

# High Rocks

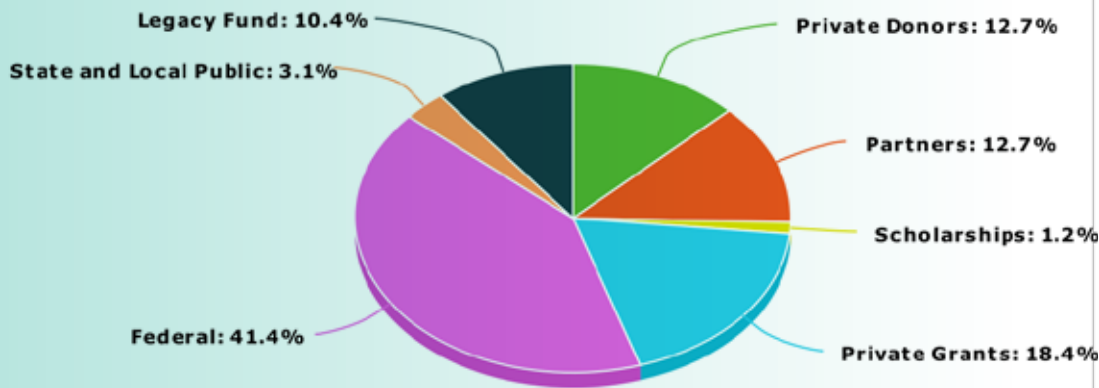
educate. empower. inspire





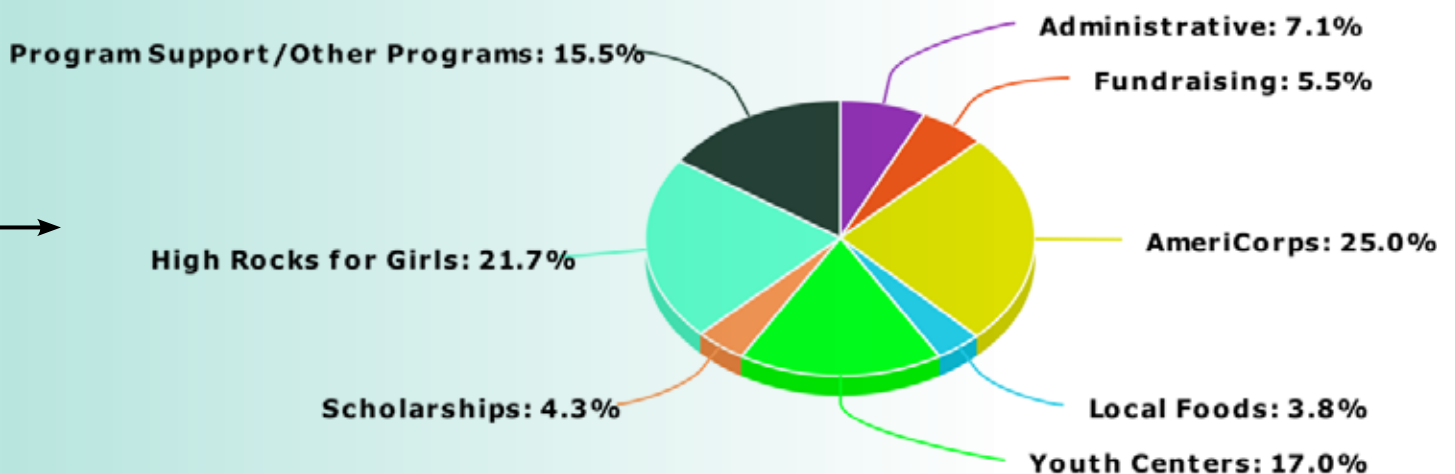
# BEHIND THE SCENES

## SO WHERE DOES HIGH ROCKS GET ITS MONEY?



» FULL TIME STAFF	6
» PART TIME STAFF	3
» CAMP STAFF	13
» TEEN WORKERS	18
» AMERICORPS MEMBERS AND INTERNS	45
» VOLUNTEERS	1627

## AND WHERE DOES IT ALL GO?



The High Rocks team made considerable progress in conceptualizing, developing, piloting, and refining its overall evaluation system. Such effort has resulted in an organization-wide catalog of all extant data collection methods, prioritization of data collection efforts, refinement of the organization's theory of action, and development of a core instrument to evaluate key outcomes.



