

Wilderness Program
Second Annual Report
January, 1978 to January, 1979

The Tulsa Wilderness Program, patterned after the Outward Bound model, was initiated in November, 1976. Its basic purpose is to reach delinquent youngsters through experiences of a rigorous physical challenge in a wilderness setting.

Outward Bound was not designed as a rehabilitative program. It was established to provide an educational and experiential program for kids. The founder, Dr. Kurt Hahn, explained the philosophy of the program when he stated:

"The aim of education is to impel young people into value forming experience...to ensure the survival of these qualities: an enterprising curiosity; an undefeatable spirit; tenacity in pursuits; readiness for sensible self-denial; and above all, compassion."

6/1985

The Tulsa program resulted from the efforts of many people at the Tulsa County Juvenile Bureau. Gene Reid and Barbara Walker, former probation counselors, helped to establish the Wilderness Program component as a meaningful program for probationers. Goals of the program are 1) to provide structured activities in a setting wherein the youngsters can learn to experience themselves and others in a constructive way, 2) to provide experiences from which they may gain a more positive self-image, 3) to build a strong and effective relationship between counselors and participants, and 4) to gain an in-depth understanding of the individual youngsters so that a more accurate and complete assessment of the youngster's problems can be made to aid a future case work.

Gene and Barbara designed and implemented the Wilderness Program at the Juvenile Bureau. In April, 1977, Gene Reid left the Bureau to

complete a Masters in Social Work Degree at the University of Oklahoma. In December, 1978, Barbara Walker transferred to Lakeside Home as an Aftercare Counselor. A special thanks to Gene and Barbara. They created a way to become meaningfully involved with kids which would affect their lives and in the process they have changed the Bureau in a significant way.

Intake for the Program. Youngsters referred to the Wilderness Program by their probation counselor are accepted only after a Wilderness Program staff person visits the youngster and his/her parents. They are informed about activities and advised of the stressful physical aspects and possible risks involved. Further, the Wilderness Program rules are discussed. Basic rules that each youngster must accept include: 1) stay with the group, 2) no alcohol, 3) no sex, 4) no drugs.

The fact that the program is voluntary for youngsters, parents, and staff increases the safety aspects for all participants and adds to the quality of planned activities.

Source of Referrals to the Wilderness Program. During 1978, seventy youngsters participated in the Wilderness Program. Forty-six of these youngsters participated on one or more trips and an additional eleven youngsters who attended trips the previous year continued to participate in the Wilderness Program day groups or had individual contact with a Wilderness Program staff member. Thirteen youngsters, referred to the Wilderness Program during 1978, participated in workshops but did not attend an outing.

Many youngsters were referred and interviewed in their homes but did not participate in the program.

The following chart outlines what department or agency referred youngsters.

NCJRS

JUN 18 1979

ACQUISITION

Probation	25
Lakeside	17
Project 12	2
Youth Services of Tulsa	<u>2</u>

46 youngsters participated on trips

Probation	10
Lakeside	<u>1</u>

11 youngsters attended trips in 1977 and participated in Day Groups and individual follow up in 1978

Probation	9
Lakeside	<u>4</u>

13 youngsters participated in workshops in 1978 and have not yet participated on a trip

TOTAL 70 youngsters

Trips. During 1978, there were 16 Wilderness Trips ranging from two days to ten days. Two nine day trips were made to the Sante Fe National Forest near Pecos, New Mexico, where backpacking expeditions were conducted. One ten day trip involved technical rock climbing in the Oregon Mountains east of Las Cruces, New Mexico. A winter expedition was designed by Explorer Post members and involved snow camping, cross country skiing, and backpacking in Colorado for seven days. Youngsters earned nearly \$300.00 from a garage sale and chopping wood to pay for their expenses for the Colorado trip.

A second winter expedition, a canoe trip on the Current River, Missouri, was conducted in December.

Eleven trips were conducted in Oklahoma including seven canoe trips on the Illinois River and four technical rock climbing trips in the Wichita Mountains.

There were a total of 330 child-program days (number of children times days participated) with 46 youngsters participating on Wilderness trips. Twenty-eight youngsters attended one trip, twelve youngsters attended two trips, and six youngsters attended three trips.

Workshops, Day Group, Preparation Group, Class Lectures. The Wilderness Leaders met with youngsters in groups for many different purposes.

