

# CAMPBOSHEN 4-H TEEN ADVENTURE CAMP: STRENGTHENING 4-H TEEN PROGRAMMING

## Situation:

4-H members are ready for new challenges and adventures as they mature into teens. At a county level, teens have the opportunity to practice and develop leadership skills through the development and implementation of 4-H camp programs, at which they design educational opportunities for younger members. 4-H educators from Campbell and Goshen counties created a high-energy, active program for teens. Educators included an element of adventure and incorporated the National 4-H Mission Mandates of Healthy Living and Community Service while supporting state efforts such as military partnerships, character development, and workforce preparation.

Existing partnerships with the National Guard Drug Demand Reduction program and

the National Guard Family Readiness Group were leveraged to maximize the healthy living and service learning initiatives components for 4-H. Goshen County Fairgrounds provided program

facilities and use of the commercial kitchen at no charge. KGOS/KERM Radio staff members were recruited to help with the development of the service learning component, as was the Goshen County Chamber of Commerce and many Torrington businesses. UW Extension

Cent\$ible Nutrition Program educators from both counties were recruited to present programs incorporating cultural awareness in preparing meals using CNP curriculum and creativity. 4-H volunteers added value and personalization to the cultural awareness and service learning pieces. The Campbell County Memorial Hospital Core Grant Fund, the Wyoming State 4-H Foundation Helen Miller 4-H Program Endowment, and financial support provided by the Goshen County 4-H Council, Foundation, and Junior Leaders provided \$2,836.50 for program expenses. The financial support eliminated any fees for participants and funded up to 32 teens.

Eighteen teens from Campbell and Goshen counties participated in Campboshen 4-H Teen Adventure Camp. Participants spent approximately five hours advancing leadership, teamwork, decision making, communication, and positive peer pressure skills while participating in the National Guard Drug Demand Reduction Challenge Course activities, which included zip-lining, rock wall climbing, and additional aerial elements.

CNP personnel introduced teens to cultural diversity by preparing and serving common Middle Eastern dishes and nutritional information. Cultural awareness and military partnerships continued through a presentation made by 4-H volunteer Sergeant Shannon Pickinpaugh, who shared a slideshow featuring pictures from his 13 months deployed in Iraq. The sergeants' family shared family mementos and scrapbooks to help show how their home life was disrupted by his deployment. This connection regarding the sacrifices of military

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families provided an important introduction to the local Family Readiness Group Leader, who introduced the Run with a Soldier event, a 5K walk or run to raise money and awareness for the local Family Readiness Group, which supports military families, and the Service Learning and Workforce Preparation components for the second day.

Teens were exposed to workforce preparation through the teaching of introductory marketing skills where they applied knowledge gained through the Amazing Apprentice Race. This race divided teens into groups to develop and create original advertising campaigns for the Run with a Soldier event. Campaigns included writing, recording, and editing a radio advertisement with the help of KGOS/KERM Radio staff members and creating original flyers with the help of the Torrington High School Year Book adult advisor. Team members used public speaking skills to convince businesses to allow the flyers to be displayed in establishments.

## Impacts

Camp concluded with CNP educators assisting the teens in making their own lunch and 4-H educators leading reflection and application discussions. Surveys were completed on the experience. Surveys included open-ended questions and a modified Likert scale (1=low value and 5=high value). Overall, 89 percent rated the program of high value.

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Plans are under way for a Campboshen 4-H Teen Winter Adventure Camp to reach more counties in the northeast and southeast extension areas. 4-H educators would like to offer the 4-H Teen Adventure Camp statewide to provide teen specific programming.



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