## In the spring of 2018, you made the decision to attend the Global Citizen Conference, what did that experience ignite inside of you?

I had the opportunity to travel, teach, and learn with an international collection of inspiring community leaders from around the world. One of the profound impacts of the experience was the realization that so many of the issues we are dealing with in our communities around the world are the same. Our work on the ground to help the people around us is more similar than you might expect. This is the work of the world:

creating welcoming, inclusive healing spaces, opening economic opportunities for people who are looking for a chance, investing in women and girls, celebrating and preserving language and culture, caring for the land and the water, building initiatives that create healthy communities, practicing restorative justice, investing in education... like me, this is the everyday work that community leaders around the world are engaged in.

## What is something new you learned at the conference?

Attending the conference taught me about the concept of global citizenship. This is the idea that we are all connected to each other, through familiar and near connections like families, neighbors, and common experiences, as well as large global trends in economics, war and peace, migration, and global warming. My actions as an individual have an impact on the world, and the world has an impact on me, my life, my family, and my future. We all influence each other, all around the world. We feel that impact not just

as countries, but as people.

We often talk about large, messy problems as elephants. You can't eat an elephant all in one bite. You can't see the whole elephant from just where you're standing. You need to take time, and you need multiple perspectives to see and understand the whole. We learn to think as global citizens by learning about other parts of the world directly from the people that are in those far-flung towns and villages. This will help us produce better ideas and

strategies about how to work on our own communities' challenges, while building empathy and understanding so that we can understand and tackle big challenges together. Sometimes things like global warming or migration seem so overwhelming it is hard to digest or understand what it means. By building relationships around the world, by learning from each other, we can achieve a deeper and meaningful understanding of the global forces that affect us all.

## What are the benefits of having a global citizenship program offered through High Rocks?

I have seen High Rocks participants get the chance to meet people from all over the country. "I know someone in New York," they say. "I know someone in California!" These relationships help open their sense of possibility. They can travel. They have things and people in common with far-away places. What if we could do the same thing, but this time, we could work to build participants' connections not only to Arizona and Iowa,

but also to people in China, in Malawi, in Oaxaca, in Ghana, in Ireland, and around the world? How would it change the way we see ourselves and the way we see others if we were all raised from a young age with a global citizenship mindset? Because of this trip, I now have real connections with folks in these places, all of whom are personally excited about building a relationship with High Rocks youth and our partners.



# HIGH ROCKS FOR GIRLS

## Camp New Beginnings - 2018

- » Campers – 11
- » Junior Counselors – 10
- » Youth Contact Hours – 1,790
- » Classes offered – Horses, Math, Creative Expressions, Science
- » Junior Counselor Class at Allegheny Echoes – Creative Writing

"I love being here. It's made me stretch out of my comfort zone and do things that I didn't think I could do. The horses are my favorite. I can't wait to come back next year."

- New Beginnings Camper





## Camp Steele - 2018

- » Campers - 28
- » Youth Contact Hours – 5,444
- » Majors/Minors – Construction, Mountain Movements, Media, Music
- » Horses also came back for 1 week! The girls loved it.

## Overnights - 2018

We offered 4 service overnight events – Autumn Harvest Festival and Possum Trot, MLK, Ramp Fest, Celtic Knot.

Overnight Service Learning Participants – 37

- » Each overnight involved an educational component along with community service or event in Pocahontas, Greenbrier, and Nicholas counties.
- » The overnights are a great opportunity for the girls to reconnect with their High Rocks sisters and staff.

“My love for High Rocks will never die. Every time I come back on this mountain, I find myself again. I love reconnecting with my friends and with the staff. I’m always challenged.”

– Camp Steele Camper









# HIGH ROCKS FOR GIRLS



» Both New Beginnings and Camp Steele attendees rated the quality of their camps highly. Notably, New Beginnings campers gave particularly high ratings to items indicating that the camp taught campers new skills, challenged campers, made campers feel more confident, and connected campers with new people and friends. Among Camp Steele respondents, the item rated most highly suggested the camp had strengthened their relationships with caring adults.

