

HORMEL HISTORIC HOME



AUTISM PROGRAMMING FOR THE COMMUNITY

2019 ANNUAL REPORT



In this, the 10th year of programming for young people on the autism spectrum, much of the past successes have continued, but enhancements have also been made so that the needs of those in the autism community can be addressed. We are doing more outreach events and are working with local businesses to make them Autism Friendly and Sensory Sensitive.

Since we began in 2010, we have served an average of 22 campers per year in 86 families through *Circle of Friends Day Camp*. In 9 years *All Access Community Explorations* has averaged 19 youth per year, and in 5 years *Camp Just for Me* has averaged 7 campers who, because of their high needs, would not be able to attend any other camp in the area. Nine campers have attended at least eight years of programming. They have grown up!

Several former campers have aged out of the programming we offer, so what is next for them? How about the needs of adults living on the spectrum? How can more individuals on the spectrum attend post secondary education? These are good questions, and with continued interest, financial support, and passionate people, the Hormel Historic Home is committed to furthering our programming and making our community a more aware and inclusive place for those with special needs.

For more information contact autism@hormelhistorichome.org or 507-433-4243.

Holly Johnson, Executive Director, Hormel Historic Home

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HHH - ASD Adviosry Group

The efforts of the Hormel Historic Home Autism programming are driven by passionate and committed people. We meet monthly to generate ideas on how to better serve the autism community. If you are interested in becoming a part of this group, please contact Mary Barinka at autism@hormelhistorichome.org.

A note from Community Autism Resource

Sixteen years ago, my family's autism journey began when my daughter was diagnosed with autism. "Sometimes your challenge becomes your purpose." Years of educating myself in order to better understand and advocate for her has landed me in a very unique position in our closely connected community. As Community Autism Resource Specialist I am in awe how receptive Austin has been, yet again, to diversity. This time—neurodiversity. Businesses, organizations, and community members are eager to learn about, understand, accept and include autistic people.

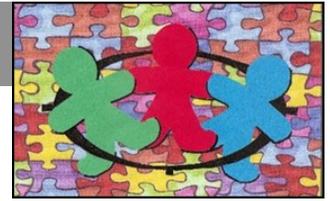
Families of those with special needs of all kinds are becoming more comfortable and feeling more welcome and at ease in our restaurants, dentist offices, recreation places and the like. Resources within the community are collaborating, and we are drawing interest from resources outside the area who want to take part in the "Autism Friendly Austin" initiative.

I am so inspired by the growth that has taken place over the last 10 years in outreach and education for Autism in Austin, but the last two years has me especially excited about future possibilities. Discussions with the Autism Society of MN are continuing and will lead to more education opportunities here. Riverland Community College and Hormel Foods have both expressed interest in pursuing improved opportunities for those with autism in both secondary education and employment, respectively. Families are starting to feel better supported and more empowered every day.

Thank you, on behalf of so many, to the Hormel Foundation, the United Way of Mower County and to the many personal donors who make all of this possible.

~Mary autism@hormelhistorichome.org

CIRCLE OF FRIENDS DAY CAMP, est. 2010



GRADES 1-5

2019 Age range: 5-10 years old

OVERVIEW:

The purpose of the Circle of Friends Day Camp is to facilitate social relationships while providing fun and varied group and individual experiences with appropriate environmental structure and supports. We achieve this goal by providing structure that is built around accommodating the needs of our campers. Program includes sensory supports for our campers including a quiet room and a sensory room that offers a variety of activities such as a swing, a steam roller, and weighted items.

2019 camp statistics:

- ⇒ 25 campers served: 19 boys, 6 girls
- ⇒ 3 children on waiting list
- ⇒ 21 Staff + 1 volunteer
- ⇒ 5 Activities / Community Outings:
Carnival Day at HHH, Oxbow Park, Healing Rhythms Music Therapy, Echo Lanes Bowling, YMCA-Swimming and Gymnastics
- ⇒ 44% of campers received scholarships totaling \$905
- ⇒ According to demographic survey 41% of campers were from ethnic backgrounds other than white.
- ⇒ 55% indicated a household income of 150% of poverty or more.
- ⇒ 100% of parents/caregivers rated the camp Very or Extremely Satisfying, and that they would recommend Circle of Friends to other families

2019 Goals and Outcomes:

Campers are expected to participate in a pre-planned group activity for a minimum of 20 minutes 80% of the time as a reinforcement of what is expected in the academic setting.

