

# Four Residential Summer Programs Designed for Children and Teens Who Stutter

Judith Kuster, Taro Alexander, Kristin  
Chmela, and Patricia Zebrowski

ASHA, Denver, CO

November 14, 2015

1-page  
handout  
available on  
ASHA site

## Four Residential Summer Programs Designed for Children and Teens Who Stutter

ASHA Convention November 14<sup>th</sup>, 2015

**Judith Kuster** (honorary member of Shady Trails) – Shady Trails, Northport, Michigan, was an early residential summer program designed for children/teens who stutter in the United States. It began in 1932 when John and Grace Clancy opened the camp near Grand Traverse Bay, Michigan. Clancy, himself a person who stuttered, began this historic camp with four boys. Shady Trails closed in 1995 after 63 years of serving several thousand campers ages 8-21. Staff included speech clinicians as well as visiting consultants in the areas of speech pathology, audiology, clinical psychology, medicine, and dentistry. Memories of Shady Trails is online at <http://www.mnsu.edu/comdis/kuster/shadytrails.html>

**Taro Alexander** (Founder) – Camp SAY is a 2-week residential camp, located on a 500-acre, American Camp Association (ACA)-accredited facility in North Carolina (one-week and shortened stays are also available). Camp SAY (formerly Camp Our Time) was established in 2008, by Taro Alexander, who has stuttered since childhood. Camp SAY welcomes children and teens who stutter (ages 8-18), and their young family members and friends. Camp combines a traditional summer camp experience, with a broad range of programs & activities that build confidence, communication skills and community. Speech Therapy is offered as well, with individual & group sessions personalized to fit each child's communication goals. Our diverse camp staff includes speech-language pathologists, plus certified, specialized activities staff. Financial Aid is available, on a need-basis, for tuition & travel. Learn more at: [CampSAY.org](http://CampSAY.org).

**Kristin Chmela** (co-founder and co-director) - Camp Shout Out, provides a therapeutic and training experience in a residential, recreational camp environment held on Big Blue Lake in Holton, Michigan. Camp Shout Out seeks to help children with fluency disorders continue to grow the quality of their lives by becoming the best communicators they can be. Trainees, including graduate students and speech-language pathologists, engage in a unique critical thinking, hands-on learning opportunity with a variety of fluency experts in the field. Camp Shout Out can be found online at <http://campshoutout.org/>

**Tricia Zebrowski** (founder and director) UISPEAKS for Teens is a week-long residential program at the University of Iowa for teenagers between the ages of 13-18 who stutter. Since 1998, UISPEAKS has been held in early June, with teens from across the country coming to Iowa City for a week of exploration, learning, camaraderie and fun. Our program is designed to give teenagers who stutter a safe and supportive place in which to "let stuttering out". Our goal is to help teens to develop *their own policies* about speaking and stuttering, including: what changes they want to make and how they will do it; how they will manage the social and emotional challenges they may face related to stuttering and being a person who stutters, and what they want their speech-language pathologists and parents to do to help, and *how to ask for it!* Information about UI Speaks for Teens is online at <http://clas.uiowa.edu/comsci/files/comsci/ui-speaks-teens-2014.pdf>

# Judith Kuster

Judith Kuster CCC-SLP has an M.S. Speech-Language Pathology, UW-Madison and an M.S. Counseling, Minnesota State University, Mankato.

She is an emeritus professor, MSU, Mankato, an ASHA Fellow, Stuttering Home Page web-master since 1994 and chair of 16 online fluency disorders conferences.

She is an honorary member of Shady Trails.



# Disclosure statement

- Financial Disclosure – None
- Nonfinancial Disclosure(s)
  - Professional
    - Maintain *Memories of Shady Trails* website
    - Co-coordinator of [shadytrails@yahoogleroups.com](mailto:shadytrails@yahoogleroups.com)
  - Personal
    - Honorary member of Shady Trails



Early pictures of the Shady Trails camp and campers shown in this presentation are online on the Stuttering Home Page, some shared by former campers and many additional pictures copyrighted by and in 2 boxes in the Bentley Library in Ann Arbor, MI, copied by Tom and Judy Kuster. They are online and used here with permission.



