



Dreams With Wings

Our non-profit began serving individuals in 2000 and is located in the Highlands Neighborhood in Louisville, Kentucky. Our mission is to empower children and adults with intellectual disabilities and developmental disabilities, including autism, as they recognize their strengths, contribute to their community and pursue their dreams. We provide an array of services including Residential Housing, Adult Day Program, Supported Employment, Behavior Supports, Occupational, Physical, Psychological and Speech Therapies, Summer Camps, and Teen & YA Programs.

Join us as a Guest Instructor!

We have strong working relationships with community partners and are always seeking to expand our programming options with creative professionals who are passionate about what they do and who enjoy teaching others. We are seeking an Art Therapist to work with our Summer Campers to lead sessions that blend therapeutic techniques with creative expression to provide tools to manage stress and anxiety, learn new social skills, and improve self-esteem and awareness. Previous experience with working with individuals with disabilities is not required and Dreams staff participate in every session to provide both participants and guest instructors the support they need to have a great experience.

Heather Sauer, Teen Education Coordinator, is the primary contact for Summer Camp programming. She can be reached to learn more about becoming a guest instructor by phone or email using the contact information below:

Office: 502.459.4647

Mobile: 614.353.9842

Administrative Office Address: 1579 Bardstown Road, Louisville, KY 40205

Achieving Dreams and Dreams in Motion Summer Camps (June and July 2021)

Overview - This year we will celebrate 19 years of offering a two-month summer camp in June and July. It has historically been in-person from 9AM-4PM but we pivoted to a virtual option last year from 6/15/2020 - 7/31/2020 with two daily sessions, 9-11AM and 1-3PM. In 2021, our session format and schedule is in the planning stages with finalization anticipated in March.

Format - We are currently surveying our families, guest instructors, and camp staff to determine if there is a preference for in-person, virtual, or a blend of both. For any in-person sessions, we will follow our COVID protocols and keep up-to-date as guidance and requirements change, with communications to all partners, campers, and staff.

- We will offer a diverse and engaging array of activities that include art, physical activity, drama/acting classes, nutrition/cooking, social skills, music, fun-educational, etc.
- Instructor led sessions will range between 30 -40 minutes to drive good participation and engagement in specific topic areas.

Camper Insights/Ages

- Campers are from both the Achieving Dreams Summer camp that serves individuals with Down syndrome and Dreams In Motion Summer Camp that serves individuals with autism and other developmental disabilities. All campers are mobile and vary in age from 7-21, with most campers in the mid-teen age range.
- They love to make things and do well with guided sessions, consistently amazing us with their creativity and willingness to share.

Class Sizes

- Prior to 2020, the camps had approximately 45 campers each with 90-95 campers served in total. We used smaller group sessions in our rented large, open space with counselors paired with campers to ensure there was adequate support.
- During 2020 Virtual Summer Camp, we had a total enrollment of 66 campers and were able to host blended sessions with both camps participating fully in the sessions. We worked with the guest instructors to ensure we shared co-hosting capabilities, managed the technology, and helped instructors by watching for campers who might have had a question and were either raising their hands or using the chat function to ask for help.
- In 2021, we will right-size the groups to ensure good participation and to comply with any COVID protocols.

Previous Art Therapy Session - We had a number of art therapy sessions in the past that have been a hit with our campers and have included meditative breathing techniques:

- Guided Movement - Stretching and Breathing: Participants were led through a series of body stretches to increase strength and flexibility in the body. Pictures, verbal cues and demonstrations via video chat were provided to make this activity fun for beginners and beyond.
- Nature Mandala Art - Guided participants in the creation of a temporary art piece, called a "Mandala". This is a multi-step activity; participants were invited to find natural items (leaves, flowers, rocks, sticks, etc) from around their house and yard, compose a mandala and then take a picture and share their mandala image with Dreams with Wings. This session was an opportunity to express creativity in new ways and learn about the art of mandalas.
- The One Color Collage - Learn a fun new way to make a collage! Participants of this art making session explored two art concepts: Monochrome- which means varying tones of one color and Collage- an art piece made of various different materials glued on a backing (paper). The finished piece can be made into a card to send to a lucky person.

Supplies or Materials

- We use a weekly "look-ahead" notification to our families to provide advanced notice of needed materials found in the home and/or will provide a camp "kick-off kit" with supplies for each camper if we have any virtual sessions to allow full participation in activities.
- For in-person sessions, we will work with our guest instructors to obtain the list of materials in advance to ensure all participants have what they need for the session.

Invoice/Billing & Rate/Pricing

We will work with any instructor to ensure we are within the industry standards for compensation for prep and facilitation time. Once we agree on pricing, we will provide a confirmation email with the session information and details about our invoice and billing cycles to ensure the timing is communicated in advance of the session(s).

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