- ⇒ 72% of participants achieved this goal.
- ⇒ 5 campers improved from participating for less than 10 minutes to being able to participate for the full 20 minute expectation by the end of camp.

Campers will be prepared in advance for community outings. They will be evaluated on how well they transition to and participate in outings that will benefit them in their homes, schools and communities.

- ⇒ On 83% of community outings, campers transitioned independently to the event
- ⇒ 72% of campers needed only 1 or no prompts to transition as expected
- ⇒ 64% of campers achieved full participating in the outings 80% of the time.

2019 Financials:

INCOME:

'18 Carryover	\$ 1,402
Grants	\$11,500
Fundraisers	\$ 3,469
Donations	\$ 2,207
Camp Fees	\$ 2,345
Total	\$20,293

EXPENSES:

Staff	\$13,925
Supplies	\$ 2,058
Outings	\$ 755
Trans.	\$ 1,159
Admin/Ins	\$ 3,026
TOTAL	\$20,923

2019 expenses were higher due to a full roster of campers and the additional staff needed to manage the needs of the campers.

Comments from parent survey:

- ⇒ My child loved all the wonderful staff and friends
- ⇒ This camp is amazing. I have never seen my daughter so happy. My daughter made her first friend.
- ⇒ Thank you for what you all do to make this camp great.
- ⇒ So grateful for the experience for my son. Ever since school got out he has been talking about going to camp.
- ⇒ 14 of 16 parents responding said one reason they send their child to camp is for them to make new friends. 8 said they want their child to be better able to transition to new activities in the community and to learn to be more independent.





GRADES 6-12

2019 Age range: 11 – 18 years old

OVERVIEW:

This 10 session seminar focuses on providing young teens the experience of exploring and practicing key skills which support their increasing independence, post-secondary opportunities and employability. The program offers 'behind-the-scenes' tours of local employers. The employer tours will feature jobs that are often in the interest or skill area of individuals with ASD. The tours also provide a place to practice appropriate verbal and non-verbal communication skills with the support of the seminar staff.

2019 Camp Statistics:

- ⇒ 20 campers served: 18 boys, 2 girls
- ⇒ 12 Staff + 1 Volunteers
- ⇒ Community Outings/Activities:
Mayo Clinic, Mower County Dept. of Transportation, the Spam Museum, and Games People Play, Tendermaid, Steve's Pizza, Hardee's, and Culver's
Mall of America Nick Universe
- ⇒ 45% of campers received scholarships totaling \$975
- ⇒ According to demographic survey 37% of participants were from ethnic backgrounds other than white.
- ⇒ 58% indicated a household income of 150% of poverty or more.
- ⇒ 100% of parents/caregivers rated the camp Very or Extremely Satisfying, and that they would recommend AACE to other families

2019 Goals and Outcomes: Life skills such as proper hygiene, peer interaction, handling disappointment, money management and community safety will be taught and measured during community outings with the expectation of achieving a minimum rating of 3 in all areas of measurement. (Scale of 1 to 5, 5 being highest)

Hygiene:

80% of campers achieved the highest level of expected hygiene behaviors.

Peer Interaction-Shows interest in others' ideas:

40% of participants achieved a rating of 5 on 90% of occasions. 60% achieved the goal of attaining a rating of at least 3 for the duration of camp.

Handling Disappointment:

80% of campers were able to meet the expectation of handling unexpected change with a rating of 3 during camp.

Community Safety:

90% of participants were mindful of the expected safety rules and achieved a rating of 3 or more.

Money Management:

70% of participants were able to demonstrate a solid understanding of planning for and executing their purchase.

2019 Financials:

INCOME:

'18 Carryover	\$ 2,563
Grants	\$12,250
Fundraisers	\$ 3,469
Donations	\$ 1,161
Camp Fees	\$ 2,182
TOTAL	\$21,625

EXPENSES:

Staff	\$13,400
Supplies	\$ 969
Outings	\$ 1,463
Trans.	\$ 1,967
Admin/Ins.	\$ 3,026
TOTAL	\$21,625

2019 Camp expenses were slightly less than budgeted even with an increase in transportation costs this year.

Comments from parent/camper survey:

- ⇒ "I've been going since the start and it has helped me to get out in the community more"
- ⇒ Budgeting was really cool. My son was so proud to tell me how much he spend and saving for the big trip.
- ⇒ Managing his own money to go places is a great start toward independence in the community.
- ⇒ I just appreciate this whole opportunity. He really enjoyed being able to meet other kids 'like him'.
- ⇒ 55% of parent respondents said making new friends and having new experiences is why they like send their child to All Access Community Explorations.



