



One Heartland FY24 Legacy Grant

PROJECT #1

Project #1 Title

One Heartland Camp

Project #1 Start Date

07/28/2023

Project #1 End Date

06/30/2024

Grantee – One Heartland Inc.

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Project #1 Overview/Description

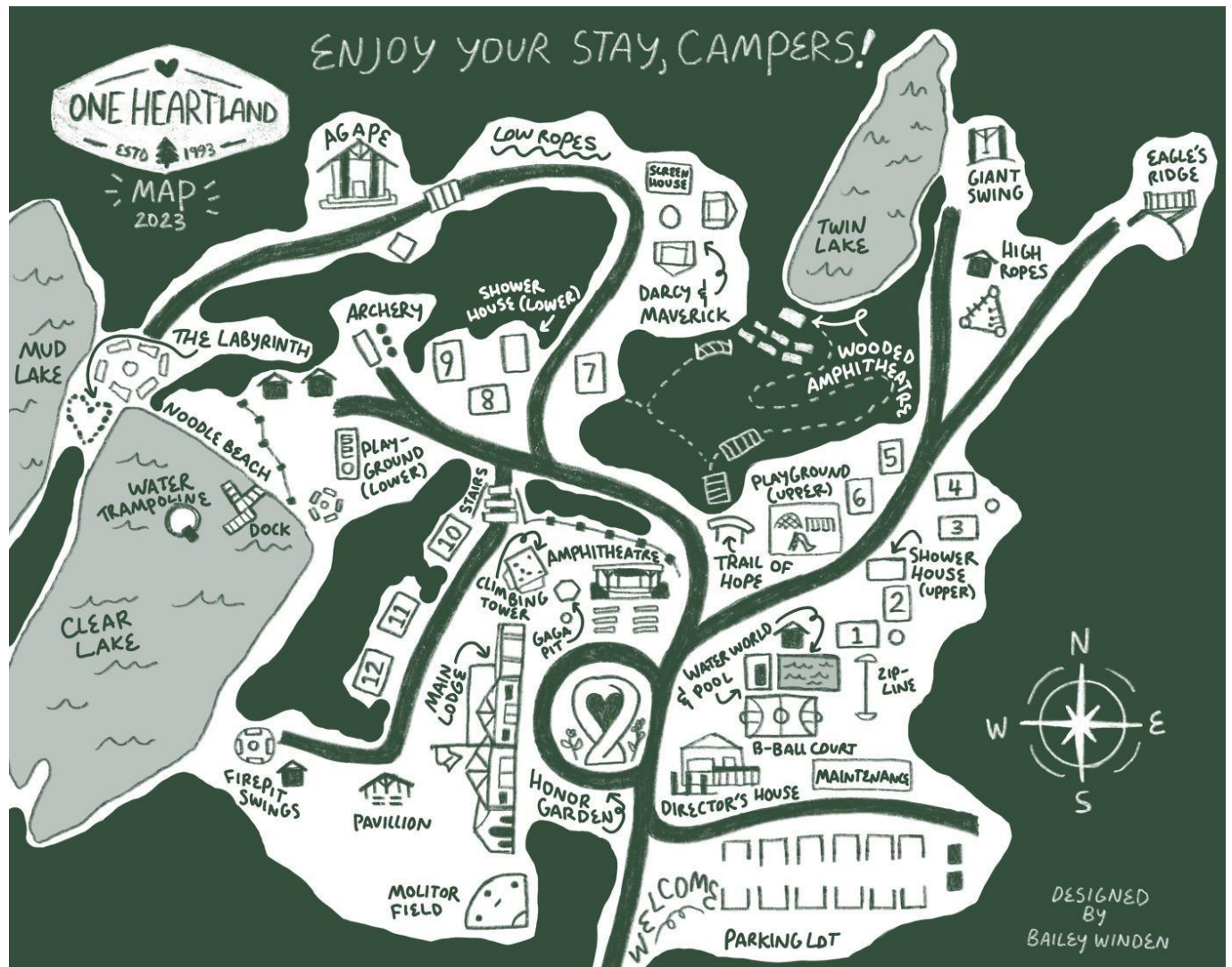
One Heartland's mission is to improve the lives of children, youth, and families facing significant health challenges or social isolation. We envision a world where everyone feels appreciated, celebrated, and free of stigma and discrimination. We want a community where individuals can learn and grow so that they may lead healthier and more productive lives. We meet these goals through our summer camp programs. We provide youth (ages 7-17) camps to three distinct marginalized groups: HIV/AIDS+ youth, LGBTQ+ youth, and LGBTQ+ families. Our programs provide a safe and accepting place for youth to enjoy summer camp activities while building community with peers and adults with similar identities. Aside from being fun, camp builds self-confidence, life skills, friendships, and memories.

