

"The Youth Rally was a life-changing experience. It was the first time I ever felt that I was in a totally safe environment."

*Andrew, Camper from Pennsylvania*

"I just went to my fifth Youth Rally in Colorado. I have made so many friends, that I can't even call them just friends anymore. They are my second family."

*Cheryl, Former Camper and current Counselor from Connecticut*



"Youth Rally is the place to meet those other kids your parents always told you existed - those who are going through the same things you are. It allows you to form your own support group of friends who understand you and love you for everything you are."

*Amy, Camper from Alabama*

"Every year I attend the Youth Rally. I come back a better person. My Rally campers and counselors teach me love, courage, and challenge me to carry on. They keep me young and I'm eternally grateful for all they do for me. They all are special Angels in my life."

*Jude, Counselor from Connecticut*

"I would highly recommend the Youth Rally camp. Letting a 15 yr old go across country with medical issues was a difficult decision for us. The camp counselors made sure that my child was safe. My daughter had a wonderful opportunity to gain independence, make friends, learned many life lessons at camp meanwhile having lots of fun along the way. She can't wait for next year."

*D.C. - Parent from Michigan*

## Youth Rally Committee, Inc.

A 501(c)(3) not-for-profit organization

**Paul Hastings—President and CEO**  
San Francisco, California

**April Gimlen—Vice President**  
Alameda, California

**Elizabeth Hiltabidel, MSN, RN, CWOCA—Vice President**  
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**You Are Not Alone—  
Living Independently for  
Tomorrow**

# Youth Rally

**6 days at a different  
college campus every July**



*Youth Rally Campers  
University of Colorado—Boulder*

**Youth Rally** provides a non-threatening environment where adolescents with bladder or bowel dysfunction receive education and psychosocial support that encourages independent living

Scholarships are available  
See YR website for more information

**www.Rally4Youth.org**

**From Paul Hastings,  
Chairman of the Youth Rally Committee:**

"Being a counselor is as much an honor as it is a huge responsibility. I have been doing this since 1987, and every year I learn something new about a child, or another counselor, or life. Seldom does one get to be a mentor, supporter, friend, confidant, provider, and recipient all at once like this. There are no words to describe what it feels like to see the look on a camper's face when you assist him/her from his/her wheelchair into the carriage of a roller coaster, and then experience his /her joy by sitting next to them on the ride, and then seeing his/her pride when he/she wheels off the ramp of the ride with all the other riders....well, yeah, that word is 'wow!'. That feeling is humbling.



Nothing feels as great as listening to a 12 or 14, or 17 year old talk openly in a group rap session about how they conquer life's 'little' challenges day to day. Those 'little' challenges may include being on IV nutrition at night, or living with a supporting device like a wheelchair, or crutches, or living with an ostomy in a world where you seem to be the only one...EXCEPT at Youth Rally. One young college freshman shared with her rap group this year, 'this rally has changed my life' Another camper, who did not have an ostomy said 'I told my Mom I wanted an ostomy because I might be missing something....everyone at camp has an ostomy except me'. Well, interestingly, 'she is not alone' and that is the motto of our camp, because we welcome campers with diverse needs, not just those with ostomies. She found that out in her rap session when all the kids without ostomies raised their hands....."

**Youth Rally** provides the opportunity for 11 to 17 year olds to be with others their age who have had, or will have, any of the following:

- Ostomy procedures such as a colostomy, urostomy or ileostomy
- Continent procedures such as a J-pouch, Koch Pouch, Cecostomy, Malone, Mitrofanoff or bladder augmentation
- Have IBD—Ulcerative Colitis or Crohn's Disease
- Are bladder or bowel incontinent or following a management program.



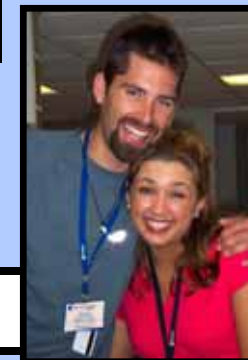
**Activities** for the campers include:

- Educational sessions on personal hygiene, sexuality, self-esteem, and self-care
- Formal and informal discussion groups
- Swimming, softball, volleyball, skating and other sports
- Dances, picnics, crafts, outings and other recreational activities
- Peer support and sharing



**Counselors**, many who are also

former campers, volunteer their time to share with the Rally campers that the only thing limiting them is their attitude, not their medical challenges. They facilitate peer discussion groups and other activities that give each camper the opportunity to seek advice from those who faced similar situations. Discussions range from dealing with their medical conditions, social issues and making wise choices as a teen. The counselors also make sure that there are plenty of camp activities to enjoy: swimming, softball, arts and crafts, shopping, karaoke, field trips to amusement parks and beaches, to name just a few.



**WOC(ET) Nurses** are available to assist campers with

self-care and lead the Rally educational sessions. They assist campers with any problems they are experiencing and offer suggestions and techniques to the campers to improve the management of their medical conditions.