# Shady Trails

Judith Kuster



# Shady Trails

- Located on Grand Traverse Bay and walking distance from Northport, Michigan
- Opened in 1932 by John and Grace Clancy
  - with 4 boys who stuttered
- Closed in 1995 after serving several thousand campers – 8-21 (first children who stuttered. Later with various speech and hearing challenges)





# Group pictures taken every year





# The Clancys - 1948



# Shady Trails - Staff

- Staff
  - Speech clinicians
  - College students – primarily in speech pathology and physical education
  - Former campers – screened by Clancy
  - Cooks, camp caretakers, a barber
  - Visiting diagnostic consultants – in camp 1-3 days
    - Professors in speech pathology
    - Audiologists
    - Clinical psychologists
    - Medical doctors
    - Dentists





1948 Physical Education Staff

# Shady Trails – Camp philosophy

- A New Environment Is Provided
- Physical Health and Social Adjustment are Emphasized
- Continuing Diagnosis Accompanies Therapy
- Carry-over Activities are Abundant



# A New Environment Is Provided



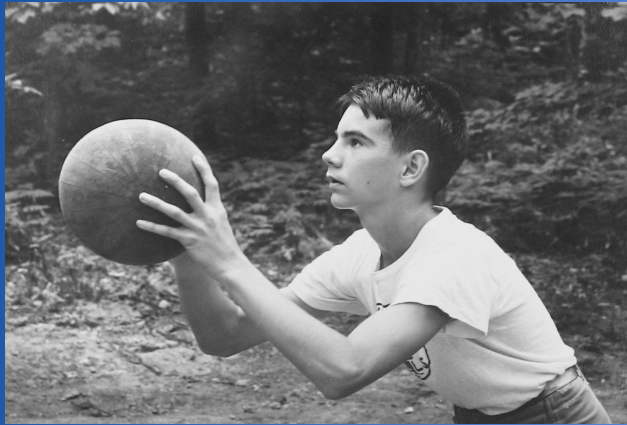


# Physical Health and Social Adjustment are Emphasized



**1948**







# Continuing Diagnosis Accompanies Therapy





# “Formal therapy”





Carry-over Activities  
are Abundant





# Four other early residential programs serving children and teens who stuttered

- Hugo Gregory attended a residential program for 3 summers starting when he was 14 in 1942
- Allen Montgomery attended Frank Robinson's residential summer program for teens and adults in 1956 when he was 17
- UW-Madison 1964 and 1965 – six-week program for children who lived with host families and attended “summer clinic” from 8:30-3 M-F with Saturday field trips
- Breitenfeldt's Successful Stuttering Management Program still hosts a residential program serving teens and adults for the past 35 years

# Little formal research about value of Shady Trails

- Clancy (Smith 1958) – We've had a couple of our boys graduate from Annapolis, one is now a professor at MIT, another, now a pediatrician who graduated from Harvard Medical School.
- Shady Trails News (1939) reported positive progress about 28 former campers ranging from participating in school assemblies, theater productions, classroom discussions and continuing speech therapy locally “showing enough progress that he has been dismissed from his speech correction class.”



# Changes in Shady Trails

- Operation transferred to University of Michigan in 1949
- Clancy retired in 1964
- Change in philosophy about using campers for research
  - Checking Scholar Google, Medline and ERIC – uncovered 5 articles using key words “Shady Trails” in peer-reviewed publications

- Williams, DE; Silverman, FH; and Kools, JA (1968) and (1969) thank Shady Trails staff for help in obtaining subjects in the acknowledgements
- Daly, DA and Kimbarow, ML (1978) used 18 school-age subjects who attended the 1976 session
- Rentschler GJ, Rupp RR, Presley M. (1980) used 69 Shady Trails campers in their study.
- Dustin, Daniel L. (1980) reported general value of Shady Trails camp activities in addition to speech and language therapy.
- Dustin, DL and Rentschler, GJ (1980) reported unexpected gains in reading attributed to the synergistic value of the total Shady Trails camp experience



# Two articles not specific to Shady Trails about value of residential camps

- Petkov, D and Iosifov, I (1960) “Our experience with the treatment of stuttering in a treatment-logopedic camp” Zh Nevropatol Psikhiatr Im S S Korsakova. 60:903-4 [Article only in Russian]
- Baumeister H, Caspar F, Herziger F (2003) “Treatment outcome study of the stuttering therapy summer camp 2000 for children and adolescents.” Psychother Psychosom Med Psychol. 2003 Nov;53(11):455-63 [Article in German with abstract in English] – reported positive results

# Anecdotal information about the value of Shady Trails from former campers

- Stuttering is only one small part of me. I believe that to be the most important lesson learned from Shady Trails.



