

# **YOUTH AND ECOLOGICAL RESTORATION FOLLOW UP STUDY 2018 to 2020**



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YER PROGRAM FUNDED BY:  
**BRITISH COLUMBIA  
MINISTRY OF CHILDREN AND FAMILY  
DEVELOPMENT**

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Front Cover Photo Caption: November 13, 2019 – James Robertson wearing chest waders and counting spawning salmon in Millard Creek.

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## 1. INTRODUCTION

The idea of Youth and Ecological Restoration Program (YER) originated in an awareness that young people needed to learn about the ecology of where they live. This meant introducing them to natural places by bringing them there, showing and telling them with what and with who we share our home. Funding was first sought in 2002, but not realized until 2004. The BC Ministry of Children and Family Development (MCFD) has been the main financial supporter for the past sixteen years. YER has successfully involved three hundred and sixty youth participants.

YER was initiated as a program for vulnerable youth to receive one on one work experience and support through involvement with community volunteers on ecological restoration projects. It has evolved to include ecotherapy as a core component of providing support, sometimes by just sitting with participating youth in outdoor spaces to listen to their stories. Nature as therapy is a recognized method to provide emotional and spiritual healing.

Follow up studies are conducted to evaluate and document ecological and social program trends over time. YER has proven to be a program that is effective for vulnerable youth in the short term, a fact clearly established by measuring their progress and successes with daily interviews. Selected quotes from these interviews are organized under the five goals (Appendix A) and included in the annual reports. This follow up study includes expansion on, and insight into, the knowledge and skill retention of twelve earlier YER youth participants from 2018 to 2020. An opportunity to share time with these past YER students, from four to fourteen years following their participation in the program, was a remarkable journey of discovery.

## 2. FOLLOW UP STUDY OUTLINE AND METHODS

There have been two Follow Up Studies (FUS) done to investigate the long-term effects of YER on prior youth participants. In the first, twelve program graduates were interviewed from 2008 to 2009, a process supported with Vancouver Foundation (VF) funding. In the most recent FUS, twelve more alumni were interviewed from 2018 to 2020 with MCFD funds.

For the first FUS, one quote was taken from each participant, which is presented in the VF final report of 2009 (<https://youthecology.ca/yer-phase-ii-report-2009/>). In the second FUS, ten interview questions were designed around the YER five main goals that address social, employment, ecological, personal and communication aspects of the program (Appendix A). Twelve participants were selected that had an average of five years since their involvement with YERI; five of the interviewees have also been involved in YERII. Two of those interviewed participated in YERI fourteen years ago.

The interviewees were given a FUS number, which is followed by the YER, Phase I (YERI) and YER, Phase II (YERII) numbers. An example of the numbering is FUS#24(165-5). After that number, a further description is presented with the month and year of their involvement posted. The interviewees ages at the time of FUS, YERI and YERII are placed in brackets.

Of the ten questions on the questionnaire (Appendix B), four were selected for each interviewee that best represents their YER experiences. Questionnaire numbers are put at the beginning of the quotes and can be cross referenced with the FUS interview questions in Appendix B. Individual quotes were analyzed as to how they correlate with the five YER goals. The goal numbers that correspond with the quotes are put in brackets at the end. Table 1 was created to organize and display this information.

### 3. FOLLOW UP STUDY INTERVIEWS 2018 TO 2020

Twelve former YER participants were interviewed as a FUS to collect qualitative data on their knowledge recollection. The ages of their initial involvement in YERI ranged from eleven to eighteen; ages of them being interviewed spanned from seventeen to twenty-nine.

