

# REPORT 2019 April Cycle

## GENERAL INFORMATION

### Organization Information

<b>Legal Name:</b> Epilepsy Foundation Central and South Texas		<b>Federal Tax ID#:</b> 76-0415338	
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### Head Of Organization

<b>Name:</b> Sindi Rosales	<b>Title:</b> CEO
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### Application Contact

<b>Name:</b> Amber Sizer	<b>Title:</b> Development Officer	<b>E-Mail Address:</b> Development@EFCST.org	<b>Phone:</b> (210) 653-5353
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## REPORT INFORMATION

<b>Report Funding Cycle:</b> 2019 April Cycle	<b>Report Date:</b> 03/31/2020 12:00 am
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**1: Please include in your report the dollar amount of the funds that were awarded, the date they were funded and what the funds supported.**

Awarded Amount: 18,000	Date: 04/18/2019
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**2: Were the objectives cited in your original proposal met? Please address each started objective and how it was met.**

Camp Brainstorm, a residential summer camp for children ages 8-17 with epilepsy. We are delighted to report that the objectives identified in the proposal were met. 85 campers were approved for camp, and 67 children attended Camp Brainstorm. Six volunteer medical staff, five of them neurologists, provided medical services during camp. 26 volunteer Camp counselors were recruited.

100% of campers said they received good medical attention when needed.

93% of campers said they wanted to come back next summer.

When the children were asked "What did camp help you accomplish":

- o 84.7% chose Make New Friends
- o 72.9% chose Have a Fun Experience
- o 57.6% chose Try New Things
- o 52.5% chose Connect with Old Friends
- o 37.3% chose Find Self Confidence
- o 28.8% chose Learn About Your Condition

When asked "Tell us about how your abilities will improve at home and at school because of camp." some noteworthy responses included:

- o "Because I'm usually shy at home and at school"
- o "I know more about my epilepsy"
- o "I will be more confident in myself and set more goals for my life"
- o "Make me feel like I am not the only one"
- o "I feel more confident when telling people about my epilepsy"
- o "I will have friends to talk to"
- o "I will no longer feel like I have no friends"
- o "I will feel normal"

Camp Brainstorm offered daily epilepsy education and transition to adulthood sessions. Although campers did not list these sessions as their favorite activity, they did respond about improved confidence and self-esteem more often. One camper responded that camp "Helps me feel more ready for adult life."

**3: Please explain any changes from the original proposal and the circumstances that lead to the modification of the objective.**

Camp Brainstorm took place from June 17-21 as planned with 67 children attending. While we did not reach our goal of 80 children attending Camp, we did receive and approve more than 85 applications but some children had to go to summer school and some children's epilepsy worsened, causing their parents to make the hard decision to keep them home. We did, however, increase the number of children that attended from the previous year. Unfortunately, many children with epilepsy suffer from memory issues and frequent absenteeism due to health challenges results in some children having to attend summer school. Summer school, medication changes, changes in health stability, and nervous mommies and daddies are contributing factors as to why some parents had to make the hard decision to keep their child home.

**4: What needs were addressed?**

Camp Brainstorm addressed the psychosocial aspects of epilepsy by improving identity. Self-image, coping mechanisms, independence, and positive social interaction opportunities were built into camp programming.

Needs addressed during camp included the development of social health by improving quality of life and peer bonding; mental health by improving self-image, self-sufficiency, and coping skills; and behavioral health by improving knowledge of epilepsy and skills to manage and cope with epilepsy.

Opportunities to experience new, fun learning activities such as participating in the talent show in front of their peers and hands-on skill training programs improved self-confidence. There was even a once in a lifetime chance encounter with dolphins that leaped and played in the bay while the children were sailing.

**5: What method of evaluation did you use to monitor and measure the project's outcome and what are the result?**

Pre and Post surveys were utilized as evaluation tools for Camp Brainstorm.

