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*Please keep this Page*

April 2019

**Dear Adult Participant,**

Thank you for your interest in participating in The Youth Empowerment-Leadership Program (Y.E.L.P.), a 5-week empowerment and personal development program for teens in the Bozeman and Belgrade area.

**Program Dates and Times: 3-Day workshop**

**Friday April 26th 5.00pm – 10.00pm**

**Saturday April 27th 9.00am – 9.00pm**

### **Sunday April 28th 9.00am – 5.00pm**

**5 follow-up sessions: Wednesdays - 6.00pm – 9.00pm**

**May 1st, 8th, 15th, 22nd and 29th.**

***Location:******Holiday Inn Express, 2305 Catron Street, Bozeman, MT.***

During the YELP three-day weekend and the five evening follow-up sessions, you will participate in a variety of processes and activities in which you will be challenged to work through beliefs, habits and attitudes to improve your choices and behavior. The youth and you will be supported in applying what they are learning by constructing effective skills to respond to present and future challenges. You will also have the opportunity to develop positive, healthy relationships with young adults as well as adults from the community.

***The workshop is valued at approximately $500.00 and is being provided free to you for your volunteering.***

Please feel free to contact us with any questions or concerns you may have.

Wayne Mortimer

Program Director, One Degree Education

***An Adult Participant training night will be held on Wednesday,***

***April 17th from 7pm - 9pm at the Holiday Inn Express, 2305 Catron Street, Bozeman, MT.***

* **Please complete and return the attached application and waiver to**

**One Degree Education, 405 W. Olive Street, Bozeman, MT, 59715.**

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**V O L U N T E E R A P P L I C A T I O N**

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Phone: (day) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(evening) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cell) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please describe why you are interested in working with youth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please describe the value you would like to receive from volunteering: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please list two personal references:

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Confidentiality Agreement*

The Youth Empowerment-Leadership Program is a private and personal experience for each participant (mentors and youths). I understand this and, as such, I agree to respect the confidentiality of all participants. I agree to keep all information private and confidential, including but not limited to actions, remarks, written statements, histories of participants and their relatives or guardians.

*Information / Photo Release*

To help others better understand YELP and its purpose, to increase its visibility and to increase funds, I hereby allow YELP to use my full name, photograph, speech and information related to me for any visual, auditory or written purpose. I understand YELP will only use material that is of high quality standards. I release YELP from any claims, demands, actions and/or causes of actions that may arise as a result of my participation ins such activities.

Signed: ­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Release and Waiver of Liability**

Participants Name:

Address:

Phone:

Emergency Contact Name:

Phone: Day Evening

This Release and Waiver of Liability is executed in favor of One Degree Education a State of Montana limited liability corporation, its Board of Directors, staff, and volunteers.

The participant and guardian do hereby freely, voluntarily, and without duress, execute this release under the following terms.

1. **Waiver and Release.** Participant and guardian do hereby release and forever discharge and hold harmless One Degree Education, its Board of Directors, staff, and volunteers, their successors and assigns from any and all liability, claims and demands of whatever kind or nature, either in law or in equity, which arise or may hereafter arise from the participant’s involvement with One Degree Education.
2. Participant and guardian understand that this release discharges One Degree Education, its Board of Directors, staff, and volunteers, their successors from any liability or claim that the participant and guardian may have against One Degree Education with respect to any bodily injury, personal injury, illness, death or property damage that may result from participant’s work for One Degree Education, even if caused by the negligence of One Degree Education or its staff and Team Leaders. Participant and guardian also understand that One Degree Education does not assume any responsibility for or obligation to provide financial assistance or, including but not limited to medical, health, or disability insurance, in the event of injury or illness.
3. **Medical Treatment.** Participant and guardian do hereby release and forever discharge One Degree Education from any claim whatsoever that arises or may hereafter arise on account of any first aid treatment or service rendered in connection with the participant’s work for One Degree Education or with the decision by any representative, staff or Team Leader of One Degree Education to exercise the power of consent to medication or dental treatment, as such power is granted and authorized by the participant signature and/or parent or guardian signature below for treatment of a minor.
4. **Assumption of risk.** The participant and guardian understand that the work for One Degree Education may include activities that may be hazardous to the participant, including, but not limited to, construction, loading, unloading, and transportation to and from work sites.

Participant and guardian hereby expressly and specifically assume the risk of harm in these activities and release One Degree Education from all liability for injury, illness, death, or property damage resulting for the activities of the participant’s work for One Degree Education.

1. **Insurance.** The participant and guardian understand that, except as otherwise agreed to by One Degree Education; One Degree Education does not carry or maintain health, medical or disability insurance coverage.
2. **Photo Release.** The participant and guardian do hereby give full consent to One Degree Education to copyright or publish all photographs, videos, or audio recordings in which the participant may appear. The participant and guardian do further agree that One Degree Education may transfer, use or cause to be used, these photographs for any exhibitions, public displays, publication, commercial, art and advertising purposes, and television programs without limitations or reserve. The participant and guardian do hereby understand that any royalties, proceeds or other benefits derived form such photographs or recordings shall remain One Degree Education.
3. **Other.** Participant and Guardian expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of Montana, and that this Release shall be governed by and interpreted in accordance with the laws of the State of Montana. Participant and Guardian agree that in the event that any clause or provision of the Release shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release which shall continue to be enforceable.

\*Please write legibly.

Participant Signature Date

Parent/Guardian Signature Date

(Required if under 18)

\_\_\_\_\_\_

One Degree Education Witness Signature Date

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### **Youth Empowerment-Leadership Program - Adult Volunteer Guide**

Thank you so much for your interest in volunteering for Y.E.L.P, we are very excited to have you. Your role for the next five weeks plays an intricate part in the overall success of this training, so please read the following carefully and if you have any remaining questions feel free to ask.