#### Follow Up Study Interviewees

FUS#13(11) – FUS#13-April 2018 (age 28); YERI#11-October 2004 (age 14)

- 2) What I remember the most was hanging out and going out into the forest and the wilderness. It gave me a greater appreciation for the environment because I realized how complex it is. It taught me about soil structure and watersheds and how those were all connected together with the ocean. As I went later on to learn it wasn't too different anywhere else in the country as far as the way the soil structure and what is happening is the soil is connected to the watersheds. The soil structure taught me about the soil structure and how degradation of the soils takes away from the lands ability to retain water. (*Goal 3,4*)
- 5) When I was younger it helped me connect with the adults and elders. It taught me how to ask for help because it built a line of trust and as I've learned with my own experience working with youth that trust is hard to find sometimes. It gave me that trust because naturally when you are a teenager you want to rebel and be stronger and show your independence, though sometimes the greatest gift to give to a giver is to receive it. So it taught me how to receive that gift that was being offered and that would impact my life even years later. One thing led to another and collectively built towards bringing me to where I am today. (*Goal 1,4,5*)
- 6) In a practical sense, yes, it taught me about landscaping a little bit and I worked successfully in landscaping for about four years. In some ways different jobs, I've had it's given me an insight. Shoveling, raking, labourer. It helped me with the landscaping, pulling weeds, learning what invasive species were. (*Goal 2,3,4*)
- 9) I was in foster care experimenting with drugs and alcohol at a very young age, constantly fighting with my foster parents, very far away from my birth family and siblings. That and the pressures a normal adolescent would go through. Overall, I would say it was a tough time in my life. Since I've done this program, I've been not afraid to engage myself in many other programs and things gaining cultural experience, work experience; helping me to ask for help whenever I needed it in terms of accessing services in community. I definitely think it was a contributing factor. To have those kinds of things for young people can play a key role in improving their overall quality of life, especially if the youth are at risk. Where my parents couldn't be there for me, I had the support of my community, whether I was aware of it or not. It's great and just the ability to talk with you today really put into perspective how that helped me relate to people. (*Goal 1,2,4,5*)

FUS#14(147) – FUS#14-April 2018 (age 25); YERI#147-October 2009 (age 16)

- 2) MARS, going up to MARS a lot and dealing with the eagles and the owl and the racoon. The Oyster River did stand out, but MARS stood out the most because it was a rescue society. Because mostly they went out and rescued birds and other animals. They said a week before I got there, they rescued a fawn. (*Goal 1,2,3,4*)
- 3) Yes, just being very conscious on what I take into the woods and take out of the woods. I already have previous experience through the Friendship Centre and the dog program. Your program showed me the different societies; MARS showed me different ways. Friendship Centre taught me to go by yourself and the different societies showed me what they are doing to help. It's just greater knowledge. It kind of ties into what I was just saying. I can't really

put my finger on it. It kind of put the nail in the coffin that I am just an outdoorsy person. (Goal 1,3,4,5)

- 6) Not so much because a lot of the jobs I was getting was retail work. Organization and mindfulness. Mindfulness, even the little things matter as simple as walk softly and even what you do in nature can disturb something else. All the societies teaching you that nature matters and as simple as taking your garbage out when you go in. It was quite awhile ago. Just the general experience, it helped strengthen the knowledge I already had about how the woods and nature matter. It is a good thing that people are out there trying to restore nature rather than being inside four walls. I benefited from the knowledge they showed about their societies and what they do for the community. (Goal 1,3,4,5)
- 7) Kind of, I am just a little shy when it comes to public speaking. It was easier to do it for my peers. Yes, it did improve my communication skills. (Goal 4,5)

FUS#15(165) – FUS#15- January 2020 (age 25); YERI#165-September 2010 (age 15)

- 5) I would say sort of being able to have people tapping into collaborating and asking lots of questions and hearing different points of view. At the time Maj did the radio tagging I remember asking her how to track the radio and follow her lead. Working with her and she gave me the tracker and following what she was doing. (Goal 1,2,3,4,5)
- 6) I think it did help me be more ready approaching management and other members of staff. It also helped me learn the bigger picture in my head of tasks that need to be done. Like in a day we would be doing this and it contributes to that. If we were moving salmon it overall helps migration and reproduction. (Goal 1,2,3,4,5)
- 9) It was a very dark time because of how school was. There was a lot of bullying and I wasn't sleeping and I was very sick all of the time because of the stress. But I did find I was very grateful to have this as part of my work experience because it was genuinely interesting and meaningful rather than dealing with customer service. It's getting there, it's forward progress. I am lucky to have some really good friends, a partner and some goals ahead. Something to aim for. It's also I am doing a lot better with my mental and physical health. (Goal 2,4,5)
- 10) I am really grateful to have had it and I am really thankful for having you as a positive role model because you were really patient and supportive with me. I remember one time you took a picture of me and it was like "ah". Thank you very much for everything you have done. (Goal 1,4)