All campers improved their recreational skills by participating in daily camp activities which included sailing, zip-lining, rock climbing, swimming, archery, fishing, and a campfire on the beach.

The survey results show that as a result of attending Camp Brainstorm, children and teens improved their self-image, increased their independence, improved peer bonding, and are better informed on how to better manage their epilepsy.

Campers:

-Are less reliant on their families as a result of having stayed overnight at camp.

- Participated in adventurous activities they usually wouldn't have been allowed to participate in.
- Met other children with epilepsy, some of them for the first time.
- They had a WONDERFUL time!
- Had lots of FUN!
- Made lifelong MEMORIES.

**6: Do you plan to continue this project, and if so, how do you plan to sustain it?**

Yes, 2020 will be the ninth year of offering Camp Brainstorm. The community supports it as evidenced by repeat donors and diversified gifts from a range of funders including previous camp families that have aged out.

EFCST has continued to improve its marketing, implementation, and evaluation of Camp Brainstorm. In 2020, we plan for 80 children to attend camp free of charge to their families.

For families of children with epilepsy; the cost of this chronic disease is a huge financial burden. Some families of children with epilepsy pay tens of thousands of dollars each year for treatments of this chronic disease. Some children who attend Camp come from families with more than one child with epilepsy or another chronic disease. Still, these families support EFCST fundraisers, set up monthly online payments, and conduct online and Facebook fundraising campaigns to ensure camp continues. They influence their network to give to provide this special haven for children with epilepsy.

Camp Aranzazu is an intimate, affordable location that has improved its facility from year to year. Even when faced with severe weather challenges, its staff and donors have proven to be resilient. Camp Aranzazu raises funds to help to offset some of the costs of camp.

**7: Please provide any other comments of information relevant to this grant.**

Lisa, a parent, shared about her daughter's experience - "Camp was wonderful for my daughter. She came back from camp, feeling excited, confident, and she knew she wasn't alone. She would cry, wondering why she had to be different. Camp helped her to see she wasn't different after all. It helped her to see that epilepsy doesn't have to be a reason not to do something. Camp was just what she needed. It was an experience for her soul...an experience that changed her outlook on life. You cannot put a price on what Camp Brainstorm offers a child. For my daughter, it completely changed the way she thinks about herself and her abilities. Camp taught her she's not alone. It also taught her that despite her epilepsy, she can do anything she sets her mind to."

Parent, Christina, also shared how Camp Brainstorm impacted her child - "The opportunity for the kids to be with other kids who understand and to do things they may not normally participate in is PRICELESS. My child came home with newfound confidence. For parents -- we are a group that has watched our kids go through life-threatening events. Because of some of the medical concerns that come along with these kids, sending them to a new camp is very stressful. Camp took that stress away. It allowed us the much needed days to take care of ourselves, allowing us to be better caregivers to our kids. For parents, it is a priceless opportunity."

**8: Please provide an updated detailed projected budget with expenses for the received grant. Also include the totals for the budgeted and actual amount. Explain any discrepancies between the budgeted and the actual expenses for the project.**

Line Item Description	Total Project Funds Allocation	Najim Requested Funds	Project Funds Actual	Najim Funds Allocation
Camp facility rental & support (\$559.38 per child includes food, shelter, Doctors, & Counselors)	\$44,750	\$18,000	\$40,773	\$18,000

Marketing & promotion	\$5,000	\$0	\$599	\$0
Equipment & supplies (for health & activities)	\$6,250	\$0	\$2,608	\$0
Travel to & from camp (includes charter bus, gas)	\$5,000	\$0	\$4,103	\$0
Operating expenses (staff, training, recruiting, postage)	\$29,000	\$0	\$29,000	\$0
<b>TOTAL:</b>	<b>\$90,000</b>	<b>\$18,000</b>	<b>\$77,083</b>	<b>\$18,000</b>

**Signature**

Sindi J Rosales, CEO