

6. IF YOU ARE APPLYING FOR A GENERAL OPERATING GRANT, DESCRIBE HOW THIS GRANT WILL BE USED TO OFFSET COSTS INCURRED TO OPERATE THE ORGANIZATION. PLEASE DETAIL THE NATURE OF OPERATING EXPENSES (SALARY, LEASE, UTILITIES, ETC.) AND SPECIFY THE TIME PERIOD DURING WHICH THE GRANT WILL BE USED.

N/A - Program Grant

Applicants for **General Operating Grants** are not required to complete sections **C, D, and E** (marked with an asterisk \*)

## SECTION C: THE PROJECT/EVENT/PROGRAM\*

1. NAME OF THE PROJECT/EVENT/PROGRAM <b>Burnaby Take a Hike Program</b>	
2. PROJECT/EVENT/PROGRAM LOCATION (PHYSICAL STREET ADDRESS OR EVENT LOCATION) <b>Canada Way Learning Centre, 5310 Woodsworth St, Burnaby, BC, V5G 1S4</b>	
3. PROJECT/EVENT/PROGRAM START DATE <b>2021-09-01</b>	4. PROJECT/EVENT/PROGRAM END DATE <b>2022-06-30</b>

## SECTION D: PURPOSE OF BENEFIT\*

1. DESCRIBE THE PURPOSE OR GOAL OF THE PROJECT/EVENT/PROGRAM  Take a Hike is a full-time mental health and emotional well-being program that uses the outdoors and adventure to engage vulnerable youth in school, community and mental health supports. Youth ages 15-18 are referred to Take a Hike because of mental health challenges, past trauma and chronic non-attendance. We are one of the few programs in the province to embed full-time registered clinical counsellors in a school setting, who help youth improve their mental health and well-being, and build skills and resilience. Our goal is to support vulnerable youth to overcome barriers and achieve success in school and in their lives, including: increased engagement with school and community; improvements in social and emotional skills, and mental and physical health and well-being; and improved academic success, leading to high school graduation. Our ultimate goal is to assist youth to become resilient individuals with the skills needed to navigate the challenges of young adulthood.
2. DESCRIBE THE PROJECT/EVENT/PROGRAM AND THE ACTIVITIES  Take a Hike is a full-time program delivered five days per week, September to June. The same group of staff and up to twenty youth spend substantial shared time together. The program quickly begins to feel like a family. From this unique environment, youth engage in four key activities: counselling provided by an embedded, full-time registered clinical counsellor, through individual and group sessions, family therapy, and wellness activities embedded throughout other programming; outdoor activities once per week and extended wilderness trips that offer unique opportunities to develop resilience and relate academic concepts to real-world skills; academics that enable youth to complete all requirements for graduation; and community volunteering that connects youth to local nonprofits and initiatives. During the COVID-19 crisis we have provided continuity for youth when they need it most by quickly pivoting, first to virtual supports then to modified in-person programming.
3. DESCRIBE HOW THIS PROJECT/EVENT/PROGRAM WILL BENEFIT RESIDENTS OF BURNABY (WHO WILL BENEFIT). HOW MANY BURNABY RESIDENTS WILL BE INVOLVED WITH OR BENEFIT FROM THE PROJECT?  The program serves approximately 20 vulnerable youth annually. Our participants are capable and generally motivated young people ages 15-18 who have experienced significant mental health or behavioural challenges, past trauma, or chronic non-attendance at school. Last year, 69% of participants had diagnosed or emerging mental health challenges and 44% were receiving addictions treatments or struggled with substance use. See question F6 for more details about participant demographics. In addition to direct benefits to youth, the program benefits families through their children's improved well-being and through supports including family therapy. Communities benefit through the volunteer hours youth regularly contribute to local non-profits and community initiatives through the community involvement component of the program, and through youth growing into contributors to their community. The program indirectly benefits an estimated 120 individuals in the Burnaby community annually.