» According to analysis of pre- and post-test scores on the High Rocks Youth Empowerment Survey, camp attendees demonstrated statistically significant, positive growth in Leadership (with a large level of improvement), and Health and Wellness (with a moderate level of improvement), following their camp participation. Campers' also experienced improvements in Engagement with Learning and Community Engagement, although these scores did not reach the level of statistical significance



# LOCAL FOODS



*"Thank you so much for everything you've done for us this year! I've learned a lot and have greatly appreciated the support in growing our own food this season. Looking forward to next year!"*



In 2018, High Rocks offered 18 gardening workshops, attended by 70 local gardeners, representing 26 gardens, who received tools, seeds, plants, fencing, irrigation, and season extension supplies.

- » 1980 summer meals served
- » 1267 Hub dinners
- » 1177 Hub snacks

100% of salad greens offered for nearly every lunch and dinner during camp were provided by the High Rocks gardens.

*"We did a big ok happy dance as we shared our first little cucumber last night!!"*

WE GREW 2750 POUNDS OF FOOD:	Pecks	Pounds
Basil	0.5	2
Beans	16.25	121.875
Beets	8.75	113.75
Broccoli	13.75	85.9375
Cabbage	8	100
Carrots	5	62.5
Cucumbers	49.25	615.625
Garlic	25	187.5
Lettuce	81	405
Onions-storage	4.25	60.5625
Peppers-bell	11.5	86.25
Potatoes	2	30
Radishes	1	14
Squash-summer	7.25	79.75
Tomatoes	32.25	427.3125
Watermelons	12.75	60
Zucchini	28.5	313.5



*"The group dinners and fellowship is as fun as the growing techniques."*



***Approximately 300 middle and high school students spent over 5,000 contact hours in programming at The Hub between September 2017 and June 2018.***

This includes 6 community service projects, 2 enrichment overnights, 10 student performance events, and 4 harm reduction activities. Classes and workshops were taught in Robotics, Songwriting, Photography, Youth Community Action, Foreign Languages, and Youth Entrepreneurship. Through CACFP, the federal feeding program, we served 1,177 snacks and 1,267 dinners. The Hub Student Café, our youth entrepreneurship program, employed 5 students who worked 870 hours. They earned over \$7,000 to offset program cost.

In winter 2019 we began our move to our new location at the Lee Street Complex. With the move brought expanded physical space with two light-filled rooms and more opportunity to serve youth in different ways.

The Hub Café youth entrepreneur business model was expanded to include a full range of barista training so that they knew everything about running a restaurant business, from cooking and cleaning to ordering food and supplies and marketing to their customers. Baristas were given the opportunity to “learn and earn” and will bring those skills with them as they go on to college and into the work place.

The Hub also launched its second youth entrepreneur program, Tech Express, under the tutelage of a volunteer who is retired from IBM. Tech Expressers are trained to fix customers’ glitchy computers phones. Again, this programming combines the learning and earning.

These youth social enterprise models are unique to High Rocks and are created and executed with the intention of reaching a triple bottom line of people, profit, and place.



# THE HUB







# AMERICORPS

Through the AmeriCorps grant, AmeriCorps members and High Rocks staff collaborated with young people and community partners to facilitate evidence-informed, community-driven interventions. During the 2017-18 project year, our 45 AmeriCorps members provided service to nearly 5,000 youth and community members, and contributed more than 70,000 service hours.

Services included:

- one-on-one support (mentoring, homework help, coaching),
- group workshops (presentations, classes and educational trips)
- service learning experiences (including multi-day service trips and volunteerism), as

well as facilitation of High Rocks summer camps.

One-on-one support activities, workshops, service learning experiences, and summer camps focused on leadership development, academic enrichment, civic engagement, gardening, healthy food, mental health, preventative health, stress, and wellness.



According to analysis of monthly progress reports, approximately three-quarters of AmeriCorps members indicated that the services they provided each month built capacity in each of the four High Rocks pillars: Leadership, Engagement with Learning, Health and Wellness, and Community Engagement.

The High Rocks AmeriCorps program provides opportunities for bright and motivated members to improve and enrich the lives of those in the communities they serve. It also allows for increased capacity for the organizations they serve with. The High Rocks AmeriCorps program is a vital win-win program!



