

Nature, Refugee Integration and the Spirit of Adventure

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PROGRAM OVERVIEW

Outdoor Recreation and Camping Programs

Program in its 6th
year

6 annual events,
including:

- Outdoor Expo
- Family Camping Program
- Winter Overnight
- Matching Camping Program
- Mother /Daughter Retreat
- Learn to Hike Program



PARTNERSHIPS

Alberta Parks



University of Alberta Outdoors Club



Alpine Club of Canada

Parks Canada (Former Partner)



PROGRAM LOGISTICS

- Planning
- Recruitment
- Orientation
- Program Implementation
- Evaluation
- Funding



PROGRAM DESIGN

Day 1	Day 2	Day 3
Departure	Breakfast / dishes	Breakfast
Welcome & introduce partners	Programing	Clean up / pack up
Set up Camp	Lunch	Post survey
Lunch	Programing (active/physical)	Departure
Programming	Free time	
Dinner	Dinner	
Partner facilitated activity	Campfire – Multicultural sing-along	
Group activity around campfire		

PROGRAM ACTIVITIES



PROGRAM ACTIVITIES

- Gender breakout groups
- Family activities
- Volunteering
- Multicultural sing-along
- Outdoor recreation activities
 - wildlife appreciation
 - wood splitting
 - fire maintenance
 - nature walk
 - Canoeing
 - Camp equipment
 - Cross country skiing
 - Snowshoeing
 - Sledding
 - Ice fishing
 - Sports



PROGRAM DESIGN LEARNINGS

- Group participation
- Retreat
- Cultural competency for volunteers and partners
- Sleeping bags
- Outhouse
- Re-use of supplies (dishes, water bottles, etc.)
- Littering
- Using washroom before bus
- Food in tents
- Appropriate clothing



2016 Study by Royal Roads University Master's Student Jane Hurly

Hurly, J. & Walker, G.J. (2017). "When you see nature, nature give you something inside": The role of nature-based leisure in fostering refugee well-being in Canada. *Leisure Sciences*, 0 (0), 1-18.

- semi-structured interviews and photos
- 3 Major Themes:
 - Reminiscence of pleasure and pain
 - Fascination and novelty
 - Fear and Trust
 - Reminders and refuge
 - Well-being and nature based leisure



PROGRAM OBJECTIVES

To enhance the Integration process for
Newcomers to Canada



- Understanding and engagement
- Connection
- Sense of Wellbeing



PROGRAM OBJECTIVES AND OUTCOMES

Understanding and engagement

- To teach Newcomers about Outdoor recreation in Canada
 - Have you learned something new about [outdoor recreation in Canada]?”
 - 92% - yes (Jasper 2014 – 30 adults surveyed)
 - 100% -Yes (Long Lake Winter Camp, 2017 - 25 adults surveyed)
 - “I learned some activities like skiing and fishing and walking on the snow. The most important thing is that this happened during winter”(Winter camping, 2017)



PROGRAM OBJECTIVES

Understanding and engagement

- Overcoming fears and challenges
 - “ I feel good that I can go somewhere alone. I mean alone without my family. Even I can do it by myself. Now I take some steps and do that by myself. It gives me feeling like independent, like confident.” (Hurly & Walker, 2017, p.12)
 - “ Everything is Possible during the Winter Season, people can do anything and not just remain inside.” (Winter Camp 2017)



PROGRAM OBJECTIVES

Connection

- To help newcomers build community and foster relationships outside their ethno-cultural communities
 - “How confident do you feel speaking to others outside your culture in English”(Long Lake Winter Camp 2018, 32 participants)
 - 72% - very confident
 - 25% - Somewhat confident
 - 3% - Not confident
 - “I liked the camping trip because we were a group and have done everything like a family.” (Jasper Learn to Camp 2015)
 - “I saw the importance of life in Canada , as a group camping with other people from all over the world .” (Learn to Camp 2018)



