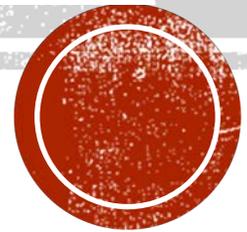




CLAROGID



**INNOVATIVE MODEL: LEARNING FROM
THE REZRIDERS EXTREME SPORTS
LEADERSHIP MENTORING PROGRAM**





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Jeremy is the Director of Santa Clara Pueblo Department of Youth and Learning. He also oversees the Kha'p'o Community School.



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Jon is Deputy Tribal Administrator – Education at Santa Clara Pueblo Department of Youth and Learning. He was the Program Lead for the RezRIDERS program.



Rebecca Rae

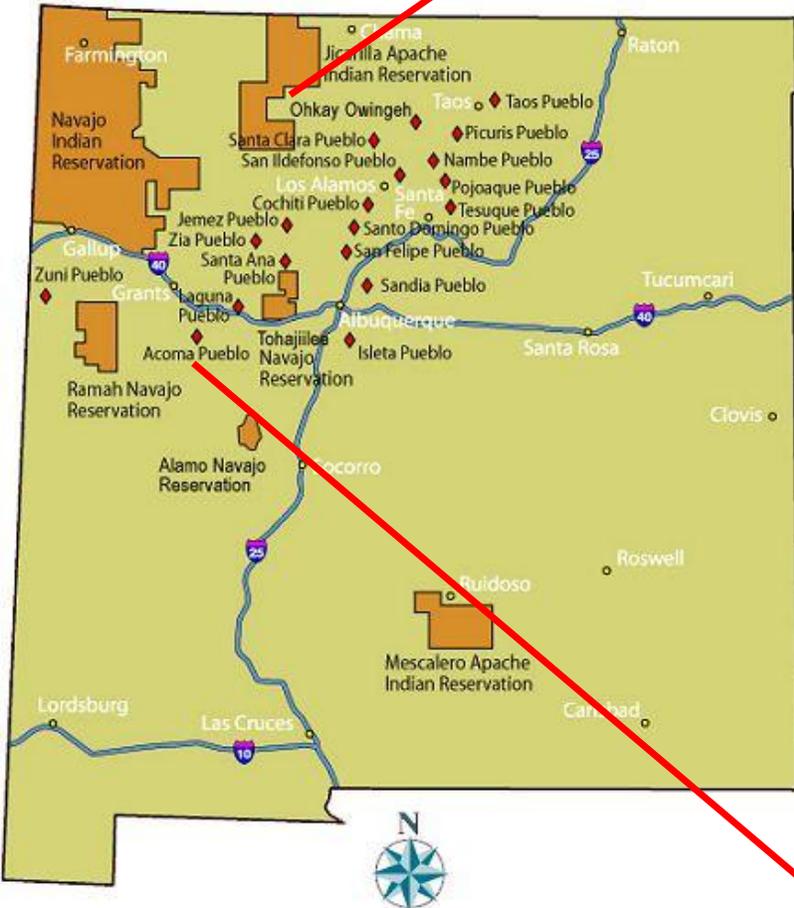
Becca is Research Lecturer III at the University of New Mexico, College of Population Health. She is an evaluator and mentor with RezRIDERS.



**HISTORY OF
KHA'P'O OWINGEH
(SANTA CLARA PUEBLO)**

**“THE VALLEY OF THE
SINGING WATER”
“THE VALLEY OF THE WILD
ROSES”**





SANTA CLARA CANYON

Las Conchas Fire 2011

Total Burn Area: 15,500 acres

Santa Clara Creek Watershed Area: 31,400 acres

Burn Area of Watershed: 14,700 acres

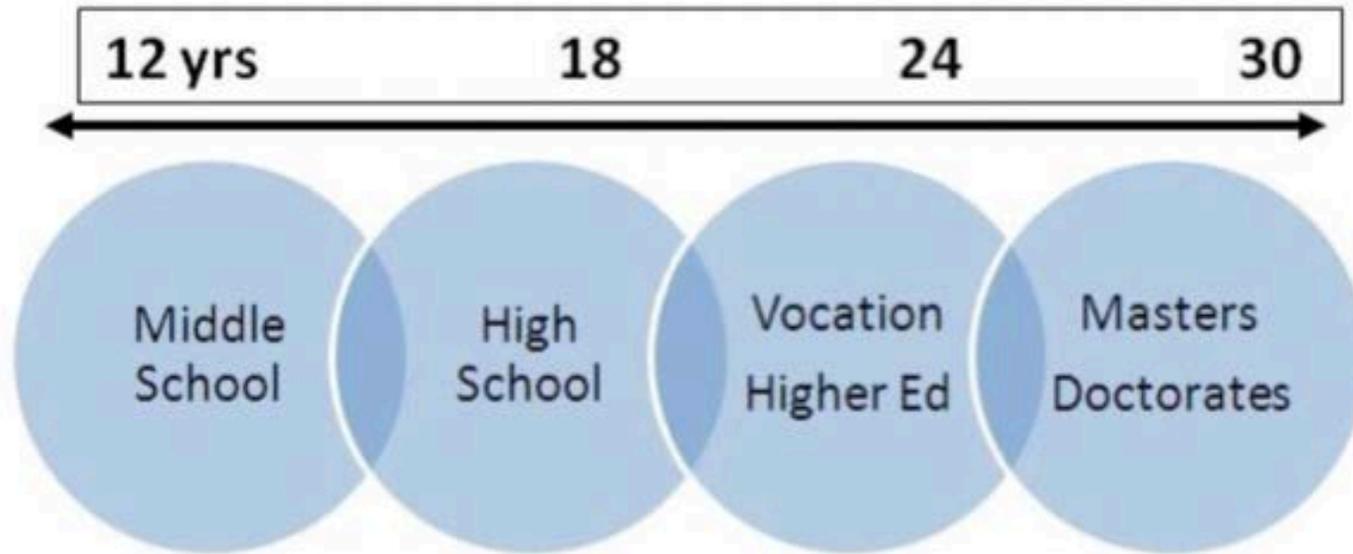
Roughly 50% of Entire Watershed Impacted

