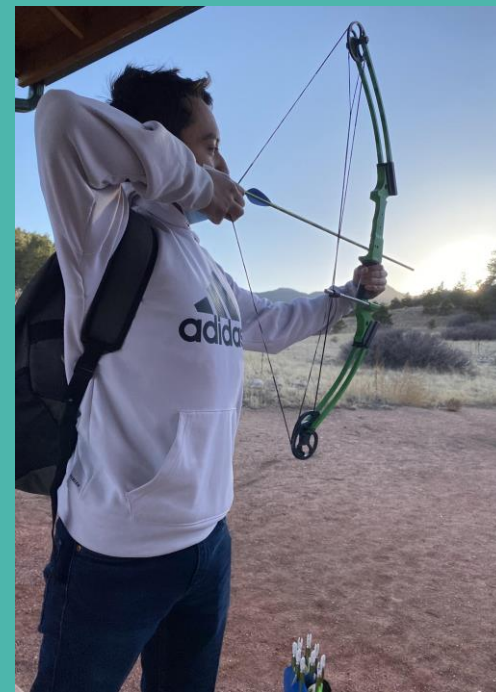# CATAMOUNT INSTITUTE

BOLT
Building Outdoor Leaders Today
Connecting teens to the outdoors!

GENERATION WILD

Kids grow better *outside.*

Catamount Institute

Mission: Our mission is to connect kids to the outdoors.

BOLT Beginnings

- BOLT 2021

- Made possible by Generation Wild of the Pikes Peak Region and community partnerships

- Mission: connect teens to the outdoors through programing that promotes components of empowerment and leadership: decision - making, self-awareness, and teamwork.

Star Map

Friend

Family

Name
Dream / Hope

Job

Community

INSIDE
OUT
YOUTH SERVICES

Benefits of getting outside

- Stress and anxiety decrease
- Creativity and imagination grow
- Self-reliance flourishes
- Learning is heightened
- Physical fitness improves
- Immune systems get stronger and healthier
- ADHD symptoms are reduced

Mission: Investing GOCO funding to break down barriers to getting youth and families outside
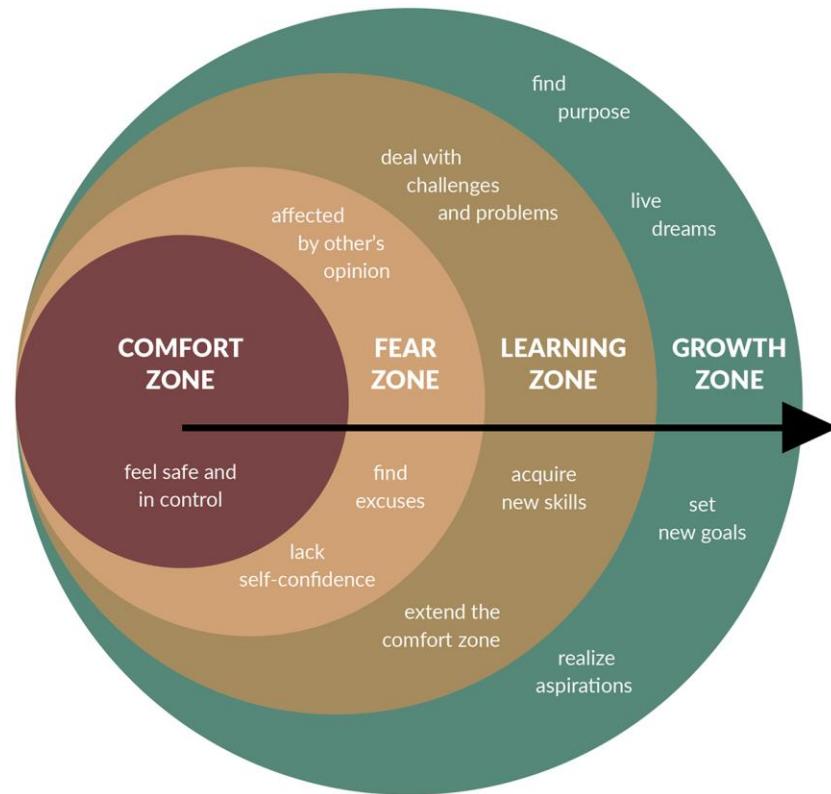
BOLT by Design

Goals:

- Prioritize being a trusted adults

- Provide a positive experience

- Deepen connection between others, themselves, and nature

- Build confidence in participants to be leaders in the community

"My comfort zone is like a little bubble around me, and I've pushed it in different directions and made it bigger and bigger until these objectives that seemed totally crazy eventually fall within the realm of the possible." – Alex Honnold

Source: PositivePsychology.com '*Leaving The Comfort Zone*' Toolkit

BOLT Timeline

- After-school programs
- Saturday programs
- Spring break trip

Nov. 16	Application
Dec. 01	Meet & Greet (zoom)
Jan. 12	Team building/ First aid
Jan. 30	Nature photography/ Forest bathing/ Outdoor cooking/ Shelter building
Feb. 02	Bouldering
Feb. 06	RMFI - shelf road stewardship
Feb. 09	Wildlands firefighters
Feb. 23	KOB mountain biking/ LNT
Feb. 27	RMFI - Garden of the Gods/ Archaeologist chat
March 09	CPW career panel/ Archery
March	Gear Check
March 20 - 27	Stewardship Spring break trip

Forest Therapy

"I didn't think I would like this activity but after I was very relaxed and comforted even in the cold!" - senior

"Forest Bathing was one of my favorite activities, I will definitely do this when I go off to college." - senior

BOLT Stewardship Project

What made BOLT a success during a pandemic?

Community Collaboration

Organizations

- Generation Wild
- Rocky Mountain Field Institute
- Kids on Bikes
- Above the Clouds Forest Bathing
- Inside Out Youth Services
- Colorado Parks and Wildlife
- COS TOPS Rangers
- El Paso Fire
- Pure Bouldering Gym
- AmeriCorps

Prioritising being a Trusted Adult

For the Sake of our Youth's Mental Health

★ Resilience

★ Adaptability

★ Transformability

"Before my son would come home quiet and stick to himself, now when he gets back from BOLT he is excited to tell me everything he did and has so much more enthusiasm throughout the day." - Parent

"I learned I'm able to push my limits and get stuff done." - senior

"With everything going on this year, it is nice to know there is a place I can go and get away from it all." - sophomore

"B.O.L.T. helped me gain confidence in myself." - freshman

" I loved building close relationships with other participants and staff. The whole environment was perfect." - freshman

"I learned that I can do more than I thought." - junior

"I honestly did not think that I would come out of this program as a different person but it has impacted and changed my life." - senior

"Thank you so much for giving my sister this opportunity, she looks up to you and the staff so much and could not stop talking about how much fun she had." – Participant's sibling

Generation Wild Summer Camp Guide Intern

Jose Dominguez

"Don't be afraid to expand your knowledge"

"I would have never had the opportunity to do these things if it weren't for Catamount and I want to continue learning about myself and nature."

Building Outdoor Leaders Today & Tomorrow

- BOLT 2022
- Flourishing partnerships
- Community engagement

For Sake of Mental Health

★ Partner with us!

★ Sponsor a teen!

★ Donate gear!

Thank you! Questions?