FUS#16(197-19) – FUS#16-January 2020 (age 22); YERI#197-November 2011 (age 14); YERII#19-August 2012 (age 15)

- 4) Yes, it has made me more conscious about how wonderful the planet is and all the beauty to be found in it. The program really helped with my confidence in YERI and YERII. At the end of the program there was the teaching phase for me. It helped me improve my oratory skills and speak to groups of people. It really helped me to embrace the teaching like private tutoring and stuff to impart the things I learned because some people struggle. I helped them in Math, English and Biology. I like to break it down into terms they can understand. I held on to some anger for a long time. I don't feel a need to hang onto that anymore. It just drags you down. I learned to accept the things I can't change. I feel I just needed to get out and spend some time with people and with nature instead of cooping myself up all day. With the program, it got me out of the house, and it got me engaged with learning new things and spending time away from technology. Honestly, the program is some of the best memories I have of when I was younger. I really appreciate everything. I was so glad when I got to do YERI and I was so happy when I was contacted for YERII. I remember the hoodie, I wore it

all the time, it was so great. I still have the certificate for YERI and YERII. I even have the files of the certificates scanned and saved in my documents. (*Goal 1,2,3,4,5*)

- 5) I think, yeah, with the interviews and the presentations it has helped me to be more confident on talking with people. I remember I used to be really quiet and introverted and now I'm a little more outgoing. I can strike up conversations with complete strangers. (*Goal 1,4,5*)
- 6) I use the communication skills I learned in my collections job. It really helped there. Working collections you come across all kinds of people and the communication skills I learned to come to a more amicable solution and it usually helped with the mood. (*Goal 1,4,5*)
- 10) It was some of the best times of my life back then and I don't feel I would be the person I am today without the program. Your program made a huge difference in my life. It wasn't just in being more conscious of the environment, it was in communicating with other people. It would have been 2012 and 2013. I would have been 14-15. I've thought about it a lot and always came back to what it has done for me. When you contacted me, I got really excited. It really helped me to grow and I can't thank you enough. It was an opportunity that I would recommend to all kids. Your program is amazing. After YER, in 2014, I spent, I think co-leading a youth program for Black Creek Mennonite Church. (*Goal 1,3,4,5*)

FUS#17(190-17) – FUS#17-January 2020 (age 23); YERI#190-September 2011 (age 14); YERII#17-July 2012 (age 15)

- 1) I remember hitting fish. I remember measuring water and I remember leading a tour at Seal Bay. I thought the fish hatchery was neat and making sure there were fish for next year. I thought that leading the tour group was fun. It was a cool experience to have because I don't get out of my comfort zone very often. It's one of my things that I later applied to my logic of just do it anyway. (*Goal 2,3,4,5*)
- 3) I've always been a nature person because I started camping at an early age. I lived in Powell River and that are a lot of forests. I didn't know that people measured trees in the forest. Yeah, I notice things more. I learned a bunch of fish names for salmon. (*Goal 2,3,4,5*)
- 4) It improved my speaking ability when I did the Seal Bay tour. I imagine that will help in future endeavours and dealing with the public. (*Goal 1,4,5*)
- 9) The calm before the storm. I fell, like way down deep, into mental illness after that. I was emotionally dead for four years. Pretty good, I'm trying new things. I'm subscribing to the idea of trying new things. I will start having a panic attack at work and keep working through it anyway. It was a good thing to get out there. You can learn some things if you like animals. It's good for connections, especially for young people who are just getting out into the community. (*Goal 1,3,4,5*)

FUS#18(268-50) – FUS#18-January 2020 (age 18); YERI#268-September 2015 (age 14); YERII#50-August 2019 (age 17)

