

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### RHIP Mini-Grant Final Report for Children’s Forest of Central Oregon “Jugamos Afuera Summer Program” Reviewed by the Promote Enhanced Physical Health Workgroup



#### Summary of Results:

- Camp Fire Central Oregon and Vámonos Outside provided 13 days of outdoor recreation programming for a total of 135 participant days (serving 20 youth).
- The program reached low-income and Latinx youth, the majority who had participated in the Jugamos Afuera program during the 2020-2021 school year.
- Participant recruitment occurred through connections made with families during the Jugamos Afuera program, and through door-to-door outreach in local apartment complexes.
- Activities included visiting the climbing gym, hiking at Paulina Peak, visiting High Desert Museum, exploring a local cave, rafting the Deschutes River, floating the river, and visiting local parks for unstructured play and team building.
- Through the program, the students had a meaningful and healthy alternative to summer screen time, and experienced increased physical activity through various outdoor recreation activities.
- Through the program’s time together, students were also supported socially and emotionally, which is especially important after last school year.

#### Quote:

Carlos recently arrived in the U.S. before the program and was eager to participate on the trips. He was especially excited during the trip to the cave. With prior scouting, we let the students run ahead, allowing them to really experience the feeling of adventure. Carlos was in front and wanted to peek his head into any crevice he could find. He often turned and yelled out “esto es increíble”. This was a reminder that children find curiosity and joy when given the opportunity.