

Seattle Summer Stuttering Camp for Teens

Workshop Participant Eligibility:

Teens, aged 12-18, who have received a diagnosis of stuttering or have been exhibiting signs of stuttering. Enrollment limited to 5-6 participants. All candidates who apply will be contacted individually by phone to help determine their commitment and availability or be notified of their waitlist status.

Workshop Description:

The Stuttering Camp takes place over 5 consecutive days at the University of Washington Speech and Hearing Clinic at the end of June. Through a combination of individual treatment sessions and group activities, the goal is for teen participants to communicate effectively, have options for approaching their stuttering, be able to manage moments of tension, and work alongside peers who stutter to develop healthy attitudes and emotional responses to their stuttering. All these goals are achieved through a combination of personalized therapy with graduate student clinicians and fun group activities including creating memes, bowling, eating out at restaurants, and playing games. Teens explore talking and stuttering while creating life long friends!

Parents of teens are also expected to participate during scheduled portions of the workshop including: a parent interview; a SLP-facilitated parent education discussion; a panel presentation with adults who stutter; and a final group presentation on the last day of the Workshop. Following the 5-day camp, teen participants will be encouraged to continue their therapy sessions with a speech-language pathologist (either school-based or community-based) in order to continue treatment goals begun during the workshop and to address individual functional goals. The supervisors for the camp will contact community SLPs to help carryover helpful aspects of the camp into ongoing therapy and a follow-up plan and report will be created to share with community therapists.

This workshop will be led by two ASHA certified speech-language pathologists who have collectively been working with children, adolescents, and adults who stutter for over 20 years. **Elyse Lambeth, MS CCC SLP, BCS-F** works as a speech-language pathologist at Seattle Children's Hospital. Ms. Lambeth is a board certified fluency specialist with experience working in private practice and outpatient hospitals. **Melissa Kokaly, MS CCC SLP** is currently Clinical Supervisor and Lecturer for the Stuttering/Fluency Practicum at the University of Washington Speech and Hearing Clinic. Since becoming ASHA Certified in 1998, Ms. Kokaly has been working with people of all ages who stutter in outpatient clinics and private practice. She has accrued over 130 hours of professional continuing education in the evaluation and treatment of stuttering and other disorders of fluency. Along with supporting teens who stutter, the camp aims to increase clinicians' proficiency in working with clients who stutter as they carry out assessment and treatment activities under the direct supervision and mentoring of the workshop leaders.

Program Objectives:

1. Reduce severity of stuttering
2. Move towards acceptance of stuttering and the ability to stutter freely
3. Improve effective communication and saying what they want to say when they want to say it
4. Create partnerships with local speech-language pathologists for follow-up with teens in the program

Location:

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

Workshop Dates and Times:

The camp is held the last week in June
Participants arrive at clinic: 9:25 am daily
Participants leave clinic: 3:30 pm daily

Cost:

A \$100 participation fee to the Seattle Summer Stuttering Camp fund will be requested for each family with a needs-based fee waiver available. Most of the associated costs of this program will be covered by the camp fund, donations, and grants.

Please contact Elyse Lambeth with questions at elyse.lambeth@seattlechildrens.org or 206-987-5630.



Schedule of Activities:

Day 1: Assessing stuttering severity and contributing factors, including current cognitive beliefs and emotional responses surrounding stuttering; education about speech mechanism; and exploration of stuttering. **Parents required to be present from: 9:30am-11:20 am for parent interview.**

Day 2: Desensitization to stuttering moments, including discussion of potential fears and avoidance behaviors, and training in reducing these behaviors. **Parents required to be present from: 1:30-3:30 pm for parent education/discussion group.**

Day 3: Teaching and practicing stuttering management techniques.

Day 4: Teaching and practicing fluency-enhancement techniques. **Parents required to be present from: 1:30pm-3:30 pm for panel discussions with adults who stutter.**

Day 5: Assessing participant progress; reflecting on skills learned and ways to promote carryover of skills; creating individualized follow-up programs for school-based or community-based SLPs and continued home practice. **Parents are required to be present from: 1:45-3:30 pm for final presentation and parent discussion / wrap up.**

Application for Seattle Summer Stuttering Camp for Teens

Applicant's full name: _____

Male Female

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: _____

What type of techniques are you currently utilizing to decrease your 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 check how severe you believe your stuttering to be:

- Very Mild Mild-Moderate Moderate Moderate-Severe
 Severe Very Severe

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

- Participating in class Talking with friends Meeting new people
 Saying your name Talking on the phone Dating
 Doing presentations Talking a group Ordering at a restaurant
 Talking with family Job interviews Reading aloud
 Other:

Please check how interested you are in working on your stuttering: _____

- 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: April 20

Applications may be returned via email, fax, or mail by April 20th, 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-F
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 May.
Please call 206-987-5630 with any questions.