



RezRIDERS Organization

# Background

- RezRIDERS is a year round program designed to engage youth in Extreme Sports with adult cultural mentors:
  - White Water Rafting (May-June)
  - Rock Climbing/ Ropes Course (July-August)
  - Community Action Projects (September- November)
  - Snowboarding (December- February)
- Through group bonding and connection, mentors support youth to make healthy choices for their future.

# Aim of Activities

- White Water Rafting:
  - Hope & Optimism
  - Core Values
- Rock Climbing:
  - Team Building
  - Self Determination
- CAPS:
  - Youth Driven Community Service
- Snowboarding:
  - Core Values



# Tribal Research Team (TRT)

- The TRT serves as mentors to the students . The TRT works to be the student's support system emotionally, academically, and provide assistances to the students in every aspect of their lives.
- Mentor and youth dialogue
- Motto: "Do as I do, and not as I say"



# Methods

- Quasi-experimental design
  - Intervention participant group
  - Non participant group/ comparison group
- Open to tribal youth in grades 8-11<sup>th</sup>
- Those that did not participate in the program became the non comparison group



# Results

- Participants were asked to complete a pre/post survey intervention instrument.
- Non-participant group
  - Mean age of group 16.5 years old ( 48% females and 52% males)
  - Mean high school grade of 11<sup>th</sup>
- Quantitative data
  - Results suggest that the program had an effect on depression and behavioral disengagement.
- Qualitative data
  - Self- determination in the form of decision making and self expression emerged.

# Challenges

- Three distinct challenges
  - Transportation
  - Developing a partnership with Extreme Sport Companies
  - Issues related to research



# Conclusion

- Promising and feasible intervention for positive youth development.
- An intervention that would honor and recognize the strength of culturally connected mentors and youth.
- This intervention is transferable to other tribal and non tribal communities
- Focusing on positive growth of tribal youth was key to making this intervention successful, feasible and effective.



# Questions



For more information visit

Rezriders.org

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