



WA Teen Retreat

Ages 14-18

July 27-28, 2017

Warm Beach Camp & Conference Center

Stanwood, WA

Registration opens March 28: www.arthritis.org/jacamps

FREQUENTLY ASKED QUESTIONS

Since it's our first year of Teen Retreat, we've tried to answer the most frequently asked questions here to make sure you have all the information you need at your fingertips!

What is teen retreat?

Arthritis Foundation teen retreats provide teens an opportunity to learn more about arthritis, practice taking an active role in their healthcare under the supervision of a medical team, and connect with other teenagers with rheumatic disease during a fun overnight adventure!

Creative teambuilding activities and discussions help teens gain a greater understanding of their own diagnosis and treatment, develop peer-to-peer support, increase independence and self-confidence, discover new skills and interests, and develop the skills they need to be leaders, advocates and champions in their everyday lives.

Who can attend?

Teen Retreat is for teens, ages 14-18, with juvenile arthritis and related rheumatic diseases. Whether your teen is newly diagnosed or a veteran, in remission or currently experiencing disease activity, they are sure to learn and have fun at teen retreat!

How do I register and what information do I need to provide?

Teen Retreat registration is a user-friendly, online process that must be completed by a parent/guardian. **Registration opens March 28.**

Since parents/guardians are not on-site at teen retreat, we collect a lot of information to make sure we can take GREAT care of your teen. For the registration process, it's important to have your child's medical history, medication schedule (including dosage), and healthcare provider contact information handy. You'll enter parent/guardian information, emergency contact, personal and health information, current medication regimen, sign

waivers, and submit payment (or request a scholarship). You'll also need to ask your child's healthcare provider to sign a form and submit it to the Arthritis Foundation in order for your teen retreat application to be complete.

How much does it cost?

The cost to attend teen retreat in 2017 is \$50. Payment can be submitted, safe and secure, through the online registration process.

Are scholarships available?

We know that medications, physical therapy, doctor appointments, lab tests and travel to multiple doctors' offices can put a strain on your wallet. Scholarships are offered to anyone who needs them and the application is built into the online form.

What is a typical teen retreat schedule?

Since this is our first year, we're just creating the schedule! We plan to have fun teambuilding activities, discussions, and plenty of time for teens to hang out and get to know other teens with JA.

How will it work if my family is also attending KAT-FISH Camp?

The teen retreat will run from 5:00pm on Thursday, July 27 through 4:00pm on Friday, July 28. The check-in processes will be separate; teens will check-in for teen retreat on Thursday and when their family arrives at 4:00pm on Friday (no earlier!), they will check-out from teen retreat and check-in with their family for KAT-FISH Camp.

Will supervision (including medical) be provided for my teen?

Yes! Trained volunteers, staff and a medical team will be on-site for the full duration of the teen retreat to provide supervision and care for any medical-related needs for your teen. All volunteers are interviewed, background checked, trained, and have a passion for working with teens with juvenile arthritis and related rheumatic diseases. The medical team is comprised of local healthcare providers in pediatric rheumatology.

Why is teen retreat so short?

Since this is our first year offering teen retreat, we have intentionally kept the program short to serve as our "pilot" program. Our dream is to expand teen retreat to a multi-day event for teens!

What are the accommodations like?

We have reserved bunkrooms for the first year of teen retreat. Teens and Chaperones will be housed in gender-specific bunk rooms with a gender-specific bathroom down the hall. Teens will have access to a common area for hanging out and participating in fun programming!

How can I get involved as a volunteer?

JA programs are not possible without the steadfast support of our awesome volunteers! For the first year of teen retreat, we have limited spaces available for volunteers so please contact us directly if you're interested. Parents/caregivers of a teen with arthritis may not serve as volunteers at teen retreat.

When will I get additional details about teen retreat?

Once you've pressed "submit" on your teen's application, you'll receive an auto-response email to confirm that your application was submitted properly. We will review your application, along with supplemental paperwork, and your local JA staff contact person will follow up with you with initial details to confirm your teen's participation. Please allow up to three weeks for processing once you have submitted all supplementary documents. We will send out a map, directions, packing list, and any additional details via email prior to teen retreat. If you ever have any questions, don't hesitate to reach out to your local JA staff contact!

Sign Up for Teen Retreat on March 28

We expect teen retreat to **fill up very quickly**. We encourage you to fill out the registration and submit supplementary forms at your earliest convenience in order to secure your teen's space at the FIRST Teen Retreat in the Pacific Northwest! **Registration opens March 28!**

For more information, contact:

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