- Burn Rate (peak est.): 1 acre/second**

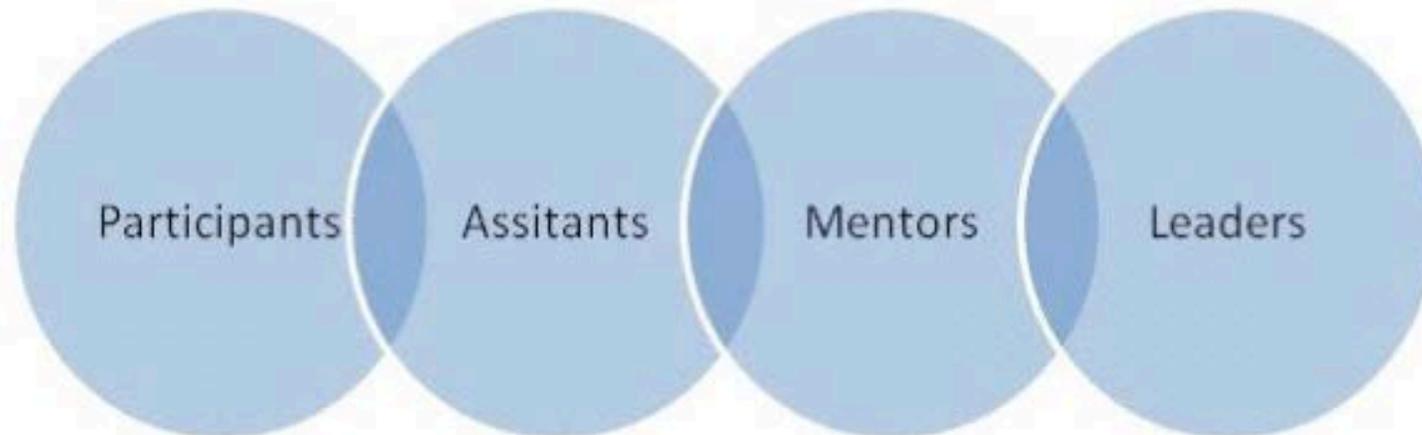
MOVING FORWARD WITH PURPOSE

- BUILD COMMUNITY INVOLVEMENT
- IMPROVE HOLISTIC HEALTH
- REDUCE JUVENILE JUSTICE AND YOUTH & ADULT CRIME
- PROVIDE MENTORING, LEADERSHIP, AND EDUCATIONAL OPPORTUNITIES

INTERGENERATIONAL MENTORING



LEADERSHIP DEVELOPMENT





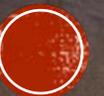
KHA'P'O REZRIDERS

- ❑ RezRIDERS (Reducing Risk through Interpersonal Development, Empowerment, Resiliency and Self Determination) is a year-round leadership program tailored to engage Native youth in extreme sport activities as way to enhance self confidence and improve problem solving, coping and leadership skills.
- ❑ Incorporation of team building activities that promotes social networks and builds upon tribal duties and expectations.
- ❑ Discussion around core values, optimism and hope for the future.



ROLE OF TRIBAL RESEARCH TEAM (TRT) MENTORS

- ❑ Each Extreme Sport activity involves culturally connected mentors, TRT members, and professional trained instructors.
- ❑ Mentors and TRT lead discussions about core values, hope and optimism for the future, examples of self-determination and self-esteem, and involves decision-making that promotes a positive life trajectory.



RezRIDERS was developed to follow the water cycle from winter through fall



Community Action Project



- 5 Snowboarding days: 1 day a week for 5 weeks
- Begin to build on Core Values
- What are your core values?
- Incorporate cultural teachings and language
- Build support and trust



Snowboarding



Rafting



- 1-3 Rafting days
- Incorporates teamwork
- Discussion on fear
- What do you fear? What is one fear you overcame?



