

March 13-15, 2026



Spring

FAMILY RETREAT

Handbook

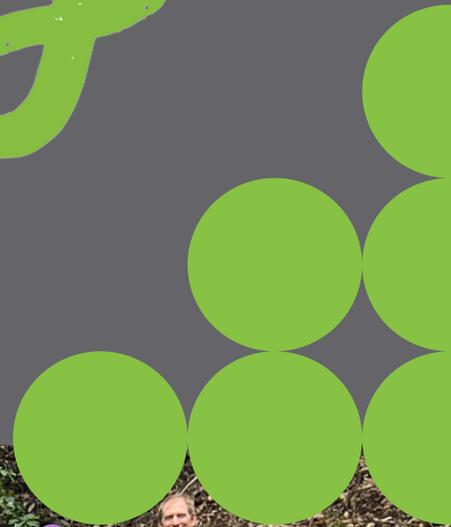


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Reference Guide

Spring Family Retreat

Location: Mt. Gilead Conference Center

Address: 13485 Green Valley Rd,
Sebastopol, CA 95472

Opening Day Arrival: Friday, March 13
4:30PM-5:00PM

Closing Day Departure: Sunday,
March 15 1:00PM

Questions: Please call 925-412-4898
or email wright@dyf.org



"Being with other families that "get it", watching our kids just have good ol' silly fun, it was like hitting a reset button for both me and my husband and perhaps for the kids too."

After- hours Emergencies: Cell service at Mt. Gilead Conference Center is very limited. In the event of an emergency during the retreat, please have family or friends try your cell phone first. If they do not get through, please have them call the Mt. Gilead Conference Center front office at 707-823-4508



Retreat Outcomes

What your family can expect from our Spring Retreat for both children and adults

For Children



Diabetes Skills

Participant demonstrates increased confidence in diabetes management and diabetes decision making.

Participant demonstrates increased independence in diabetes management. (*For child with diabetes only).

Participant demonstrates an increased sense of diabetes responsibility upon returning home.



Interpersonal Skills

Participant sees themselves as a useful and valued member of the camp community by camp peers and adults.

Participant has increased friendship-making skills.

Participant has increased self-esteem.

Participant feels optimistic about personal future.

Retreat Outcomes

For Caregivers

Community Building

Participant has developed networking opportunities with other participants in their local areas.

Optimism

Participant feels optimistic about their future.
Participant feels optimistic about their children's future.



Diabetes Skills

- Participant understands the different types of insulin and how to adjust and administer insulin levels.
- Participant understands new technologies in the diabetes field and is updated on the most recent research in diabetes management.
- Participant understands carbohydrate counting and healthy food choices.
- Participant knows and understands how to identify and treat hypo and hyperglycemic episodes especially during critical periods of growth and development (puberty, sports, illness etc.).
- Participant understands the psychological impact of type 1 diabetes and the tools to positively manage the condition.
- Participant employs new strategies in helping their children manage diabetes in the outdoor environment and while participating in school, home, and community activities.

Participant Expectations



Our retreats have a strong impact on participants largely due to the positive and accepting community among our staff, volunteers and fellow participants. Staff and volunteers work hard to maintain this supportive atmosphere. Participants are expected to work in harmony with staff, volunteers and other participants to ensure a positive experience for all.

Rules for Conduct

- Smoking and use of any tobacco products is not permitted. Smokers will be asked to smoke off of camp property.
- The possession and/or use of alcohol and/or illegal drugs are not permitted.
- All medications and prescription drugs will be kept in the infirmary. Participants will have access to all medications at all times; however, ALL medications must be kept in the infirmary as a safety measure.
- All participants are asked to wear footwear at all times.
- Campers must be supervised by their counselors, parents, or other staff and volunteer members at all times. Anyone under the age of 18 may never be alone on camp.
- Please leave household pets at home. Camp is not a safe environment for domestic animals including dogs, cats, lizards, and so on. If you will be bringing a service animal please contact us in advance so that we may properly prepare as a team.

Behavior that is inappropriate or unsafe is not tolerated. Behaviors that are inappropriate will result in termination for the program.

Accommodations

Rustic Cabins

Families will stay in cabins with twin sized bunk beds. These rustic cabins have electrical outlets but can be cold during the cooler months. Bring warm blankets and pajamas! Portable restrooms are located throughout the cabin areas and bathroom facilities are close by.

Lodge Rooms

Families with very small children may stay in lodge rooms. Each room has four bunk beds per room with shared indoor bathrooms. It is equipped with automatic heating and air conditioning and is divided by a central hall. The lodge is wheelchair accessible.