- 2) I remember hanging out with you a lot and building a relationship with you. That's really special, I think. I don't think a lot of youth have relationships with people older than them and I think it's really important that people have relationships with elders. Do you think you're an elder? I acknowledge you as one of my elders. I know you carry wisdom that you shared with me. It's really important for youth to have connections with elders because of the knowledge they can pass down and I'm really thankful to be able to be part of that experience. (*Goal 1,4,5*)
- 3) I don't get out in nature anymore than I normally would have, but I found a greater connection and appreciation for the natural world around me. I don't think that I'll ever be

able to forget that there's two types of trees, but for the life of me I can't remember which is which. I can always confidently say that salmon have more than one function in an ecosystem. *(Goal 3,4)*

- 4) The only thing that comes to mind when you ask that question is that I changed after the program because of my relationship with you. I needed to change on my own, but at the same time there are so many people that care about me that I didn't want to let down. I didn't feel comfortable at all how I left you last time. I didn't want to let you down. *(Goal 1,4,5)*
- 5) Maybe in a subconscious kind of way I have more skills that I wouldn't have had if I didn't have an experience with you. I know I definitely need to be punctual because people have important stuff to do, too. The world does not revolve around me. The work you do is really important because it's the work you do revolves around the environment. Teaching kids about the natural world, not only do you enhance their knowledge of the natural world, but relationships, too. The one-on-one connection is really important. *(Goal 1,2,3,4,5)*

FUS#19(251-31) – FUS#19-February 2020 (age 17); YERI#251-September 2014 (age 11); YERII#31-August 2015 (age 12)

- 1) I remember being in Headquarters river when we did the inventory at the headwaters. I remember Oyster River, MARS. I remember walking Millard Creek. Checking the heron rookery at Pt. Holmes. I remember doing the presentation at the senior's home. *(Goal 2,3,5)*
- 3) Some improvement of nature. I got to know a little bit more about who was involved in biology around town. I don't really know if it did because I was already outside a lot. I learned some fish biology stuff, some salmon biology, a little more about salmon cycles or spawn timing. *(Goal 1,3)*
- 6) I definitely used some of that experience in volunteer work, but not employment. *(Goal 2)*
- 10) It helped me connect with people in the community who are doing restoration work. I am not particularly good at connecting with people. It gave me some kind of key contacts. People who are part of that network. That helped me to be with like minded people who I share connection with. I can get my point across. I've always been good at explaining things. That has not been a problem for me. It is just interacting with people for long periods of time. It helped me to learn how to put together a presentation and giving a speech. It helped me to pare down information I want to share. *(Goal 1,4,5)*

FUS#20(136) – FUS#20-February 2020 (age 24); YERI#136-May 2009 (age 13)

- 3) Yes, being able to give back, to learn and give back just has resulted in me wanting to gain more knowledge of it and share that knowledge, especially now that I work with kids. It's beyond the cycle of life, just the balance that needs to be created with it all. That's why it was nice to do multiple different spots of ecological; different aspects. *(Goal 1,3,4,5)*
- 4) Yeah for sure. Giving back has always been important, just the feeling of being capable. I could use these connections, I could make an impact, I could make a difference. To make me feel better about myself. I was confident about myself and I have been making a positive impact. It benefited my confidence. I was helping. I think the program made me capable. *(Goal 1,4,5)*
- 7) There are things I don't remember a lot of because I was nervous, like the presentation, but I really enjoyed doing the public speaking. I like that you got to pick your own group to connect to. *(Goal 5)*
- 8) Yes, and I think on a lower scale I do it with the kids everyday. We teach them how to take care of themselves and the Earth everyday. We raise money for the Cumberland Forest and we raise money for MARS. We do garbage pick up on the way to the forest every week. We do composting and recycling. I am a pre-school teacher. I am a behavioural

interventionist. I also work at the Cumberland Rec Centre. I run after school programs there. (Goal 1,2,3,4,5)

FUS#21(92) – FUS#21-February 2020 (age 27); YERI#92-October 2007 (age 15)

