



IMPACT REPORT AY2023-2024



CALIFORNIA STATE UNIVERSITY
LONG BEACH

College of Health and
Human Services

MESSAGE FROM THE CAMP NUGGET DIRECTORS



**Dr. Melissa Bittner &
Dr. Amanda Young**

Camp Nugget is built upon the strong conviction that movement is important and beneficial for everyone! Children with disabilities should be afforded the same opportunities to enjoy and successfully participate in physical activity. Through the trials of the past years, we have seen a significant increase in participation over the past 3 years. We continue to increase numbers in both campers and staff to better meet the needs of our local community.

Your generous commitment to creating this safe and enriching space has been a source of strength and inspiration. Thanks to your support, we have made significant strides in teaching the importance of physical education and leading a healthier lifestyle. On behalf of our students, faculty, and staff, we want to express my deepest gratitude for your partnership and unwavering advocacy.

Sincerely,
Melissa & Amanda



CELEBRATING 50+ YEARS OF EXCELLENCE & GROWTH

Since its establishment in 1970, Camp Nugget, a summer program at California State University, Long Beach (CSULB), is offered to youth ages 5 through 21 years with and without disabilities. Camp activities include aquatics with adapted swim instruction, fundamental motor skills, health-related physical fitness, dance, cooperative games, and adapted sports.

Instruction (3 to 1 child/staff ratio) is provided by university students enrolled in the Kinesiology Department studying to receive an Adapted Physical Education (APE) Teaching Credential.

Camp Nugget's goals include:

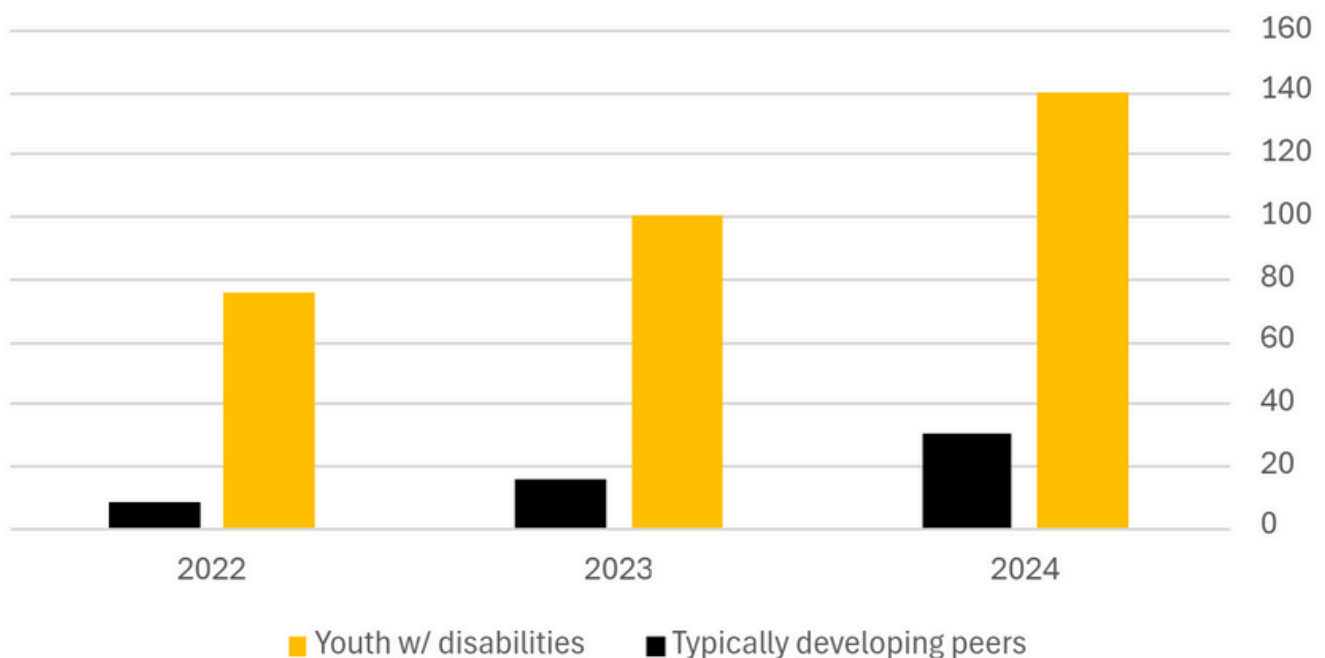
(a) offering a safe and affordable high quality physical activity program to youth with disabilities (e.g., autism spectrum disorder, Down syndrome, cerebral palsy)

(b) teaching leadership skills in the Junior Counselor program to young adults with disabilities 18 to 21 years of age

(c) program development for future teachers enrolled in the adapted physical education added authorization (APEAA) credential program to teach children with disabilities.