Shared Spaces

Please expect to share your sleeping accommodation with other people. Generally cabins sleep 10 people and lodge rooms sleep 8. As much as possible we must fill each space and likely can not accommodate a family that wants their own space. If you have specific needs, please reach out!

Embrace it!

We know that sharing a sleeping space with other people can be an uncomfortable thing. It can also be a great way to get to know another family that has a child with T1D and build your network of support.

Packing List

Clothing

- Long pants or jeans
- Long sleeved shirts
- T-shirts
- Underwear
- Socks
- Shorts
- Warm pajamas
- Rain gear/jacket or poncho
- Shower sandals
- Closed-toed shoes
- Warm hat
- Warm sweatshirt or Jacket



Equipment

- Sleeping bag and warm blankets
- Bottom or fitted sheet for twin bed
- Pillow
- Headlamp or flashlight w/ batteries
- Pens and notepaper for ed sessions
- Reusable water bottle
- Small day pack

Optional Items

- Sunglasses
- Hiking boots
- Camera
- Playing cards
- Musical instrument
- Books/magazines
- Chapstick
- Hat with Brim

Toiletries

- Bath towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Shower shoes/sandals
- Sunscreen (SPF 15 or better)
- Feminine hygiene products

DYF will provide all insulin and low glucose supplies for the weekend

Diabetes Supplies

- Blood glucose meter
- Test strips
- Lancing device
- 1-2 sensors
- Tape (if applicable)
- Charger (if applicable)
- Dexcom Receiver (if applicable)
- Infusion sets/reservoirs or Pods (one per day)
- Pump batteries
- Set inserter
- Tape/adhesive (if needed)
- Charger (if applicable)
- Insulin Pens (if applicable)

Things to Consider When Packing



- Do not buy or bring new clothes to the retreat. Comfortable clothes are all that is needed. If your child wets the bed, please pack a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning.
- Having a second bag ensures that your camper will have a dry bed come bedtime. Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity two weeks after the session.
- Cabins are rustic and not insulated. Nights will be cold, please bring adequate warm clothes and bedding to be ensure you are comfortable in that environment.
- Diabetes Youth Families bears no responsibility for damage to or loss of any items that are brought to the retreat.

Do Not Bring

- Expensive jewelry
- Personal sports equipment including skateboards, archery equipment, or baseball equipment
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows)
- Electronics including video games, iPads, laptops
- Outside food
- Pets or animals

Diabetes Care at Camp

Medical Professionals

Our Spring Retreat has a team of volunteer medical professionals: doctors, nurses, psychologists, certified diabetes educators, and dietitians. Parents and campers have the opportunity to check in with a healthcare provider before snacks and meals. This is a great time for campers to watch other kids checking blood sugars, bolusing, and injecting insulin, which often encourages them to try out a new skill.

Insu-Line

Each morning, parents spend time in diabetes education sessions while children rotate through camp activities with other children their age and counselors trained in T1D management.

Glucose Levels

Your child's blood sugar levels may run lower or higher during their stay at the retreat than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, excitement, and so on, will affect your child's blood sugar levels. It is not always possible to have the same level of control that they may have at home.



Food Allergies and Special Diets

We can accommodate the following food allergies and special diets at the spring retreat

Peanut Allergies

Our food service does not knowingly use peanuts in snacks or meals prepared for the retreat. While we do our best, we cannot guarantee that the facility is 100% free of peanut products. We ask that you help us maintain the lowest level of possible contamination by following our rule about not bringing additional food with you the retreat.

Vegetarian

We will have vegetarian options available at every meal.

Please make sure to complete your health form so that we are aware of your needs!

Celiac Disease

We will have gluten free options available at every meal for individuals living with celiac disease. While Mt. Gilead does its best, they are not able to guarantee a 100% gluten-free environment. If you are a very sensitive celiac you are welcome to bring your own food and use the camp fridge/freezer and microwave. Check out DYF programs ran at Bearskin Meadow Camp for a 100% gluten free kitchen!

Carbs at camp

While we ensure healthy balanced meals, camp food can often be higher in carbohydrates than you may be used to, and that is ok! Flexibility is key!



Sample Schedule

Friday

4:30-5pm: Families Arrive
 5:30: Insulin Consultation
 6pm: Dinner
 7pm: Kids-Campfire
 Adults- Opening Circle
 8:30pm: Night snack and off to bed!

Saturday

7:45: Insulin Consultation
 8am: Breakfast
 9am: Kids Group Rotations
 Adults Education Sessions
 10:30: Snack
 10:45: Kids Group Rotations
 Adults Education Sessions
 12pm: Insulin Consultation
 12:15: Lunch
 2pm: Family Choice Activities
 3:30: Snack
 4pm: Large Group Activity
 5:30: Insulin Consultation
 5:45: Dinner
 7pm: Evening Activity
 8:30pm: Night snack and off to bed!