- 1) Some memories. I remember going to the creek, taking the pH samples of the water. I think it was to clarify if the water was safe for the fish to swim in. That is one of the biggest memories. Mostly, I remember sceneries and the fish hatchery and also you helping me to identify different trees, which also helped me when I went for my arbour course. (Goal 1,2,3)
- 2) Writing that thing that I really didn't want to. For the positive aspects, I remember that it was mostly the whole concept of the program was in preserving wildlife. You taught me to appreciate nature for what it is and respect it. (Goal 3,4,5)
- 4) I'd say so, yes. Overall everything in life forms us to be who we want to be. I never really considered the values of nature until I got in your program. I'd say it built my confidence, I'm not really sure how. I think it's more so the fact if something was brought up about what you taught me, I was able to respond with confidence and know what I was talking about. If somebody asked me about a tree, I was able to tell them what it was. The program with you helping me to identify trees. I was able to pass the arbour course. (Goal 2,3,4,5)
- 9) It helped me find a sense of who I was because I was pretty damaged before then. Satisfactory now. Yeah, it did. There was a lot of times I had to do public speaking since then and doing the presentation at the Rotary was my first time ever getting up in front of people. (Goal 4,5)

FUS#22(184) – FUS#22-March 2020 (age 27); YERI#184-May 2011 (age 18)

- 1) It's going to be a bit rusty, I do have a few. I think the biggest reflection was the presentation I did. I did it on the Avian Rescue Society. I am now doing presentations all the time; it is part of my job. That was my first introduction to doing informational presentations. I do remember the MARS, most specifically going into the cages with the owls, but it was going in with the eagles. That one was the most impacting. I think that being that close to a predator that made me understand my place on the planet. Just what it means at that time. I was a teenager and really involved with myself. It's just helped me gain perspective on what was important beyond my trivial teenage worries. (Goal 2,3,4,5)
- 3) Yeah, definitely. I've always been a nature lover since I was a kid, but catching me at a fundamental time when mental health was an issue. This program helped me understand how to connect with nature as a form of healing and as I mentioned it helped me with my spiritual connection with nature and helped me understand my place within nature. As I said about the trees and then doing the river sampling. I remember the general basics behind the science of how our environment works. (Goal 2,3,4,5)
- 4) It has assisted me in healing because it helped me understand my connection to nature. It helped me highlight my connection to nature. I think that who I am now, I am an environmental activist. I go to the marches, I go to climate strike marches, I go to youth and pipeline marches in general. I suppose you could say I identify with my passion for the environment and I speak loudly about it. It was an introduction to a new level of understanding of the environment. I think that it was an introduction to a bigger understanding of the environment which opened doors to my activism, and my passion are what drives me in life. (Goal 1,2,3,4,5)
- 10) I think I really kind of covered everything. I think looking back, I think a few things, the consistency, being out early in the morning, which I really hated, but it was good. It was really important to dive deep and do it on a daily basis. It got me out of my comfort zone when I really needed it. I went on to do youth work, at risk. I worked at The Linc with a grant from the Arts Council. The biggest thing that I find is the cycle of poverty and not



being able to see outside of what's in front of you and so I think that getting myself outside of my comfort zone and doing new things really showed me that I had more opportunities than I thought. Not being able to see what is outside of what is in front of you. You are doing such brilliant work and I thank you for the opportunity. (*Goal 1,2,4,5*)

FUS#23(273) – FUS#23-March 2020 (age 22); YERI#273-October 2015 (age 18)

- 1) I do, I remember walking up creeks with you, quite a few creeks. I remember specifically one we walked by, this one with horses and cleaning up garbage. I remember you teaching me all the different types of trees. Whenever we were walking in the forest you were asking me. At first, I didn't know any of them, but after awhile I caught on. Another thing I remember was the heron rookery in your back yard. That was so cool. I loved that. Herons are really amazing birds and that was the first time I learned about them. I remember going down to Royston Wrecks and seeing them there. You were telling me a lot about them and their endangerment. I remember after we did the creeks and went down to the beach. I did a presentation about everything I learned in Mr. Hartig's class. I didn't know that would be a part of it and the kids seemed to like it. It was kind of a good way to end it all and go and present it to others. It was nerve wracking, but easier to present to the younger kids. (*Goal 2,3,4,5*)
- 4) Yeah, I would say so. I remember afterwards at the end of the program and you gave me the certificate. You said some nice things to me that helped me with my self confidence. I was going through a shitty time and you were awesome with me. Just getting out in nature has always been good for me. The whole experience was good. (*Goal 4,5*)
- 5) Yeah, I would say right after doing the presentation with the kids helped me. Doing things like that would always improve your ability with public speaking. Even just hanging out with you and going out in the bush and hanging together for a couple of weeks is a cool way to connect with people. (*Goal 1,4,5*)
- 10) Basically, around the part of suggesting other people doing the program. If they were in the same situation with me doing it for the Community Justice. Memories pop in my head all the time. I'm still really grateful I got to do this with you. (*Goal 1,4*)