Workshops were conducted on many different topics--rock climbing, winter survival, sky talks, etc. Youngsters gained practical experience and were given folders with articles that further elaborated on the workshop topic. Workshops were designed to teach basic outdoor skills to reduce problems during trips and most importantly to give the youngster the confidence needed to successfully participate.

Day groups are similar to workshops but are less structured. They center around an activity and are often a way to bring kids together as a follow-up to trips or to reinvolve a youngster who has participated in the program. Preparatory groups are held before an extended outing in order to prepare for an extended trip. Some of the activities that are essential are menu planning, grocery shopping, packing packs. Getting to know the other participants and the leaders is an important part of this process. Developing relationships with youngsters and creating group identity and cohesion are important while accomplishing these activities.

Class lectures on various wilderness topics were conducted by Bob Danielson in the Detention Home. These lectures are part of a detention school program designed by Maureen Wrona. The purpose of the program is to inform and to introduce information, activities and new options to youngsters.

During 1978 there were eight workshops, four class lectures, nine preparation groups and 38 day groups.

Paid and Unpaid Staff Involvement. In June, 1978, Bob Danielson joined the staff as a Wilderness Leader. Bob is an experienced trip leader and has a degree in Environmental Education from Michigan State University.

In addition to Wilderness Leaders, the participation of other adults is crucial in conducting expeditions. The support of paid staff and volunteers from the community is essential in order to provide a safe ratio of adults to youngsters on trips and to assist in follow-up contact with youngsters. The following staff assisted on one or more Wilderness trips during 1978: Cindy Widmar, Jim Bass, Jean Boyd, Barbara Dickens, Lynda Lambert, Pauly Carroll, Glenn Ramsay, and Ron Pelt.

Other staff helped in workshops and day groups and in many other aspects of the program. Volunteers supported the program in many ways, assisting on trips, donations of equipment, and consultation.

Recommendations. From the experiences of the past two years, we have gained these insights which are important in conducting wilderness trips.

1) Isolation. The Wilderness setting should be isolated. Youngsters face extreme stress in a wilderness setting. The first few days of a trip are strenuous, demanding and foreign to the prior experiences of youngsters.

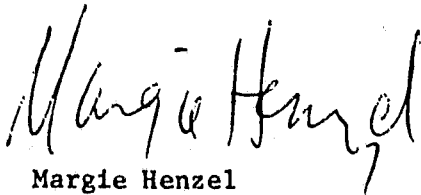
Unless the trip is at an isolated location, the stressful youngster will simply leave. In an isolated spot the youngster is forced to accept the support of the leaders. This alone is a new experience for many of the youngsters.

2) Rugged and challenging. The selected spot and the activities must be rugged and challenging. Most of the youngsters involved

have underestimated the limits of their bodies and their minds. They are able to gain confidence by accomplishing tasks that they did not think they could do.

3) Group involvement. Most youngsters have a desire to become independent of adult authority and a strong preoccupation with peer group relationships. Ironically, the peer interaction ultimately creates frustration for youngsters in day to day living with each other in the wilderness and provides a lesson in compassion and humaness.

4) Friendly environment. A setting should include a challenging course objective within a setting that is not hazardous to the safety of the group. All objectives become second to a safe expedition.



Margie Henzel
Supervisor of Special Services

Wilderness Program Volunteers, 1978

Volunteers are a vital part of the wilderness program. Through their support, encouragement, and involvement of personal time and donations of equipment, the program has developed and progressed.

Jan Danielson--student of physical therapy, assistant leader on four trips, a total of 19 days in the wilderness with youngsters. Jan volunteered an additional 71 hours which included individual follow-up with a youngster, day groups, and trip preparations.

Jack Warren--Vice President of the First State Financial and Co., personal donations for individual children's needs on trips.

Lloyd and Unis Easton--have allowed us the use of their nature preserve land near Leach, Oklahoma.

KOTV Channel 6

KTUL Channel 8

KTEW Channel 2--donated valuable television time for the Public Service announcement asking for woolen clothing for youngsters in our winter program. The response to the announcement was great.

Cliff Aldridge--Senior Counselor at Youth Services of Tulsa, assistant leader on two trips, a total of thirteen days in the wilderness with youngsters.

Steve Ramsey--Para professional with Boy Scouts of America, support and assistance with explorer post group.

Jean Boyd--while at project 12, assistant leader on one trip which was eight days in the wilderness with youngsters. Since her assignment as teacher at Lakeside Home, Jean has been co-leader of many climbing day groups for Lakeside Home youngsters.

