participants		\$
3805		
Accommodations & Meals for Sauk & Columbia Cty Extension staff (6)		
\$ 228		
Buses to get families to camp		
Portage to Upham Woods and back to Portage		
\$ 400		
Baraboo to Uphams Woods and back to Baraboo		\$ 400
Mileage to camp for Extension staff (6) and two guest storytellers		\$ 400
Materials to use at camp	\$ 400	
Includes such things as family memory books, photo developing, parenting resources, certificates, printed materials, experiential activities "props"		
Camp t-shirts for staff and participants – 106 X 8.00		\$ 848
Materials to send home with families		\$ 100
Includes family games, additional memory books pages to be completed at home		
Family Camp Reunion		\$ 300
Includes food, space, print materials, family strengthening games/materials to send home with families		
Printing and mailing costs		\$ 100
Brochures, confirmation materials		
TOTAL		\$ 7031

We are working within our communities to raise money to send families to camp, an estimated \$200 per family. Groups we are reaching out to for funding support include our local Department of Health and Human Services, HCE Associations, 4-H clubs, and

service organizations. We will also try to get materials donations for some items, such as gift certificates to give to participating families upon completion of Family Camp.

We are requesting \$3128 from the Southern District Innovative Grant to cover the following costs:

Costs for two families each from Sauk and Columbia Counties to participate (4 X \$200)	
\$ 800	
Accommodations and meals for staff	\$ 228
Mileage to camp for Extension staff and two guest storytellers	
\$ 400	
Buses to get families to camp	\$ 800
Materials to use at camp	\$ 400
Materials to send home with families	\$ 100
Costs of Family Camp Reunion	\$ 300
Printing and mailing costs	\$ 100
TOTAL	\$3128