FUS#24(65-5) – FUS#24-April 2020 (age 29); YERI#65-October 2006 (age 15); YERII#5-March 2008 (age 17)

- 1) I remember in the first level, you and I went out to one of the rivers and different water places. We did the pH of the water, we used a pH reader. I remember you made great sandwiches. I got lost in the bush somewhere and you were standing right in front of me and I didn't even see you. You were standing there and you knew I would see you eventually. It taught me to be more observant and aware. I remember we went to my old middle school and I did a presentation in, I think it was Miss Davies class, science class. I drew on the projector. I drew a leaf and I was trying to explain how the rivers connect. (*Goal 2,3,4,5*)
- 4) Yeah, it did because I do have some aboriginal ancestry. It made me feel more confident about myself because growing up I was really bullied for who I am. It just made me a stronger person. It taught me a lot about self care and to love myself a lot more. (*Goal 4*)
- 6) Not really so much the nature part of it, but more the communication, like being able to communicate. Back when I was younger, it was quite difficult for me to explain. I would kind of talk about one thing and then drift off to another thing. With the whole communication thing, it helped me stick to one topic and carry on to the next and still make sense. (*Goal 4,5*)
- 9) I felt more calm when I was in the program. Before I went to the program, I kind of felt neurotic. I'm very empathetic. My Mom was always rushing, so I kind of got that from her. There was no sitting. Right now, given the current situation, it's a little bit scary. Since I've

been in Fort St. John, I feel at home and more grounded. It's hard to explain. It made me evolve. It made me a totally different person. Just like the energy that was involved with the program. I felt like the energy as more positive. When we went outside to the different locations we went to, it felt like spirits were talking to me. Kind of like different, it felt like there was different ancestors, but other culture ancestors. Being around the wildlife and the trees there felt there was more to it than what we were doing. There was spiritual stuff behind it, too. (*Goal 1,3,4*)

#### **4. FOLLOW UP STUDY DISCUSSION**

Twelve former YER youth participants were interviewed an average of five years after their involvement with the program. They were asked ten questions (Appendix B), and four answers were selected and evaluated on their alignment with the YER five goals (Appendix A). Table 1 compiles the number of goals that correspond to the forty-eight chosen questions. Goal 4 (Increasing Personal and Social Skills) had the greatest number of indicators at forty-three; Goal 5 (Enhancing Communication Skills) had thirty-seven; Goal 1 (Building Healthy Community Relationships) and Goal 3 (Improving Ecological Knowledge) both had twenty-seven values; and Goal 2 (Gaining Valued Work Experience) had the smallest amount of markers at twenty-one (Table 1; Appendix A).

The quality of the previous YER participants responses to the FUS questions demonstrates the programs influence on them. It is heartening to know the vision that was recognized sixteen years ago could make such a difference in the lives of vulnerable youth. Much gratitude to the twelve adults for sharing their reminiscences so that YER could benefit and learn from them.

#### **5. FOLLOW UP STUDY SUMMARY**

The Youth and Ecological Restoration Program has been operating for sixteen years to serve Comox Valley at risk youth and assist them in gaining a sense of worth, belonging and place. YER has supported three hundred and sixty young people in building personal, community and ecological relationships. A follow up study was conducted from 2018 to 2020 when twelve earlier YER participants were asked ten questions (Appendix B), from four to fourteen years subsequent to their involvement. Interview analysis demonstrated that personal and social skills was the area in which the most learning occurred, closely followed by communication skills (Table 1; Appendix A). YER is recognized in the Comox Valley and beyond for being effective and successful for youth who are struggling with a variety of issues. The results of this follow up study further establishes the value of the program to continue serving this vulnerable population of young people.

