

Seattle Summer Stuttering Camp for Teens

Camp Participant Eligibility:

Teens, aged 12-18, who have received a diagnosis of stuttering or have been exhibiting signs of stuttering. Enrollment is limited as the costs of the camp are covered by a grant from Seattle Children's Hospital's Childhood Communication Center. All candidates who apply will be contacted individually by phone to help determine their commitment and availability or be notified of their waitlist status.

Camp Description:

The Seattle Summer Stuttering Camp takes place over 5 consecutive days at the University of Washington Speech and Hearing Clinic at the end of August. Through a combination of individual breakout sessions and group activities, the goal is for teen participants to have fun while connecting with other teens who stutter. The camp will focus on understanding the experience of stuttering, communicating effectively, having options for approaching stuttering, being able to move through tension with less struggle, and connecting with peers who stutter while developing helpful responses to their stuttering. These goals are achieved through a combination of personalized work with speech-language pathologist volunteers and fun group activities including creating memes, bowling, water balloon fights, eating out at restaurants, active discussions, and playing games. Teens explore talking and stuttering while creating life-long friends!

Parents of teens are expected to participate during scheduled portions of the workshop including an SLP-facilitated parent education discussion; a panel presentation with adults who stutter; and a sharing time at the end of the camp. Following the 5-day camp, teen participants and families will receive a binder that includes resources and activities that were completed over the week. Support will also be provided in next steps after the camp which can include connecting with a speech-language pathologist (either school-based or community-based).

The Stuttering Camp will be led by two ASHA certified speech-language pathologists who have collectively been working with children, adolescents, and adults who stutter for over 30 years. **Elyse Lambeth, MS, CCC-SLP, BCS-SCF** works as a speech-language pathologist at Seattle Children's Hospital. Ms. Lambeth is a board-certified stuttering specialist who enjoys working with kids and teens who stutter. She has coordinated stuttering events, chaired the executive board of the American Board of Stuttering, Cluttering, and Fluency Disorders, and given presentations on stuttering around the United States. **Melissa Kokaly, MS CCC SLP** is Assistant Professor and Clinical Supervisor Lead for Fluency Disorders at the University of Washington Speech and Hearing Clinic. She has taught stuttering courses and supervised stuttering practicum as well as organizing stuttering workshops and mentoring students and speech-language pathologists to help them discover the joy of stuttering therapy. The camp offers an opportunity for speech-language pathologists around the Pacific Northwest to connect and receive specialized training and mentorship for stuttering.

Program Objectives:

1. Teens will understand their stuttering and reduce avoidance and struggle.
2. Teens will report more helpful responses to stuttering.
3. Teens will increase participation in social, academic, and other communication activities that they would have previously avoided.
4. Speech-language pathologists, parents, and teens will increase their education and advocacy related to issues surrounding stuttering.
5. Speech-language pathologists will increase their clinical competence and comfort level in working with people who stutter and their families.

Location:

University of Washington Speech and Hearing Clinic, located at 4131 15th Avenue NE, Seattle WA 98105.

Workshop Dates and Times:

The camp will be held during one week in **August**. Please see the website for current dates: [Summer Stuttering Camp for Teens | Speech & Hearing Sciences](#). The camp will run from **9:25 am to 3:30 pm, daily**.

Cost:

The Seattle Summer Stuttering Camp costs including daily lunches are being covered by a generous grant from the Seattle Children's Hospital's Childhood Communication Center. Similar camps are hundreds to thousands of dollars. To ensure the best

experience for campers and volunteers, the directors will call and talk to participants and have families sign agreements to ensure that campers attend every day of the camp.

Schedule of Topics:

Day 1: Education & Informed Decision-Making Pathways: Campers will learn more about their stuttering, current research about stuttering, and choices regarding communication. A fun afternoon of creative activities will include making memes and an art project. **Parents are asked to stay 30 minutes after drop off for a welcome meeting and to share their goals for camp.**

Day 2: Cognitive Pathways: Awareness, Understanding, Acclimation, and Acceptance. Teens will participate in a variety of activities to understand stuttering and begin acclimating to the experience of stuttering and acceptance. Bring your socks! The afternoon will include a competitive game of bowling BINGO. **Parents required to participate from: 1:30-3:30 pm for parent education/discussion group.**

Day 3: Physical Pathways: Opening more options and making choices in response to stuttering that can decrease struggle and increase spontaneity and engagement. Prepare to be soaked! The afternoon will include a variety of interactive games including a water balloon fight at the end of the day.

Day 4: Advocacy & Community Pathways: Disclosure; dealing with bullying and teasing; connecting with stuttering community. The afternoon will include an opportunity for campers and parents to connect with adults who stutter with a variety of experiences and vocations. **Parents required to participate from: 1:30pm-3:30 pm for panel discussions with adults who stutter.**

Day 5: Pathways for successful communication into the future with a wrap-up and celebration. **Parents are required to be present from: 1:45-3:30 pm for final sharing time and parent discussion / wrap up.**



Application for Seattle Summer Stuttering Camp for Teens

Applicant's full name: _____

Male Female Non-binary Date of birth: _____

Home address: _____

City, State, Zip: _____

Home phone: _____

Email: _____

Parent/guardian 1 name: _____

Work or cell phone: _____

Parent/guardian 2 name: _____

Work or cell phone: _____

Parent Email: _____

Current grade: _____ Regular education Special education

Name of school: _____

Phone: _____

How would you describe your stuttering and how you respond to stuttering?

Are you currently receiving speech-language therapy and, if so, where and what are you currently working on in therapy?

Do you have any other speech, language, or learning difficulties?

Please describe how you feel your stuttering impacts you:

Please check interactions you feel are negatively impacted by your stuttering:

- | | | |
|---|---|---|
| <input type="checkbox"/> Participating in class | <input type="checkbox"/> Talking with friends | <input type="checkbox"/> Meeting new people |
| <input type="checkbox"/> Saying your name | <input type="checkbox"/> Talking on the phone | <input type="checkbox"/> Dating |
| <input type="checkbox"/> Doing presentations | <input type="checkbox"/> Talking a group | <input type="checkbox"/> Ordering at a restaurant |
| <input type="checkbox"/> Talking with family | <input type="checkbox"/> Job interviews | <input type="checkbox"/> Reading aloud |
| <input type="checkbox"/> Other: | | |

Please check how interested you are in joining the camp:

- Very Interested Interested Somewhat Interested Not Interested

What would you like to gain from the Seattle Summer Stuttering Camp?

Would you have any transportation issues or schedule conflicts that might cause you or your parent to be late or absent on any day of the workshop including the parent participation portions of the workshop? Yes No

Application Due Date: May 30

Applications may be returned via email, fax, or mail by May 30th, and an e-mail or phone call to ensure the application has been received is recommended.

Please return applications to:

**Elyse Lambeth, MS, CCC-SLP, BCS-SCF
Seattle Children's Hospital
OB.8.620 PO Box 5371
Seattle, WA 98105
Email: elyse.lambeth@seattlechildrens.org
Phone: 206-987-5630
Fax: 206-987-2409**

Accepted applicants will be notified via phone call or email by the middle of June.
Please call 206-987-5630 with any questions.