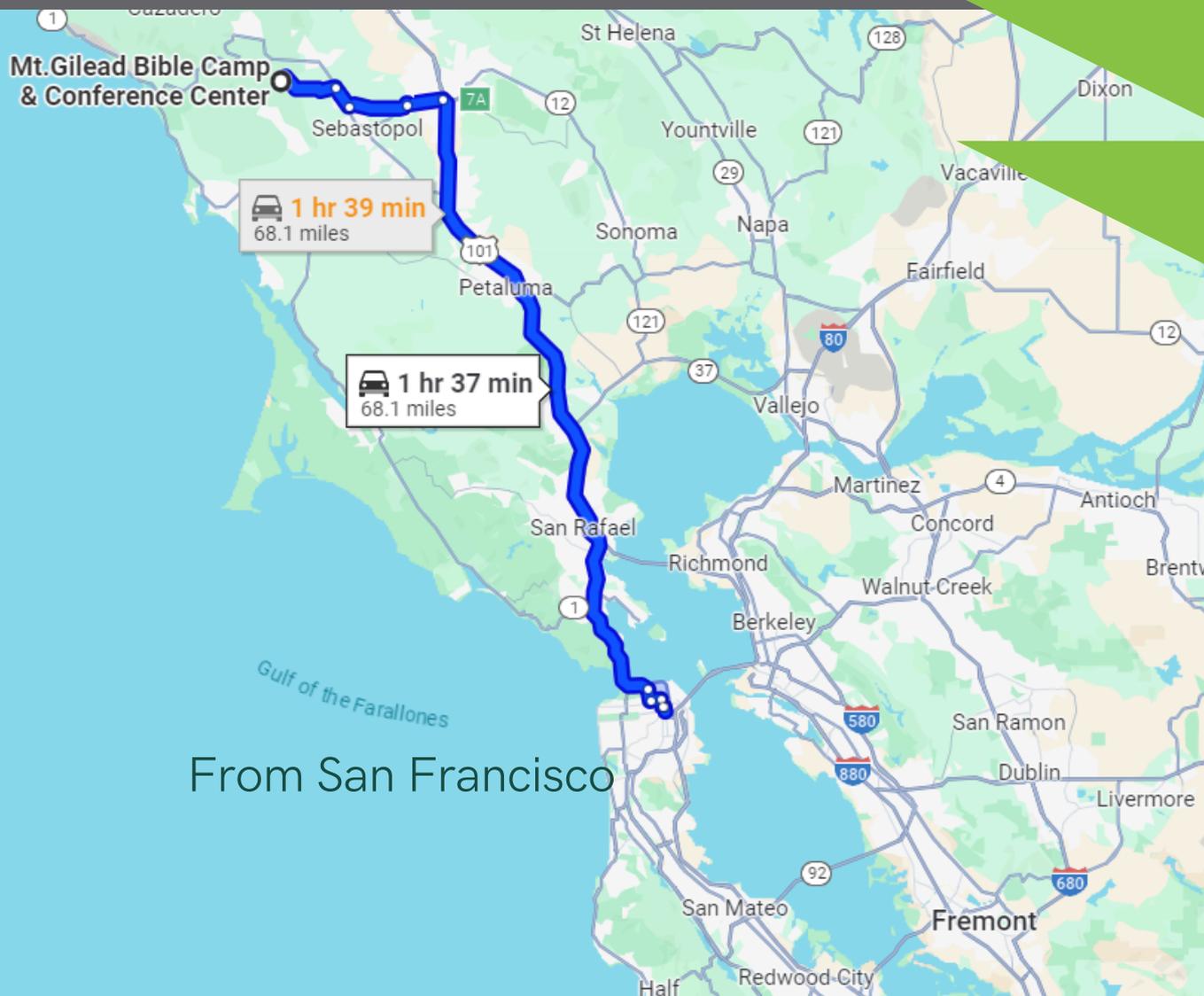
Sunday

7:45: Insulin Consultation
 8am: Breakfast
 9am: Kids Group Rotations
 Adults Education Sessions
 10:30: Snack
 10:45: Kids Group Rotations
 Adults Education Sessions
 11:45: Insulin Consultation
 12pm: Lunch

See you next time!



Directions to the Retreat



From San Francisco

Mt. Gilead Camp and Conference Center

13485 Green Valley Rd Sebastopol, CA 95472

Directions are available via Google Maps with the name "Mt. Gilead Bible Camp and Conference Center"

Please note that your phone may lose cell service prior to your arrival to the retreat. We suggest setting your GPS or printing off directions ahead of time.



Contact Us

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