Camp Just For Me, est. 2015



APPROPRIATE FOR AGES 7-17

2019 Age range: 9-17 years old

OVERVIEW:

The purpose of Camp Just for Me is to give children with severe Autism the opportunity to participate in a camp experience where their specific needs are addressed. The goals are to assist participants in increasing their familiarity with the community and to increase communication and choice making skills. Individual goals are set for each camper based on their unique abilities.

2019 Stats:

- ⇒ 9 campers served: 8 boys, 1 girls
- ⇒ 17 Staff plus 1 volunteer
- ⇒ Community outings including: Sweet Reads, the Spam Museum, Austin Public Library, and the Tendermaid
- ⇒ 44% of participants were awarded scholarships totaling \$280
- ⇒ 22% of campers were of ethnic descent other than white
- ⇒ 3 new campers participated this year. Two of them were eligible for Circle of Friends but due to their needs, staff felt that Camp Just for Me was a better fit. Our programming has become broad enough so

2019 Goals and Outcomes:

Because of the nature of each camper’s abilities, individual goals were set and measured separately for each participant.

Primary goals of camp:

- Create a camp experience for every child.
- Increase communication at the child’s level.
- Increase comfort level in the community.
- Campers participate in a variety of activities.

Camp curriculum included more community visits in 2019 and those campers that attended managed the transitions very well.

Individual goals were set for each of our 9 campers. In the area of participation the average goal set was for campers to participate 77% of the time in a pre-designed activity. 96% of participants were able to achieve this goal.

Within the goal of increased communication and average expectation was campers achieve their goal 72% of the time. 92% of campers succeeded in communicating their needs to staff either through verbal or visual prompts.

An additional goal of minimizing aggressive behaviors to less than 20% of the time was tracked for 3 in attendance. One camper was aggressive 30% of the time but the other two were aggressive only 10%.

2019 Financials:

INCOME:

Grants	\$6,500
Fundraisers	\$1,735
Donations	\$1,062
Camp Fees	\$ 620
TOTAL	\$9,917

EXPENSES:

Staff	\$6,810
Supplies	\$ 916
Outings	\$ 150*
Admin/Ins.	\$1,116
TOTAL	\$8,992

Budget Note: The high level of needs amongst the campers resulted in needing more staff which increased that line item.

Parent Comments:

- One camper's father commented that he was so happy we had this camp as his son hasn't been able to successfully participate in any of the other camps for more than one day.
- Parent commented that her camper really enjoys camp.
- Parent reported that her camper is always excited to come to camp.
- A mother commented on what a good experience camp was for her son again this year.



RESPITE EVENTS

Respite/Teen Nights
for youth with ASD

FUN ~ FRIENDS
AND COMMUNITY

Sponsored by the
Hornel Historic Home
YMCA and the Arc

GRADES: K-12

Overview:

Programming was started for youth in grades K-5 in February of 2012 and expanded to include teens in 2016. The program model was created to provide youth with structured and supervised monthly activities while offering parents a worry free and low cost option for their child. The program also allows the youth who may have connected during ASD Summer Camp the opportunity to continue building relationships.

FY 18-19 Stats:

- ⇒ 24 events for kids in grades k-12
- ⇒ 147 contacts in FY 18-19
- ⇒ 46 different families

Staff support:

The 3 Respite recreation events are managed by 8-10 paid staff persons. The ration of staff to participant is 2:1. Most are employees of the public school system and have special training working with youth on the autism spectrum.

Outcomes:

- Relationship building
- Practice swimming and other new activities
- Increased comfort level in community settings
- Teens form social networks with other teens
- Teens learn to manage conflict through game playing
- Parents have opportunity to recharge while child is in well-supported environment

Financials:

The cost to attend a respite activity is \$5 for grades k-8 at the Y and \$10 for teen events at Life Mower County. Scholarships are offered to families who are unable to pay the participation fees.