- 1 -2 SUP days
- Place based discussions – environmental issues
- Begin to plan community action project.



Stand Up Paddleboard



Rock Climbing



High Ropes Course



- 1 – 2 rock climbing days
- Build on self determination & optimism
- What is one lesson you will carry with you after RezRIDERS?

- 1 high ropes day
- Strengthen trust, support & team building
- Practice problem solving
- What challenge did you face today? How did you work through it?



RezRIDERS VIDEO: [click here](#)





- What is one of your core values?
- Who gifted it to you?
- How do you apply that core value to your life?



REZRIDERS EVALUATION

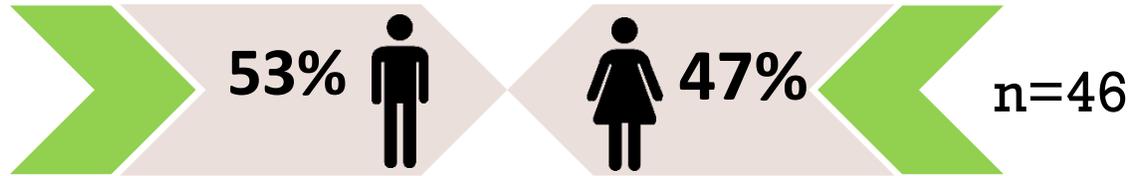
ACTIVITIES	PROGRAM LEVEL CHANGES	KIDS/YOUTH/ADULTS (ages 12-24)	SUCCESS/ MEASURES
College/high school internships	1 st step is education	↑ Resiliency	↓ Juvenile & young adult crime
Management training	↑ Opportunities and choices offered	↑ Confidence (for both success and failure). Note: can also be considered coping skills	↓ Recidivism
Intergenerational physical fitness (athlete support)	↑ Physical activity by 30% - from SCP ReZRIDERS “smart” aims/objectives written in DOJ grant application	↑ Culture/identity (participation and knowledge)	↓ Substance Abuse
↑ Outreach to students	TRT Level Changes: <ul style="list-style-type: none"> • More confidence with physical experience • Gain more research skills • Sustainability 	↑ Physical fitness and “student athlete” that is academically successful, goal oriented and working towards constant improvement	↑ Education or educational attainment
Building rapport with non profits	<ul style="list-style-type: none"> • Experiencing and understanding these participatory processes • Recognizing ecological or holistic levels of change • Recognizing ReZRIDERS affects or takes on multiple levels of change • Affect reciprocity – at all levels (individual, group and community levels) 	↑ Support	↑ Leadership opportunities and development
ReZRIDERS activities <ul style="list-style-type: none"> • Snowboarding • Whitewater rafting • Ropes Course/Rock Climbing • Community Action Projects (CAPS) 		↑ Choices	↑ Opportunities under Khapo Kidz Initiative
		↑ Understanding ones “realistic opportunity”	↑ Social bonding

- Pre and Post test
 - Survey developed using strength-based measures on optimism, hope, coping, and empowerment.
- Focus Group
 - Youth
 - Youth mentors
 - TRT & UNM (partnership)



REZRIDERS IMPACT: YR1-YR4 COMBINED PRE/POST ANALYSIS

Results from the combined pretest and posttest data analysis of 4 cohorts of RezRIDERS programming.



“The whole experience made me understand more of myself. I have more confidence that I didn't know I had. And then just being around the people that encouraged me, and they gave me motivation to push myself. I knew I had these people around me that saw the best in me.”



The Brief-Cope Measures Indicate that RezRIDERS is Helping Youth Stay Busy, Active & Engaged.

BRIEF-COPE SCALE

Self-Distraction Sub-Scale was statistically significant

p=0.040



"I've been doing things to think about it less, like going to the movies, watching TV, reading, daydreaming, sleeping, or shopping."

"I have been turning to work or other activities to take my mind off things."

This also trended towards statistical significance as an individual item.

p=0.095



The Hope Measures Support that Youth are Optimistic, Setting Goals & Working to Improve Their Health.



HOPE SCALE

“I feel tired most of the time” was
STRONGLY statistically significant.

p=0.003

“I meet the goals I set for myself.”

p=0.053

“I worry about my health.”

p=0.084



RezRIDERS Helped Youth Consciously Understand Their Connections and Contributions to their Community and Greater Society.

WIGGINS EMPOWERMENT SCALE

“I understand quite well how my individual problems are connected to bigger problems at the community, state, national, and global level.”

$p=0.017$

$p=0.085$

“I can explain to others in my community how our problems as a community are connected to bigger problems at the state, national, and global level.”



“RezRIDERS helped me to know what I was good at and what I was not that good at. This year I grew on all the things I wasn't good at. It makes me want to do things on my own. It has made me think about my country more. I already started looking for colleges.”



“I think it [RezRIDERS] changed me because I have more confidence in me and with people that I didn't like as much before, because I didn't know them. I learned that I can trust more people now.”

QUESTIONS OR COMMENTS??

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