

EmpowHer Camp

Class of 2023 - Impact Report



Image : Class of 2023 Young Leaders and mentors in front of the Capitol Building

QUICK RECAP

EmpowHer Camp is back at it again with another graduating class of young leaders. Our EmpowHer Camp Class of 2023 began in August 2022 with six young leaders with disabilities from across the country coming together to camp with successful disabled women mentors for one week in the Adirondacks. While camping, we learned survival, independent living, and leadership skills, all while singing songs from Broadway musicals around the campfire. At the end of the week, our Young Leaders went home with new mentor matches and yearlong community project plans.

For a year, our Young Leaders worked on their projects with the help of their mentors. Project topics ranged from safety within schools, preparing for floods, and shelter accommodations. All of our Young Leaders completed their projects by June of 2023 and in July, the EmpowHer Camp Class of 2023 reunited in Washington D.C. for five days of learning, networking, and fun. Our Young Leaders participated in workshops, mock job interviews, and Congressional visits. On Presentation Night, each Young Leader shared about their projects to an audience of Disability EmpowHer Network friends and supporters, and later that week they shared their projects with their Congressional representatives. We weren't all business though! We also enjoyed visits to the Smithsonian National Zoo, the White House, several monuments, and the hotel's rooftop pool! The reunion trip would not have been complete without revisiting our goals that were set during our camping trip last year and setting new long term goals for the future!

Fast Facts

- CONFIDENCE -

100% of Young Leaders reported having increased confidence after their year with EmpowHer Camp.

- BONDING -

All young leaders shared that the best part of EmpowHer Camp was being able to socialize and make new friends, with 100% reporting improvement in communication.

- MAKING CHANGE -

Half of the Class of 2023 were featured in news publications for their successful projects.

WHAT PEOPLE ARE SAYING



Image : Group photo of young leaders and mentoring staff in a congressional building

"I wish this program existed when I was a teenager because I did not have any disabled role models. I am glad I was part of providing this support to my mentee. I had a great experience serving as a mentor with Disability EmpowHer Network. I learned more about myself and my abilities to support others both physically and emotionally, and it increased my leadership skills."

- Mentor



Image: Emily & her mentor, Jac

"My relationship with my mentor is awesome! She is the best, she really helped me through hard times this year."

- Mentee

"I am truly ridiculously impressed with the layers and levels DEN considers and offers. Thank you for being a turning point in our family's journey and for guiding all the Young Leaders gently but consistently."

- Parent



Image: Ace & their mentor, Abby



Image: Young Leaders & Mentors learn to take the metro



Image : 4 Young Leaders hugging each other

What Happens Next...

While all of our participants have graduated from EmpowHer Camp, they will stay in touch with their mentors and friends, and they are all still members of Disability EmpowHer Network.

As members, they are connected with past and present participants, mentors, and other members of Disability EmpowHer Network.

The whole network supports each other in reaching their goals and Disability EmpowHer Network offers information and referrals for internships, employment, and higher education opportunities. We will conduct twice a year check ins with each of our graduates until they are employed or for 6 years following their graduation - whichever is later.

When Disabled Girls Lead, We All Succeed!