RezRIDERS Organization
Background

• RezRIDERS is a year round program designed to engage youth in Extreme Sports with adult cultural mentors:
  – White Water Rafting (May-June)
  – Rock Climbing/ Ropes Course (July-August)
  – Community Action Projects (September- November)
  – Snowboarding (December- February)

• Through group bonding and connection, mentors support youth to make healthy choices for their future.
Aim of Activities

- **White Water Rafting:**
  - Hope & Optimism
  - Core Values

- **Rock Climbing:**
  - Team Building
  - Self Determination

- **CAPS:**
  - Youth Driven Community Service

- **Snowboarding:**
  - Core Values
Tribal Research Team (TRT)

• The TRT serves as mentors to the students. The TRT works to be the student’s support system emotionally, academically, and provide assistances to the students in every aspect of their lives.

• Mentor and youth dialogue

• Motto: “Do as I do, and not as I say”
Methods

• Quasi-experimental design
  – Intervention participant group
  – Non participant group/ comparison group

• Open to tribal youth in grades 8-11\textsuperscript{th}

• Those that did not participate in the program became the non comparison group
Results

• Participants were asked to complete a pre/post survey intervention instrument.

• Non-participant group
  – Mean age of group 16.5 years old (48% females and 52% males)
  – Mean high school grade of 11th

• Quantitative data
  – Results suggest that the program had an effect on depression and behavioral disengagement.

• Qualitative data
  – Self-determination in the form of decision making and self expression emerged.
Challenges

• Three distinct challenges
  – Transportation
  – Developing a partnership with Extreme Sport Companies
  – Issues related to research
Conclusion

• Promising and feasible intervention for positive youth development.

• An intervention that would honor and recognize the strength of culturally connected mentors and youth.

• This intervention is transferable to other tribal and non-tribal communities.

• Focusing on positive growth of tribal youth was key to making this intervention successful, feasible, and effective.
Questions

For more information visit Rezriders.org

Janice C. Tosa, president

Janice.C.Tosa@jemezpueblo.org