What are the measurements of a successful youth program?

- Sometimes attendance, more important is repeat attendance
- Smiles :)
- Engagement
- As supervisor, joining in
- Driven by youth
- Something comes next to continue the success
- Mentoring and leadership skills
- Understanding what is to be achieved and be what youth want to achieve
- Being comfortable with qualitative AND quantitative outcomes
- Observing environment of the youth's engagement
- Commitment of staff, consistency to maintain relationship of quality of program
- Keep funding coming in, a variety if possible
- Collaborations
- Successful transportation - access to

What are the benefits of intergenerational programs? How do we leverage resources?

- Every generation has different skills
- Having programs in similar locations?
- What would make you return to the program?
  - Start with relationship first
  - Let collaborations know how you can help them make it successful
  - You find the champions in each project which help with facilitation

How can sport and recreation professional support children with mental health issues?

- Training for staff
- Learn structor
- Learning to understand
- Being positive
- Being available
- Getting to know them
- Taking care of yourself
- Safe space
- Feel equal
- Keeping active
- Take time to step away
- ** Mental Health first aid course

How does the increasing of minimum wage impact our ability to find quality leaders for C/Y programs?

- Minimum wage increase October 1
  - 2017 - $13.60
  - 2018 - $15.00
- 2019 - ???
- Increase cost of programs to compensate
- Adjusting wage range - based on experience/years
- Payscale affected - low, mid, high ripple effect
- Adult and staff ratio: 1 - 8 pre school; 1 - 12 youth
- Slow price increase every year - $5 or $10
- Minimum age around 15 - 16 Y/O
- Membership benefits $$$
- Staff benefits/Free membership

**Are there any funding opportunities?**

- Very important
- Make a diff sports - youth leadership
- Kid sport - sports reg., transportation
- Jump start - Canadian Tire
- Innovative sport bev.
- Canada summer jobs
- STEP (it's back!)
- Telus
- RBC - Community sports
- Certain business - independent
- RPAD Grant
- AB Emerald Foundation “Nature”
- Air Canada and Westjet (flights)
- Youth leadership
- Communities Choose well ARPA
- Trip Joy in Nature

**What is the impact on a child’s brain when they play in nature?**

- Lower stress
- Authentic connection
- Screen relief
- Lower depression/improved mental health
- Increase in Exec. function
- Active outside better for learning
- New experiences
  - Sense of wonder
  - Connectivity
- Sense of Ownership (stewardship)
- Make space to run
- Appreciation of outside elements
- * Basic skills/new hobbies that can transfer to adulthood
- Skill development
- Natural structures
- Creativity ++
- Think outside the box
- Social aspect - being outside, whether in neighbourhood or forest, will lower fear and anxiety of an unknown space and increase confidence
- No cost/accessible/no schedule

**How do we help children and youth build resilience skills?**

- Workshops
  - Canadian Roots
  - FCSS: Teachers, leaders, FASD Youth
  - U of C: NAPI program
- Inclusiveness
- Intergenerational
  - Youth
  - Knowledge sharing
- Problem-solving
- Networking - organizations
- Breaking barriers
  - References - teachers/guidance
  - Survey
  - Youth led

**How do we be more grass-roots in reaching people we don't reach?**

- Asking demographic “how do I reach you?”
- Less assumptions
- Asking for help
- Selling partnerships/collaborations
- Doing something outside the box to get people in the door
  - Dive in movie - Jaws (glenmore drive team)
  - Average 200 people/event
- Be funny/creative/outlandish
- Make people want to tweet/insta/etc.
- Find youth and bring them there
  - On the ground advocacy/promotion/advertising
- Drop in/uninstructed - relaxed programing
- What are the barriers and can I help?

**Are kids over programmed? Have we moved the needle?**

- Mastery too young
- Diverse experiences in our mastery programs - warm ups: addition of skills that can be translated into other facets of life (**sa sport dance**)
- In structured programs
- Preplanned drills, activities, etc.
- Registered programs more than drop in
  - Opportunity for child-directed play not there (**evidence versus egos**)
  - Proven in psych that it's not great for kids
- Focus on 1 sport/activity multiple times per week
- Sport isn’t about a set of drills/activities
- knowledge/promotion
- Media blitz - research in freeplay
- Learning gained in structure/unstructured
- Coaches/parents need to be informed
- Specialization versus sampling
- Active for life - non-competitive “try it” programs
- Challenge sport people with these concepts
- Restrictions on how much teams can practice
- **Meetings/discussions between researchers and coaches**
- Beckie wuz here

**How do you balance the promotion of structured versus unstructured programs?**

- Structure is easier to execute
  - Prep and execution
  - Logistics
  - Important for HUGE camps (U of C)
- U of C Camps
  - 4 blocks in a day
  - Everyone gets a phys act block
  - Speciality instructors
- Unstructured camps
  - Staff get ownership of programming - higher motivation of staff
  - More labour intensive

**What is the role of the recreation provider to promote youth/child-directed play?**

- Don’t make them do what they don’t wanna
- Educate parents that it’s not all about “skill development”
  - It’s still skills, just different
- “Trick” kids into learning something
- Broden parents thoughts on the skills they learn; conflict resolution, life skills, interpersonal social skills
- We have the capital: rooms and supplies, the environment
- Youth directed activity
- Respect what they want
- Smoother transition from parented classes to non.
- More parent involvement

**Program ideas to engage Indigenous youth?**

- Inclusiveness
- Intergenerational programming
  - Elders/Knowledge keepers with and youth
- Traditional sports: High Five trg.
- Traditional storytelling
  - Sharing oral traditional teaching
  - Indigenous cultures
- Nature teaching
- Tradition cooking
  - Samson: Community Freeser
  - Smoke house
- Tanning Hide - Language app
- Utilize animals in programming
  - Bear Grease
- Counselling
  - Addressing intergenerational trauma
    - Utilize underemployed
    - Acknowledging lateral violence
- Culture Camps
  - 18 - 20 youth
  - Elders
  - Drums
  - July (summer)
  - Counsellors
  - Outdoor activities
  - Sweat lodges
  - Reconnecting with traditional cultural
- Mentorships
  - U of C: NAPI Program (FREE)
- Public transportation - using local bus lines

Extra Questions:

- How can we help children and youth practice mindfulness in sports and recreation?
- What are some (+) positive youth strategies?
- How important are practice standards for children and youth programs, services? Who should decide these?
- What are some strategies for innovative collaboration?
- What features make up a child friendly space or facility?
- How can we use sport and recreation to connect with other sectors like education and health care?