Growth over recent years



OUR 2024 IN NUMBERS



170
CAMPER



3:1
CHILD/STAFF
RATIO



6 PROGRAM
COLLABORATIONS

PROGRAM HIGHLIGHTS

Project CAPE

Project CAPE (Certification in Adapted Physical Education) is a grant through the US Department of Education that was awarded to CSU, Long Beach in 2022. The award will fund 32 scholars over 5 years to be fully funded to become highly qualified APE teachers.

This past summer, three Project CAPE scholars were the lead staff for Camp Nugget: Celeste Villagrana, Nick Rahe, and Paul Kim. Additional Project CAPE scholars were group leads and adapted aquatics leaders.

Scholars provide invaluable demonstrations of quality teaching, provide feedback to other camp nugget staff, and help facilitate communication and behavior management techniques.

“In addition to full tuition being provided, the [OSEP] grant will also provide our selected scholars the supplies they need – books, an iPad, traveling accommodations for [teaching] conferences and a living stipend,” says Dr. Melissa Bittner. “The grant will be for full-time master’s students. We really wanted to provide opportunities for full-time students who can be available to assist with research learning, and also participate in all the APE service-learning programs we have on campus.”



PROGRAM HIGHLIGHTS

Collaborations

OutBac

Camp Nugget collaborated with The Outdoor Beach Adventure Course, or OutBAC, for the first time in summer 2024. The 30 typically developing peers each selected a Camp Nugget buddy to attend the OutBAC for collaborative games and activities. Dr. Keith Fulthrop facilitated numerous activities for the peers and buddies to help encourage teamwork, cooperation, communication, and inclusivity. It was the perfect blend of youth working together, celebrating differences and achieving goals.



Speech and Language Pathology

Camp Nugget has hosted speech and language pathology (SLP) students for practicum hours and volunteer experiences for several summers. About 30 SLP students participate in Camp Nugget. SLP students are encouraged to share communication tips and techniques with APE students, and APE students share physical activity accommodations and modification options with SLP students. This past summer, Dr. Amanda Young collaborated with Dr. Margeret Vento-Wilson from the Speech and Language department at CSULB to conduct research on interprofessional collaborative practice approaches to the role of communication in structured physical activity for children. Project CAPE scholar, Nicholas Rahe participated in this research team as his capstone project for his Master's degree in curriculum and instruction in APE. The team trained pre-service teachers and speech and language pathologist (SLP) service providers on collaboration between APE and SLP. APE and SLP students were able to practice their collaboration skills at Camp Nugget. Data were collected on participant's experience and knowledge about their respective fields. Data will be presented at the American Speech-Language-Hearing Association convention in Seattle in December, and the National Adapted Physical Education Conference in Pasadena in January. The team is working on a manuscript to be submitted to a peer-reviewed journal for publication this coming spring. In addition to our collaboration research, Dr. Belinda Daugherty from the SLP department at CSULB provided a free parent workshop on Facilitating Communication for Camp Nugget families.

PROGRAM HIGHLIGHTS

Collaborations

Junior Counselors

Camp Nugget also includes a Junior Counselor program that provides Camp Nugget "graduates," (i.e., 18 to 21 year olds with disabilities) with opportunities to gain leadership skills and job skills by assisting with daily camp operations under the supervision of an experienced staff member. After the completion of the program, the Junior Counselors' received a letter of recommendation from their university staff member regarding learned leadership skills. Their main responsibility is to assist a staff member with many of the camp's daily operations (e.g., set up/clean-up of equipment, camper participation, assist with transitions between activities) The experiences and skills learned will help the Junior Counselors perform activities of daily living and skills for future employment. Many Junior Counselors were participants in the Long Beach Unified School District's Adult Community Transition Program (ACT) and were former campers at Camp Nugget. The sense of pride and joy that the junior counselors experience at Camp Nugget is unmatched.

Earl Burns Miller Japanese Garden

Each summer, Camp Nugget campers attend the Earl Burns Miller Japanese Garden for three Fridays. Campers walk over in groups to the Japanese garden to participate in three culturally diverse activities that highlight physical activity and cross-curricular development. At the gardens, campers rotate through three stations (1) sensory tour of the gardens (sidewalk chalk hopscotch and pathways) and koi fish feeding, (2) yoga and relaxation under the tent, and (3) koi fish coloring. Campers love Fridays at the garden, the field trip across campus provides an exciting experience outside of the typical camp day. The serene gardens are a perfect location for campers to experience Japanese culture and activities.



PROGRAM HIGHLIGHTS

Collaborations

Facilitating Communication

The Facilitating Communication workshop, led by Dr. Belinda Daughrity, has made a significant impact on parents and children alike. By sharing evidence-based approaches, Dr. Daughrity has empowered parents with practical tools to support their children's speech and language development. Participants have reported improved communication skills in their children, leading to enhanced social interactions and academic performance. This workshop not only provides valuable knowledge but also fosters a supportive community for families navigating speech and language challenges.



Camp Nugget Flashback



Thank you for your support!



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