

# Creating Inclusive Outdoor Communities in Colorado's High Country

Intern: Luke Flynn, CSU Graduate School of Social Work **Mentorship Committee:** Harper Pettit, Extension Director  
Lake County & Merielle Stam, 4-H Youth Development Agent Chaffee County

## Project Overview and Goals

- Spend the summer working in Lake and Chaffee counties providing support to 4-H and Get Outdoors Leadville summer programming.
- Research the effects of being outside on mental and physical health and disseminate outdoor worker resource guide to community partners.
- Expand the scope and impact of CSU extension by collaborating with community partners to create plan for future summer interns.



## Project Outcomes

- Supported outdoor youth programming in Lake and Chaffee counties.
- Created resource guide for Colorado outdoor workers.
- Established relationship between community partners and CSU Extension and CSU School of Social Work by creating a plan for future internship roles and responsibilities.



## Personal Takeaways

- Inclusive and equitable outdoor access is possible in Colorado's rural, mountain communities. GOL! is a premier example of equitable implementation of youth outdoor programming.
- Leadville's values as a community are visibly present in its youth outdoor programming.
- There is considerable potential for further collaboration between CSU and county community partners.



## Applications to Future Career

- Cultivated my own vision of incorporating youth outdoor programming into my future career.
- Gained considerable skills working with young children from diverse ethnic and socio-economic backgrounds.
- Improved Spanish speaking and comprehension skills. I'm good enough for community practice!

Literature Review



Colorado Field Guide