Bill Stone--geology graduate student at the University of Tulsa, guest speaker for Lakeside Home classes and lead a group of Lakeside Home youngsters in fossil digging.

Debbie Moore--counselor at Vianney School for Girls, assistant leader on a three day trip in the wilderness with youngsters.

Don Wilson--supporter of the Wilderness Program. Recruited services and equipment for trips.

Joe Dickens--Minister for John Calvin Presbyterian Church--video tape youngsters climbing for follow-up experience with them. Transferred music tape to cassette for the wilderness slide show presentation.

Diana Anderson--student at Owasso High School, tutored a wilderness youngster.

Charles Michie--counselor at Tulsa Boys Home, assistant leader on a three day trip in the wilderness with youngsters.

Dowell Management of Dow Chemical--100 dollar donation of backbacking equipment.

Debbie White--Oral Roberts University intern, assistant leader on a three day trip in the wilderness with youngsters.

Tim Clark--Oral Roberts University intern and currently resident counselor at Lakeside Home. Assisted Wilderness Program leaders in climbing and preparation groups.

Christian Fellowship Class of the First Presbyterian Church--donated food money for youngsters who parents were unable to bare these expenses.

Wilderness Trips, 1978

<u>Date</u>	<u>Trip</u>	<u>Location</u>	<u># Days</u>	<u># Kids</u>	<u>Total Days X Kids</u>	<u>Food Cost</u>	<u>Leaders</u>
	Leach I	Oklahoma	2	5	10		G. Reid B. Dickens
March	Spring Break	Colorado	8	4	32		G. Reid J. Boyd
April 7-16	Oregon Mts.	New Mexico	10	6	60	\$50	G. Reid C. Aldridge
April 12-14	Canoe Float I	Oklahoma	3	2	6	\$10	B. Walker C. Widmar P. Carroll
May 30 June 2	Canoe Float II	Oklahoma	4	2	8	\$12	B. Walker P. Carroll L. Lambert
June 24-30	Pecos I	New Mexico	7	7	49	\$45	B. Walker B. Danielson C. Widmar
July 7-18	Canoe Float III	Oklahoma	2	3	6	\$6	B. Walker B. Danielson
July 30-31	Canoe Float IV (pre-trip)	Oklahoma	2	6	12	\$6	B. Danielson C. Widmar J. Danielson
Aug. 7-15	Pecos II	New Mexico	9	6	54	\$45	B. Danielson J. Bass J. Danielson
Aug. 15-16	Canoe Float V	Oklahoma	2	6	12	\$6	B. Walker B. Dickens R. Pelt
Aug. 22-25	Canoe Float VI	Oklahoma	4	4	16	\$12	B. Walker B. Danielson J. Danielson
Oct. '5-8	Wichita I	Oklahoma	3	3	9	\$10	B. Danielson C. Aldridge C. Michie P. White
Oct. 12-15	Wichita II	Oklahoma	4	5	20	\$12	B. Danielson C. Widmar J. Danielson

Nov. 10-12	Canoe Float VII	Oklahoma	3	3	9	\$10	B. Danielson D. Moore
Nov. 30 Dec. 3	Wichita IV	Oklahoma	3	5	15	\$10	B. Danielson B. Dickens
Dec. 13-17	Current River Canoe Float	Missouri	4	3	12	\$15	B. Danielson G. Ramsay
TOTALS	16 trips	3 New Mexico 1 Missouri 1 Colorado 11 Oklahoma	70 days	70 kids	330		

YOUNGSTERS WHO PARTICIPATED IN WILDERNESS TRIP

Referral Source

Probation	25
Lakeside	17
Project 12	2
Youth Services of Tulsa	2
	<u>46</u> Youngsters participated on trips

NO. TRIPS YOUNGSTERS PARTICIPATED

One Trip

Probation	15
Lakeside	9
Other Source	4
	<u>28</u>

Two Trips

Probation	6
Lakeside	6
	<u>12</u>

Three Trips

Probation	4
Lakeside	2
	<u>6</u>

OTHER YOUNGSTERS WHO WERE INVOLVED IN THE WILDERNESS PROGRAM

Day Group and individual follow-up with youngsters who went on trip during 1977 11

Day groups and individual contact with youngster referred in 1978 who have not participated on trips.

