

4. DESCRIBE HOW THE PROJECT/EVENT/PROGRAM ALIGNS WITH ONE OR MORE OF THE FOLLOWING ([OFFICIAL COMMUNITY PLAN](#), [SOCIAL SUSTAINABILITY STRATEGY](#), [ECONOMIC DEVELOPMENT STRATEGY](#), [ENVIRONMENTAL SUSTAINABILITY STRATEGY](#)):

The program aligns with key social planning and community goals, particularly those relating to: residents' well-being, quality of life, and skills development, and community resilience; preventative approach to community problems and needs; accessibility & inclusion (see F6 below); and efficiency & effectiveness in social and economic outcomes. Youth join Take a Hike when they are at risk of leaving school without graduating, often after experiencing barriers like mental health challenges, financial need, or involvement with crime. Take a Hike is focused on prevention and early intervention, through providing clinical counselling and other supports that help youth change the trajectory of their lives. In a 2019 alumni survey: 71% had pursued and graduated from post-secondary education; 90% were employed; and 95% reported improvements in mental health. A social return on investment study showed that for every \$1 in Take a Hike, society will recognize a return of \$5.60 to \$13.40.

5. IDENTIFY YOUR COMMUNITY PARTNERS OR STAKEHOLDERS – YOU MAY ALSO INCLUDE LETTERS OF SUPPORT FOR YOUR PROJECT/EVENT/ PROGRAM FROM THESE GROUPS AS PART OF THE APPLICATION.

Take a Hike is offered in partnership with local school districts, who provide everything they would normally offer for an alternate education program (e.g. teachers, youth workers, classroom space and support from the district principal). These contributions reduce program costs by approximately half. The Take a Hike Foundation layers in program elements that are beyond what the public school system can provide, but which are essential to vulnerable students' success (e.g. a full-time registered clinical counsellor for each classroom, adventure-based learning and more). See attached letter from the Burnaby School District. The program also engages volunteers and a range of community partners who offer opportunities for our participants that maximize use of community resources, including volunteer opportunities, access to specialized mental health resources (e.g. addictions treatments) and other outdoor and skills-building opportunities.

6. IF THE AMOUNT REQUESTED FROM THE CITY OF BURNABY IS NOT FULLY GRANTED, WHAT WOULD YOU DO TO MAKE UP THE DIFFERENCE AND/OR HOW WOULD YOU PROCEED DIFFERENTLY?

If the amount requested from the City of Burnaby is not fully granted, we would look to raise the difference from other sources. We are continually actively working to build financial support for our programs, including from local businesses, individuals, and other sources.

SECTION E: EVENT OUTCOMES*

1. HOW WILL YOU KNOW IF YOUR PROJECT/EVENT/PROGRAM REACHED ITS GOALS? (FOR EXAMPLE, A GOAL OF ENGAGING YOUTH IN ENVIRONMENTAL ACTIVITIES MIGHT INCLUDE REACHING A SET TARGET OF YOUTH PARTICIPANTS)

Anticipated outputs include: Program will serve approximately 20 vulnerable youth; each participant engaged in an estimated 200 days of programming (Monday to Friday), including 24-48 hours of individual clinical counselling sessions (amount depending on diagnosis), 60-100 hours of group therapy, 215 hours of outdoor adventure-based activities, and 10-20 hours of volunteering in community organizations and projects; therapists hold clinical hours 5 days per week, leading individual, group and family therapy. Anticipated youth outcomes include improved mental health and well-being, social and emotional skills, engagement with school and community, and academic success (including high school graduation). Since 2000, Take a Hike has supported over 650 vulnerable youth to change the trajectory of their lives. Over the past five years across all Take a Hike locations, more than 90% of grade 12 youth graduated, and a survey of 2017 graduates showed that 80% were enrolled in post-secondary education within one year of graduation.

2. WHAT DATA AND FEEDBACK DO YOU COLLECT FROM YOUR AUDIENCE/PARTICIPANTS? HOW DO YOU EVALUATE YOUR PROGRAMS AND SERVICES?

Take a Hike's evaluations tools and processes are grounded in our Program Model and Theory of Change, which was developed in collaboration with experts in child and youth development from the University of British Columbia and University of Victoria. At the end of each school year we measure and compile a number of metrics and publish them in an annual report and elsewhere, including Grade 12 graduation rates, school attendance and number of hours youth spend volunteering in the community. Take a Hike's registered clinical counsellors also conduct detailed intake questionnaires and annual pre- and post-program surveys with each participant that include a range of questions related to our target outcomes (e.g. social and emotional skills, resilience, connectedness and mental health and well-being). In addition to measurable metrics, youth needs and outcomes are regularly assessed by well-trained program staff and youth reflect on their own outcomes through activities like journaling, feedback and regular counselling sessions.