Income:

Participant Fees	\$ 812
Donations	\$5,062
Fundraising	<u>\$ 460</u>
Total	\$6,334

Expenses:

Staff	\$3,560
Facility Fee	\$ 930
Supplies	<u>\$ 507</u>
Total	\$4,997



COSPLAY SOCIAL

Sunday, September 22, 2019 2—5 p.m.

\$15 per person includes refreshments

In efforts to attract and serve the young adult/adult autistic population Autism Friendly Austin is hosting a Cosplay Social Event.

Cosplay (Costume Play) is the act of creating and wearing an outfit based on a beloved character from ANY franchise (most often anime). Cosplay and Anime events are growing in popularity all over and seem to be of particular high interest to many on the spectrum. With this event we hope to break down the barriers between those on and not on the spectrum by creating a safe place where people can be themselves, have fun, and gain information on the Autism Friendly Austin initiative. We hope it helps us start to gauge who our adult population is, and how we can grow to better serve them with support, resources and opportunities.

Intended for those 18 years and older. Interested 17 yr. olds may attend if accompanied by a parent or guardian.

For a full list of rules please visit www.hornelhistorichome.org/autism-programming

Autism Friendly Austin (AFA) est. 2017

OVERVIEW:

The Hormel Historic Home sponsored a new initiative to help Austin become more Autism Friendly and Sensory Sensitive. Mary Barinka, the Community Autism Resource Specialist, drives this mission and has accomplished much since her hiring. Autism Friendly Austin will make our community and region a more inclusive and accepting place that strives to provide increased opportunities and improved outcomes to those on the spectrum .

Goal: Educating parents and the community

- **4 Parent Network/ Educational meetings** were held on topics of Understanding the Individualized Education Plan, Navigating the Department of Human Services, Transition from School to Summer, and Transition to Independence and Adulthood for ASD.
- **10 new Autism Friendly Locations were trained and certified bringing the total to 28**
- **7 businesses/organizations** (including Hormel Corporate/ Plant HR, and recruiters and Riverland Community College staff) received presentations on Autism in general, the AFA initiative and how they might support an employee or student to ensure success in either the workplace or the college classroom cultures.

Goal: Collaborating with service providers and local businesses/ organizations to connect to those in need of services. Identifying current unmet needs and future needs and developing innovative ways to meet those needs.

- Autism Friendly Austin and The Autism Society of MN joined forces in June here at the HHH for our first all day ASD educational conference. ASD in Transition to Independence and Adulthood was well received by 85 parents, educators, service providers and community members of SE Minnesota.
- Centria Autism (an ABA service provider) recently came to Austin to discuss expansion of their in-home autism therapeutic services as they work to expand into rural areas of MN.
- Healing Rhythms Music Therapy LLC/Rochester is one of our newly certified AFA locations and they conducted a session at our Circle of Friends Day Camp this summer. This fall they will conduct a parent/ educational event informing about services to meet a variety of needs and how to access funding for services.

Goal: Informing the community with effective promotion and marketing tools

Our presence is strong in social media and we distribute a quarterly newsletter to over 170 subscribers. Increasing communications and advertising support for our programs have been achieved through Austin Public Schools, Life Mower County, the Parenting Resource Center, Department of Human Services, Mayo Clinic, the Autism Society of MN, and by word of mouth.

Goal: Consulting with and assisting individual families advocating for their child with ASD.

12 families and two businesses sought consult services for ASD support. Some tangible outcomes included personalized/ individual sacramental preparation for three families at their church—summer school services for another family—and installation of a safety fence for a third family.

2019 FINANCIALS:

INCOME:

Grants	\$10,000
Donations	<u>\$ 9,435</u>
TOTAL	\$19,435

EXPENSES:

Staff	\$13,893
Outreach	\$ 2,284
Supplies	<u>\$ 1,362</u>
TOTAL	\$17,539

BUDGET NOTES:

Time is the key factor for making the Autism Friendly Austin Initiative a success. The more time the CARS personnel can spend working with families and businesses to improve access to information and services the greater impact they can have.