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- The camp helped me gain confidence in myself, become a leader, become a better athlete, and learn to address my speech impediment in a whole new way. I have spent the rest of my life challenging myself in the speech arena as an officer in the Navy, as a salesman and sales manager for IBM, as a President of several startup high-tech companies and as Chairman of a biotech company.



- I arrived at Shady Trails with no sense of self worth. I was a shy little 8-yr-old kid who talked low with his head down and no eye contact whatsoever. I was “different”. I stuttered. Impacts of Shady Trails: Acted in school plays from the fourth grade through my sophomore year in college. President of the student council in high school. Fighter pilot in Korea with an ego you couldn't imagine.

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- When I left camp each summer, I felt 100% better about myself, and I was ready to take on the world.

# Visitors always welcome



**The drive into the camp brings back memories. . . and sometimes tears.**



# Our Shady Trails closed in 1995

- Amid some controversy
- Property sold in 1996 to Tim Allen for \$2M
- Currently owned by Allen's former wife, Laura Diebel Allen



- 1997 a NEW Shady Trails Camp began
- 1998 to present - 4-week summer day camp for local children

Former campers are always welcome







Reunions 2012  
and 2014

2 ½ days  
each year  
sharing  
many  
memories

answers  
are online

## TRIVIA QUIZ at the first Shady Trails Camp Reunion

created by Tim Carter

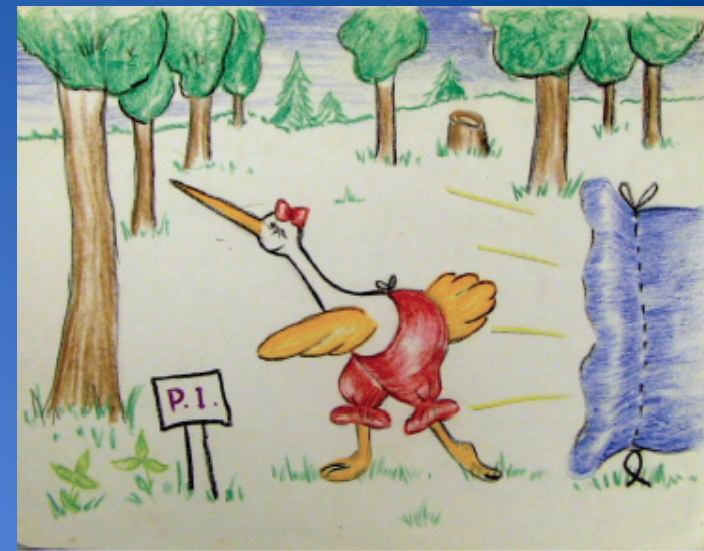
([answers are online](#) - but no cheating;-)