High Rocks collaborated with fourteen partner sites, placing AmeriCorps members to facilitate services at:

- Appalachian South Folklife Center
- Coda Mountain Academy
- MARVEL Center
- Pocahontas County Libraries
- Sprouting Farms
- Try This! WV
- Davis-Stuart
- Potomac Highlands
- Bethlehem Farm
- Greenbrier County Health Alliance
- Mountain Music Trail
- Town of Quinwood
- Trillium Performing Arts Center
- West Virginia School of Osteopathic Medicine

*I really have enjoyed introducing veggies to the kids in our "veggie challenges". We got almost all the kids to try everything from broccoli stalks to beet greens!*

*Deb - AmeriCorps Member, High Rocks*

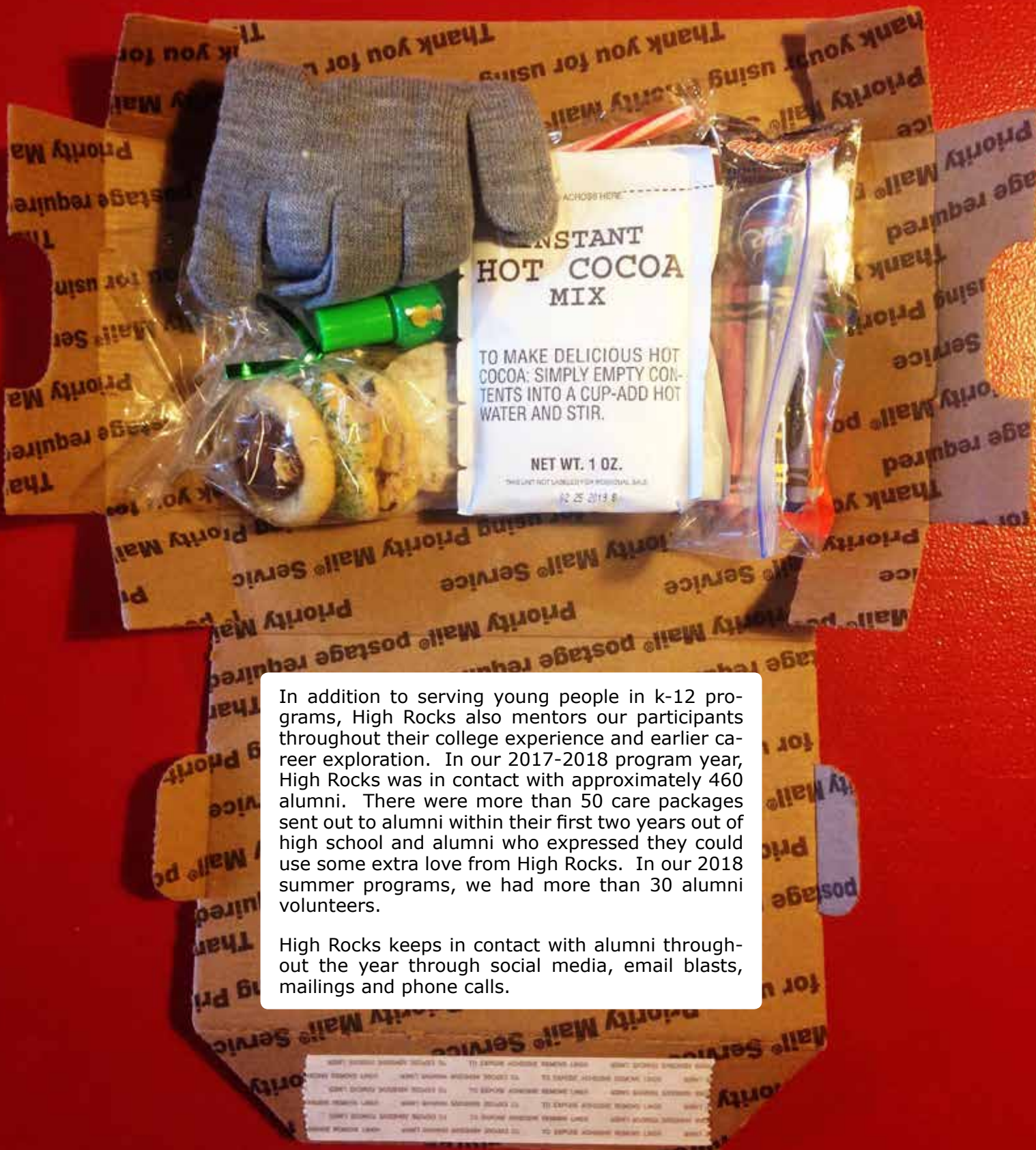




# ALUMNI

"Hey! I got your package! Thank you so much, and it's really good to hear from you!"