Probation	9
Lakeside	4
	<u>13</u>

Day Groups with Probation Youngsters

<u>Date</u>	<u>Participants</u>	<u># Hrs.</u>	<u>Activity</u>	<u>Leaders</u>
Feb. 6	3	4	Young Group	Walker/Henzel
	3	9	Wood Cutting	Reid/Boyd
March 14	5	1½	Preparation	Reid/Boyd
April 20	4	2	Climbing	Reid/Dickens
June 8	10	3	Basic Skills	Walker/Widmar
13	3	3	Climbing	Walker/Widmar
15	2	3	Backpacking	Walker/Widmar
			Hike	
20	7	4	Pre-Trip Planning	Walker/Danielson/Widmar
July 11	4	3	Climbing	Walker/Widmar
12	2	3	Climbing	Walker
August 10	7	2	Pre-Trip Planning	Walker/Dickens/Pelt
17	3	2	Follow-up	Walker/Danielson
			Pecos I	
21	5	4	Pre-Trip Planning	Walker/Danielson

Workshops with Probation Youngsters

<u>Date</u>	<u>Workshop</u>	<u>Location</u>	<u># Hrs.</u>	<u># Kids</u>	<u>Leaders</u>
Sept. 21	Climbing	Chandler Park	3	4	Walker/Danielson
Sept. 28	Hiking	Red Bud Valley	2	2	Walker
Oct. 6	Basic Skills	Hollold-LSH	7	4	Walker/Widmar
Oct. 13	Outing	Woolaroc	7	3	Walker/L. Greene
Oct. 19	Climbing	Chandler Park	3	3	Walker/Dickens/Clark
Oct. 26	Climbing	Chandler Park	3	4	Danielson/Dickens
Nov. 1	Winter Survival Skills	Chandler Park	2	5	Walker/Danielson
Nov. 16	Outing	Woolaroc	6	4	Walker/Danielson
TOTALS	8		33	29	

Day Groups with Lakeside Youngsters

<u>Date</u>	<u># Participants</u>	<u># Hrs.</u>	<u>Activity</u>	<u>Leaders</u>
Jan. 25	4	2	basic skills	Walker
26	4	2	basic skills	Walker
Feb. 1	4	3	canoeing	Walker
6	3	2	stranded exercise	Walker
9	3	3	stranded exercise	Walker
13	3	2	stranded exercise	Walker
20	8	1	pre-trip planning	Reid
27	10	1	pre-trip planning	Reid
March 1	2	2	Gilcrease Museum	Walker
1	4	1½	backpacking hike	Reid
6	9	1	basic skills	Reid
9	2	2		Walker
10	10	2	climbing	Reid
28	6	1	basic skills	Reid
29	6	3	climbing	Reid
31	2	3	climbing	Reid
April 3	6	3	climbing	Reid
4	5	2	climbing	Reid
5	5	1	getting ready	Reid
6	6	5	getting ready	Reid
June 22	5	4	climbing class	Walker/Boyd
July 6	5	4	climbing class	Walker/Boyd
13	5	4	climbing class	Walker/Boyd
20	6	4	climbing class	Walker/Boyd
Sept. 14	3	3	follow-up Pecos II	Danielson
Oct. 2	2	3	climbing class	Walker/Boyd
3	5	3	pre-trip planning	Walker/Widmar
9	4	3	climbing class	Walker/Boyd
12	5	3	getting ready	Walker/Miller
16	4	3	climbing class	Walker/Boyd
23	4	3	climbing class	Walker/Boyd
30	4	3	climbing class	Walker/Boyd
Nov. 13	4	3	climbing class	Walker/Boyd
20	4	3	Tulsa Living ZOO	Walker/Boyd

TOTALS

Workshop + Day Group Hours - 164

Workshop + Day Group Meetings - 55

No. of youngsters in Day Groups + Workshops - 288

Staff Days in the Wilderness

Paid Staff Days

	<u>Days</u>
Barbara Walker	22
Bob Danielson	41
Gene Reid	20
Cindy Widmar	16
Jim Bass	9
Jean Boyd	8
Barbara Dickens	7
Linda Lambert	4
Pauly Carroll	4
Glenn Ramsay	4
Ron Pelt	2

Volunteer Staff Days

	<u>Days</u>
Jan Danielson	19
Cliff Aldridge	13
Debbie Moore	3
Charles Michie	3
Debbie White	3

END