**Mission**

Healing hearts, healing the planet, one by one, family-by-family, community-by-community, through personal development, leadership, empowerment and life skills programs.

**Y.E.L.P.**

### Youth Empowerment-Leadership Program is our life skills and leadership training. In order to participate in any of our other trainings the youth must first go through the YELP program. The YELP training consists of one weekend and five subsequent weeks (one evening a week).

The ultimate goal of YELP is to empower youth through a deeper understanding of choice and responsibility. It is and opportunity for youth to gain new life-skills that can support, and open up, even more possibilities for themselves and their futures.

The training is very active (so dress comfortably, women should not wear dresses or skirts), there are a variety of exercises and games structured throughout the training, all with a multitude of meanings, so be prepared to play!

The training can also be very intense, there will be plenty of opportunities to share personal experiences, some of which will make us laugh, some of which will make us wonder, and some of which will make us cry. All of the sharing is done in a structured manner, in a space made safe enough for people to reveal deep feelings, experiences, fears, anger, joy and compassion.

In the end, the YELP training will be what you make it. The training itself and the areas it covers transcend age, race, or gender. The ideas are applicable to anyone, so please come in with an open mind ready to help create a great experience for you and all the other participants.

**Youth**

The youth participants come from a variety of backgrounds and face a variety of challenges and circumstances. Through this program, the youth will get a chance to break down some of the stereotypes and misconceptions they have of each other and adults in their community. The range of youth in these programs may be from leadership youth to at risk youth. Remember: hold them capable and able, for they always have been and always will be. We are not here to fix them, but support them in their dreams.

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**As an adult volunteer we will ask you to play multiple roles:**

* **Be a role model:** For many of these youth, their perceptions of who adults are is a very negative one. This is a great opportunity to break down theses perceptions. We ask you do this in a variety of different ways:

1. Be consistent: We ask that adults please show up on time, and got to **every** scheduled meeting. Consistency can breed safety in the minds of these youth. Many youth don ever know what to expect from adults, one wrong could have dire consequences, or they simply get used to adults betraying their trust and breaking their word. So simply showing up when the scheduled time says and keeping your word, is an opportunity to expose youth to a different type of adult than they are used to.
2. Listen: Too often youth feel like they are judged or put into a box, this is an opportunity to listen without judgement, and just hear what they have to say, without counseling or advising.
3. Share/participate: There will be many times during the course of the training where sharing personal experiences and perspectives is an option. We encourage you during these times to share your experiences or feelings, hopefully showing youth another side of adults that they aren't used to seeing, as well as making sharing easier for everyone in the room. We also will be involved in a variety of games and activities, and we look to adults to model what *full and appropriate* participation looks like.

* **Hold the structure:** There will be times when the discussions or sharing gets uncomfortable, it is at this time that we look to adults to trust the process, stay strong, and stay in the room. If the youth see adults leaving the room, it is like an open invitation for them to do likewise. If a youth leaves the room, trust that there will be someone there for them, and try to keep focused on the process in the room.
* **Separate Cliques/Inclusion:** At times youth will come in with friends, this can be distracting, so we look to the adults to, when possible, sit in between friends or cliques. On the other hand, there will be youth that come to the training completely alone. This can be very scary for them and we look to adults to find these youth and start talking to them, getting to know who they are, making them feel not so alone and making them feel included.
* **Team Leader:** On Sunday, adult volunteers will be given a group of youth to work with for the next five weeks. On each follow up session we will break into these groups, where the youth will set weekly goals, as well as discuss their previous week's goal (did they accomplish it, etc.). This group time will also be a time for youth to put together a community project, which will be a chance to give back to any area of the community that interests them. Past examples include: canned food drives for the homeless, reading to children in elementary school, and park clean-ups. As group leader, you will also be responsible for calling your group members once a week to simple check in with them (not a time to be counseling) and encourage them to show up next follow-up.

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* **Boundaries:** We will go over what is appropriate touch for YELP training. Until we do cover this topic, we ask that you please do not touch any of the participants, even something as small as a pat on the back can create unsettling feelings for a youth.
* We ask that you **do not** give your phone number to any of the youth. Many of the youth may ask, when they do, simply tell them they can get in touch with you through Manaia.
* Finally, we ask that you do not associate with the youth outside the program, even if they request it. While seeming harmless, it could lead to legal problems for both you and Manaia.
* **Questions & Concerns:** YELP has evolved through constant analysis and readjustment to fit the youths changing needs. If you have any questions or concerns regarding the youth, please feel free to express them during the team meeting. If you have questions or concerns regarding an activity or process we request that you bring it up with a facilitator individually.
* **Training Times:** Before the training there will be a mandatory volunteer meeting. During this meeting there will be a chance to get any questions answered and an opportunity to get to know the other adult volunteers.
* The adult volunteers will need to arrive 30 minutes before the start of each day for a team meeting. During this meeting, volunteers will be briefed about the day's schedule and planned activities. Volunteers will also stay 30 minutes after the training time to "check in" about the night's events and activities. Once again, please be on time for these meetings.

**Volunteer meeting**:

Held on the Wednesday prior to the workshop from 6.00pm – 8.00pm

Location to be announced

**Training times:**

Friday 5.30pm – 10.00pm

Saturday 9.00am – 9.00pm **(add 30 mins to start and end times for debrief)**

Sunday 9.00am – 5.00pm

**Follow-up sessions:**

Weeknights from 5.30pm 8.30pm

***\* Please note that we ask you to arrive 30mins prior and stay 30mins after each session for an adult meeting.***

**Thank you for your commitment. This should truly be a rewarding experience for you as well as the youth. We look forward to seeing you. Be ready to have some fun!**

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