

HOW THE PANDEMIC IMPACTS YOUNG PEOPLE

EMERGING RESEARCH has shown a deep impact on today's youth. "Findings suggest that students are experiencing a collective trauma, and that they and their families would benefit from immediate and ongoing support."¹

DISRUPTED ROUTINES

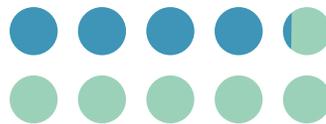
65%

of **youth agree** that dealing with the pandemic has been **difficult/hard**. "I've been very **stressed and depressed** so I'm not dealing with it very well."²

SOCIAL ISOLATION

7 IN 10

In this stressful climate, **7 in 10 teens** say they have experienced **struggles with mental health**.³



42% of teens admit they've been leaning into their "**vices**" (i.e. unhealthy food and vaping) and **unhealthy coping mechanisms** to deal with the impact of COVID-19.⁴

UNCLEAR FUTURES



Before COVID-19, Knox County reported Maine's **third highest** percentage of **youth 16-19 who did not attend work or school** (7%).⁵ Experts forecast the number of disconnected youth to spike dramatically in the U.S., swelling to **one quarter of all young adults**.⁶

¹ America's Promise Alliance. June 2020. *The State of Young People During COVID-19*.

² Journal of Adolescent Health. September 12, 2020. *Needs and Coping Behaviors of Youth During COVID-19*.

³ The Harris Poll, prepared for 4-H. June 2020. *Teen Mental Health*.

⁴ The Harris Poll, prepared for 4-H. June 2020. *Teen Mental Health*.

⁵ Kids Count Data Center, 2018. *Selected Indicators for Knox County in Maine*.

⁶ Measure of America. June 20, 2020. <https://measureofamerica.org/youth-disconnection-2020/>



TREKKERS' RESPONSE

OUR PROGRAMS focus on developing positive mentoring relationships and developmental experiences that help students become resilient, connected, and engaged.

RESILIENCE

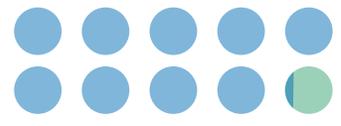
Through reflection activities, challenges, volunteering opportunities, outdoor adventure, and exposure to other perspectives and cultures, students learn to build upon their strengths as individuals and as part of a team.



Over **3 in 4** students report being better able to persevere, be assertive, have empathy for others, **be optimistic**, and reflect.⁷

CONNECTION

Over the course of 6 years, students meet monthly with their teams and mentors. In addition, Program Managers meet regularly with each student 1:1 and connect with families to provide support.



Over **90%** of students report being **more connected** to their peers and adults.⁸

ENGAGEMENT

Offering adaptive programming means students drive their experience. Together, they develop a team charter, make consensus-based decisions and plan for upcoming trips. Introducing students to activities they may not have considered in the past or had access to is also a priority.



students report **more academic motivation**, learning interest, and critical thinking.⁹



Programs Today: Resuming day programming until 2021 with travel and overnights scheduled for 2021.

ADAPTING TO MEET THE MOMENT

1

Partnering with Schools: Program Managers will be present in schools as needed, for recess, study halls, and tutoring, which is offered to all students..

2

Innovating Curriculum: For 11th and 12th graders, understanding how to become an active, engaged citizen is part of success after high school. We'll focus on topics like voting and will host guest speakers.

3

Discussing Social Issues: By popular demand, incorporating a social justice component on expeditions will be a new lens by which we explore culture and community.

^{7, 8, 9} Permission to use the Holistic Student Assessment (HSA) was obtained from The PEAR Institute at Harvard Medical School and McLean Hospital.