**TABLE 1: YOUTH AND ECOLOGICAL RESTORATION (YER)  
FOLLOW-UP STUDY (FUS) - 2018 TO 2020**

YER is for Comox Valley vulnerable youth, funded by BC Ministry of Children and Family Development (MCFD). This FUS was conducted to understand twelve former YER participants knowledge retention for the five program goals. They were interviewed between 2018 and 2020 with an average of five years since their involvement. There were 7 men and 5 women.

Numbers: First is the FUS number; second is YER, Phase I; third is YER, Phase II.

<b>FUS NUMBER</b>	<b>GOAL 1</b>	<b>GOAL 2</b>	<b>GOAL 3</b>	<b>GOAL 4</b>	<b>GOAL 5</b>
13(11)	2	2	2	4	2
14(147)	3	1	3	4	3
15(165)	3	3	2	4	3
16(197-19)	4	1	2	4	4
17(190-17)	2	2	3	4	4
18(268-50)	3	1	2	4	3
19(251-31)	2	2	2	1	2
20(136)	3	1	2	3	4
21(92)	0	2	3	3	3
22(184)	2	4	3	4	4
23(273)	2	1	1	4	3
24(65-5)	1	1	2	4	2
<b>TOTALS</b>	<b>27</b>	<b>21</b>	<b>27</b>	<b>43</b>	<b>37</b>

**Appendix A: Youth and Ecological Restoration Program five main goals and sub-goals.**

**YER Five Goals**

Here are the YER five main goals and sub-goals used to analyze the FUS interviews:

**GOAL #1: BUILDING HEALTHY COMMUNITY RELATIONSHIPS**

Cooperation, Support and Compassion; Positive Role Models and Mentoring; Increased Community Capacity and Caring

**GOAL #2: GAINING VALUED WORK EXPERIENCE**

Data Collection Methods; Working with Tools; Worksite Safety; Teamwork; Good Work Ethics

**GOAL #3: IMPROVING ECOLOGICAL KNOWLEDGE**

Ecosystem Cycles and Interconnections; Identification Techniques for Plants, Animals and Fish; Understanding Environmental Impacts; Personal Connections with Nature

**GOAL #4: INCREASING PERSONAL AND SOCIAL SKILLS**

Meaningful Participation and Empowerment; Commitment, Respect and Responsibility; Patience and Endurance; Accomplishment, Self-confidence and Success

**GOAL #5: ENHANCING COMMUNICATION SKILLS**

Public Speaking and Leadership; Active Listening and Engagement; Interpersonal Relationships

## **Appendix B: Youth and Ecological Restoration (YER) Follow-up Study Questionnaire**

### **YOUTH AND ECOLOGICAL RESTORATION FOLLOW UP STUDY QUESTIONNAIRE #1 NATURE, PERSONAL, SOCIAL CONNECTIONS JANUARY 4, 2018**

#### **STUDY PURPOSE:**

**To investigate the long-term effects of the Youth and Ecological Restoration Program (YER) on prior youth participants social interactions (1), employment situations (2), nature connections (3), personal wellbeing (4) and communication abilities (5).**

#### **YER PARTICIPANT FOLLOW-UP QUESTIONS:**

- 1) Do you have memories of participating in YER? People/places/jobs?
- 2) What do you remember the most about YER?
- 3) Has YER improved your nature connections? What did you learn about nature? (Goal 3)
- 4) Has YER improved how you feel about yourself? How? (Goal 4)
- 5) Has YER improved your ability to connect and associate with other people? Examples? (Goal 1)
- 6) Have you used your YER experience in employment situations? How? Transferable skills? (Goal 2)
- 7) Has the public speaking part of YER improved your communication skills? How? (Goal 5)
- 8) Does environmental work interest you as a career? What do you do for work?
- 9) How would you describe your life when you were in YER? How would you describe it now?
- 10) Do you have any more comments?