PROGRAM OBJECTIVES

Connection

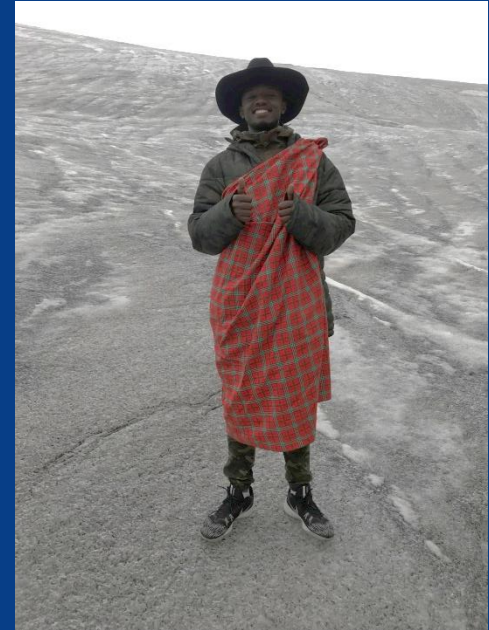
- To help Newcomer families re-establish a connection with each other
 - “Do you feel your family got stronger because of this trip?” (Pigeon lake Family Camp, 2018 – 20 adults surveyed)
 - 95% - Yes
 - 5% - No
 - “The trip made me learn a bit more about her. I also understand that she had stress and pressure on her sometimes that I did not realize before the camp.” (Mothers/Daughters retreat, Miquelon Lake 2017)



PROGRAM OBJECTIVES

Sense of Well-being

- Freedom and safety
 - “For one whose freedom of movement had been severely curtailed for a decade, the vast landscape had represented the quintessence of freedom.” (Hurly & Walker, 2017, p.7)
 - “I was feeling happy and relaxed both in body and mind.” (Hurly & Walker, 2017, p. 8)



PROGRAM OBJECTIVES

Sense of Well-being

- Sense of accomplishment and achievement
 - “Monir expressed a similar revelation of empowerment...She expressed pride for taking full responsibility for herself and her son’s well-being, and succeeding.” (Hurly & Walker, 2017, p. 12)
 - “Their feelings of accomplishment at the camp appeared to spur their desires to confidently settle in Canada.” (Hurly & Walker, 2017, p. 13)
 - “Ready to face challenges in life and stronger person, excited to make our own camping trip.” (LTC, Jasper 2014)



PROGRAM OBJECTIVES

Sense of Well-being

- Sense of Belonging to Canada
 - “ I think when we went camping, we realized that we are Albertans” (Winter Camp 2017)
 - “ It make me feel more Canadian” (Winter Camp 2017)
 - “Seeing these familiar scenes and activities in Canada, rather than emphasizing the difference between her homeland and Canada, helped Nicole to appreciate the connectedness of humanity, ... This revelation evoked a sense of belonging in Nicole and she expressed her happiness and confidence that she could make Canada her home.” (Hurly & Walker, 2017, p.12)



PROGRAM OBJECTIVES

Sense of Well-being

- Positive outlook for future
 - “For all participants, the outdoor experience appeared to have inspired feelings of well-being, manifested in expressions of mastery, achievement, pride, determination, courage, autonomy, and connectedness to Canada.” (Hurly & Walker, 2017, p. 12)
 - “It changed how I feel about Alberta or Canada. I feel to belong to the country.” (CSS Focus Group 2018)



FUTURE PROGRAM PLANS

- Outback activities
- Family based programming
- Gender break-out group programming
- Strengthening evaluation process
- Strengthening transitional programs
- Development of low-cost, accessible programming within urban settings
- Connecting with researchers



SUMMARY

Participants report increased understanding and engagement in Canadian culture, increased connection, sense of well-being and belonging as a result of participation in the program.

“We contend that the combination of a welcoming host society, coupled with the restorative impacts of nature-based leisure, increases the likelihood that refugees will experience well-being.” (Hurly & Walker, 2017, p.16)

Thank You!

Questions?

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