AFA Certified Locations as of August 1, 2019

LIFE Mower County, Austin ArtWorks Center, Austin Public Library, Austin Fire

Department, Catherwood Childcare Center, Elrod, Green and Heimer DDS, Essence Salon, Family Eye Care Center, Guy Dentistry, Impact Fitness, Innovision Eye Care Austin and Albert Lea, Matchbox Children's Theater, Mayo Clinic Health System, Midtown Auto, Mower County Human Services, Paramount Theater, Parenting Resource Center, Perkins Restaurant, Potach & Mitchell Dentistry, Seibel Center, Spam Museum, Southeastern MN Oral Surgery, Style Lounge, YMCA, Lora & Isaac, Medicap Pharmacy, Apple Lane Child Care Center, Healing Rhythms Music Therapy, Mower County Historical Society



Financial Support

The annual Stepping Out for Autism Walk event allows families to come together to socialize, celebrate, and raise awareness for those on the autism spectrum. We have adopted a Superhero theme encouraging everyone to become a champion for someone with autism. Families embrace the theme by dressing in costume celebrating the uniqueness of each person on the spectrum. The 2019 event attracted over 200 people for a walk around Mill Pond, bubbles in the Hormel Historic Home Garden, and pizza sponsored by Pizza Ranch. Raffle tickets are sold for a variety of prizes and over \$6,000 was raised to support our programming.



Thanks to our 2019 Stepping Out for Autism Corporate Sponsors:

Bollingberg Chiropractic ~ CRC ~ Family Eye Care ~ Games People Play ~ Holiday Inn ~ Mayo Clinic Health Systems ~ McFarland Truck Lines ~ Midtown Auto Clinic ~ Pizza Ranch ~ Potach & Mitchell Dentistry ~ QPP ~ Rocco's Retreat and Doggy Day Care ~ Rolling Green Fencing ~ SE MN Oral & Maxillofacial Surgery ~ Worlein Funeral Home



Special thank you to the Hormel Foundation and the United Way of Mower County for their continual support

General Donations: Gary & Pat Ray, Nancy & Dick Knowlton, Oshkosh Corporation via Tony Delhanty

In order to continue our outreach and programming we rely on the support of so many. If you would like to make a tax deductible donation please visit www.hormelhistorichome.org or mail donation to: Hormel Historic Home, 208 4th Ave. NW, Austin, MN 55912



Southern MN Autism Symposium, 6/13/19

In June we partnered with the Autism Society of Minnesota to host the 1st annual Southern Minnesota Autism Symposium. Over 80 people attended from around southern Minnesota. Speakers from the Autism Society presented sessions on Understanding ASD and various Support Strategies for those with autism. Local presenters spoke about tools that could help young adults transitioning into adulthood. A special panel was featured over the lunch hour. Young adults on the spectrum shared some of their experiences living with autism in both their school and work.





ASD Parent/Caregiver Network Event

Monday, September 9 ~ FREE
6 p.m. Light Dinner, 6:15 Presentation
Healing Rhythms Music Therapy

Representatives will share the benefits of music therapy as a resource for children and adults of all ages and abilities. It will also

discuss funding options for music therapy in communities across Southern Minnesota. Please RSVP to autism@hormelhistorichome.org.

Childcare may be available, please inquire.

The Hormel family valued education and music and exuded a spirit of hospitality. Those values carried on through the work of the Y.W.C.A. and continue today as the mission of the Hormel Historic Home.

Contact Us:

208 4th Ave. NW ~ Austin, MN 55912 ~ 507-433-4243

Office & Tour Hours: Monday—Friday 10 a.m.-4:30 p.m.

Self-guided tours of Historic Home are free for members; \$5 per person for non-members

Holly Johnson

Executive Director

holly@hormelhistorichome.org

Mary Barinka

Community Autism Resource Specialist

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HHH...where the past inspires the present...

Hormel Historic Home

208 4th Ave. NW

Austin, MN 55912

HHH Calendar of Events:

Sept. 9	ASD Caregiver Network
Sept. 20	ASD Rec. Night k-4
Sept. 22	CosPlay Social
Oct. 4	ASD Teen Night
Oct. 4	ASD Rec. Night grades 5+
Oct. 18	ASD Rec. Night k-4
Nov. 1	ASD Teen Night
Nov. 1	ASD Rec. Night grades 5+
Nov. 15	ASD Rec. Night k-4
Dec. 6	ASD Teen Night
Dec. 6	ASD Rec. Night grades 5+
Dec. 20	ASD Rec Night grades k-4

2020 CAMPS

Circle of Friends grades 1-5
June 22-26

All Access Community Explorations
Grades 6-12
July 6-9, 13-16, 20 & 21

Camp Just for Me
Ages 7-17
July 20-24

PLACE
STAMP
HERE