1. WHAT DID THE SIGN OVER THE BARBER SHOP SAY?
2. WHAT WAS THE ALL-CAMP TRACK & FIELD MEET CALLED?
3. HOW FAR WAS THE HIKE TO OMENA?
4. WHAT WAS THE NAME OF THE NON-DENOMINATIONAL CHURCH SERVICE ON SUNDAY MORNING?
5. WHAT WAS THE FEMALE STAFF'S CABIN NICKNAMED?
6. WHAT WAS THE LEAST FAVORITE BREAKFAST ACCORDING TO RUTHIE?
7. WHAT WAS A COMMON EXPERIENCE ON THE BUS RIDE BACK FROM SLEEPING BEAR?
8. WHAT TIME DID THE BELL WAKE US UP IN THE MORNING?
9. THE PERIOD AFTER LUNCH WAS CALLED "REST PERIOD." WHAT WAS THE HALF AN HOUR BEFORE LUNCH AND DINNER CALLED?
10. WHY WERE NEW CAMPER'S AND STAFF'S EARS PAINTED PURPLE?
11. HOW LONG COULD A CAMPER BE IN THE SHOWER?
12. WHAT WAS OFTEN USED FOR A FOOTBALL DURING SOME NOT SO GENTLE SPORTING EVENTS?
13. WHAT WAS THE NAME OF THE FOLDED CORNERS ON THE BUNKS?
14. WHAT OFTEN BUILT A PAPER NEST IN THE EAVES OF THE CABINS?
15. WHAT WAS THE NAME OF THE PERIOD WHERE COUNSELORS TAUGHT DIFFERENT SPORTS?
16. WHAT WAS THE NAME OF THE FISHING CLUB?
17. WHAT WAS "BETA SIGMA CHI"?
18. HOW MANY NOTES DID MR. CLANCY'S GONG HAVE?
19. WHAT WAS THE SIGNIFICANCE OF THE STUFFED SEAGULL KEPT ON THE FIREPLACE MANTLE?
20. HOW WAS EXTRA FOOD DISBURSED?
21. WHO WAS DESIGNATED AS "THE CAMP MOTHER"?
22. WHAT TIME WAS "LIGHTS OUT"?
23. WHAT WAS THE NAME OF THE COMPETITION BETWEEN THE PARK AVENUE AND THE U-CLUB?
24. HOW WAS EACH MEAL ENDED?
25. WHAT WAS THE NAME OF THE FIRE ON THE WATER?



# Sharing memories

WE LIKE TO SPEND OUR SUMMERS  
OUT AT GOOD OLD SHADY TRAILS  
THE CAMP WAY OUT ON TRAVERSE BAY  
WHERE FRIENDSHIP NEVER FAILS  
THE DAY IS NEVER LONG ENOUGH  
FOR ALL THAT WE WOULD DO  
THE CLASSES AND THE BOAT TRIPS  
AND THE SWIMMING LESSONS, TOO



Story of the Bloomer Snipe

Around the camp there was a rumor  
That a snipie known as "Bloomer"  
thru the wood  
he could

CHORUS: CAMP SHADY TRAILS, CAMP SHADY TRAILS  
AND IF YOU WONDER WHERE IT IS  
COME OUT TO SHADY TRAILS  
CAMP SHADY TRAILS, CAMP SHADY TRAILS  
AND IF YOU WONDER  
COME OUT TO SHADY

THE BASKETBALL AND VOLLEYBA  
AND CAMPFIRES ON THE SHORE  
GIVE YOU A CHANCE TO SPEAK  
AS YOU NEVER SPOKE BEFORE  
THIS IS THE CAMP AS YOU CAN SEE  
WHERE FRIENDSHIP NEVER FAILS  
AND IF YOU WONDER WHERE IT IS  
COME OUT TO SHADY TRAILS

REPEAT CHORUS





Made a difference in lives  
NOT just for the campers!!



# Permanent media produced

- PPTs of both reunions are online
- Two DVDs made that include interesting interviews of campers and staff – donated to UMich Bentley Library



# 10 minute film from 1952 – available on the Shady Trails website



## Shady Trails 1952

from **Charles Sims** [PLUS](#) 2 years ago / via [Photoshop® & Adobe® Premiere® Elements uploader](#) [NOT YET RATED](#)

An excerpt from a film about Shady Trails made by the University of Michigan Television Department in 1952.



Print

# 2 picture archives



**Collection** Photo Collection

**Object ID Number** 1301.101413.74-1

**Object Name** Negative, Film

**Descr**

## **Shady Trails - 1930's-1990's a trip down memory lane index**

(added February 21, 2015)

**Photo**

- [Shady Trails Memories - 1930's](#)
- [Shady Trails Campers and Staff - 1940's](#)
- [Shady Trails Memories - 1940's](#)
- [Shady Trails Campers and Staff - 1950's](#)
- [Shady Trails Memories - 1951](#)
- [Shady Trails Campers and Staff - 1960](#)
- [Shady Trails Memories - 1954-1956, 1957-1960, undated 1960's](#)
- [Shady Trails Memories - undated](#)
- [Shady Trails Campers and Staff - 1970](#)
- [Shady Trails Memories - 1970's](#)
- [Shady Trails Memories - 1980's](#)
- [Shady Trails Campers and Staff - 1990's](#)
- [The First Shady Trails Reunion 2012](#)
- [The Second Shady Trails Reunion 2014](#)

**Year 1 from**

**Year 1 to**

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