I am currently going to school at West Virginia Wesleyan College, majoring in Computer Science, and then I plan to go to WVU and attend law school once I graduate." -Meggan Long



In addition to serving young people in k-12 programs, High Rocks also mentors our participants throughout their college experience and earlier career exploration. In our 2017-2018 program year, High Rocks was in contact with approximately 460 alumni. There were more than 50 care packages sent out to alumni within their first two years out of high school and alumni who expressed they could use some extra love from High Rocks. In our 2018 summer programs, we had more than 30 alumni volunteers.

High Rocks keeps in contact with alumni throughout the year through social media, email blasts, mailings and phone calls.





## #IFYOUASKUS

Participants were in Cincinnati, Ohio from April 4<sup>th</sup> through April 8<sup>th</sup> and in addition to attending the conference, High Rocks participants had the opportunity to explore Cincinnati. They tried skyline chili, rode in a trolley car, and learned how to square dance. It was a cultural learning experience for our students.

# APPALACHIA STUDIES CONFERENCE

9 High Rocks participants teamed up with 28 students from Spring Mills High School and participants from Appalshop's Appalachian Media Institute to create the keynote presentation for the 41<sup>st</sup> Annual Appalachian Studies Conference in Cincinnati, Ohio. Students from the three groups came together at 6:00pm on April 5<sup>th</sup>, 2018 and worked together

for 6 hours to create a hashtag, a speech, and a song to go along with the media pieces that the participants from the Appalachian Media Institute created for the keynote. The hashtag that was created was #ifyouaskus. The purpose and point of the hashtag is that if you ask young people, they have an opinion and ideas for solutions around issues in Ap-

palachia. Young people are the future and we, as adults, need to rely and trust them to care about what is happening in their home. The feedback that the students received from the Appalachian Studies Conference attendees expressed that this was the most powerful and impactful keynote presentation that the Conference had ever had.



## **Appalachian Studies Conference Song**

*Written by young people of West Virginia,  
led by Natalie Quist*

*If you ask us, we have a story*

*If you ask us, it's worth hearing*

*If you ask us, we want change, and it's gonna  
happen today*

*I was born in the mountains, I was born in the  
city, the way the river flows speaks to my soul.  
Everything you do, please, please don't destroy my  
home*

*If you ask us, we have a story*

*If you ask us, it's worth hearing*

*If you ask us, we want change, and it's gonna  
happen today*

*I was born in the holler, I was born in the valley the  
way the river flows, speaks to my soul. Everything  
you do, please, please don't destroy my home*

*If you ask us, we have a story*

*If you ask us, it's worth hearing*

*If you ask us, we want change, and it's gonna  
happen today*

*Yes, it's gonna happen today*



# ARIZONA

***With help from a Davis Project for Peace grant from the Kathryn W. Davis Foundation, awarded by Future Generations University to Tristan Nutter, a High Rocks AmeriCorps member, High Rocks' student were able to immerse themselves in impactful educational and cultural exchange in Arizona during the summer of 2018, with the guidance of adult leaders from High Rocks Educational Corporation.***

High Rocks had support from Laurie Jurs, who gave guidance and support to the participants to explore and listen to communities impacted by the border crisis, and to understand the difficulties faced by migrants seeking shelter and safety in the United States. The High Rocks group met with a variety of individuals during the visit to southern Arizona including:

- » Public Elected Leaders including Tony Estrada Sheriff of Santa Cruz County and the United States Congressman Raul Grijalda

- » Teen Community Action Groups from Tucson and Nogales, Arizona
- » Tohono O' Odham Tribe Members
- » Various Humanitarian Aid Faith Leaders

Students were grateful to develop an understanding of our shared humanity that extends beyond borders. The self-growth of the participants naturally stimulates dialogue in sharing their experience among their peers, thus perpetuating peace, prosperity, and understanding to flourish in their community.