FY24 Minnesota Based Scholarship Recipients

- True Colors 2023- 24 recipients **(\$24,595)**
- True Colors Family Camp 2023 – 28 recipients **(\$6,050)**
- True Colors June 2024 –15 recipients **(\$13,350)**

Total Scholarship Recipients – 67 campers

Total Funds Received - \$33,995



Actual Measured Outcomes

Camp True Colors

Final Outcome: Successfully delivered 5 unique one- to two-week sessions of Camp True Colors, each attended by 39 Minnesota based LGBTQ+ youth aged 11-17, with two sessions specifically dedicated to transgender and gender-expansive youth. The Legacy grant facilitated financial aid, ensuring broad accessibility to campers.

Impact: Provided a safe and inclusive environment where LGBTQ+ youth could celebrate their identities and build essential life skills.

LGBTQ+ Family Camp

Final Outcome: Successfully ran a weekend LGBTQ+ family camp session, attended by 28 Minnesota based individuals, with active participation from families who identify with the queer community. The Legacy grant played a key role in providing financial aid, ensuring that families could fully engage in the camp experience.

Impact: Strengthened family bonds and provided a supportive environment for LGBTQ+ families to connect and share experiences.

Recruitment and Staff Diversity

Final Outcome: Effectively recruited and promoted One Heartland's programs, successfully hiring and retaining a diverse and inclusive staff that reflects the communities served.

Impact: Enhanced the delivery of culturally competent programming, fostering an environment of understanding and respect across all camp sessions.

Recreation Opportunities

Final Outcome: Offered a diverse range of outdoor recreational activities, ensuring that all campers had the opportunity to explore nature, learn new skills, and engage in physical activity.

Impact: Promoted physical health, environmental appreciation, and personal growth through active participation in various recreational activities.

Educational Activities

Final Outcome: Conducted impactful educational sessions on topics such as healthy relationships, leadership, self-advocacy, self-care, and coping skills, with all campers actively participating in at least one educational session relevant to their camp's focus.

Impact: Empowered campers with knowledge and skills essential for personal development and well-being, tailored to their unique needs and circumstances.

Community-Building Activities

Final Outcome: Developed and facilitated structured community-building activities, with campers participating in 3 small group activities daily and additional large group or camp-wide events. These activities fostered deep connections, support networks, and a strong sense of community.

Impact: Cultivated lasting friendships and support systems, with many campers maintaining connections and returning to camp year after year, contributing to a thriving, connected community beyond the camp experience.

Evaluation of Project

Goal: Provide a judgment-free, welcoming space where youth can fully express and celebrate their identity without fear of rejection.

Measurement: Campers are given surveys at the end of every camp session. One of the questions on the survey is, "Did camp provide a judgment-free, welcoming space where you can fully express and celebrate your identity without fear of rejection?" The response is on a scale of 1-5, with 5 being the highest mark.

Measurement: Camper and parent focus groups, we facilitate a group to discuss ways to improve our accessibility to all campers each year. Particularly focusing on providing a safe camp experience for youth with mental and physical health limitations.

Goal: Create opportunities for youth to gain life skills, build confidence, and access necessary resources so they can succeed in life.

Measurement: Campers are given pre- and post-surveys about their skills and interests. At the beginning of camp, youth are asked about what they want to learn, such as art, climbing, fishing, etc. and at the end of camp they are asked if they learned a new skill and if they have built confidence during their time at camp.

Goal: Facilitate connections and friendships between youth in similar circumstances, so they can develop a lifelong support network.

Measurement: Campers are given a survey at the end of camp that asks if they made friends at camp and if they will stay in contact with those friends. The survey also asks if they are a returning camper and if they have stayed in contact with friends from previous years.

Measurement: The number of campers who return year after year.

Goal: Provide educational opportunities around healthy relationships, mental health, LGBTQ+ issues, HIV/AIDS prevention and community resources.

Measurement: Campers are given surveys at the end of every camp session. One of the questions on the survey is, "Did camp provide educational opportunities around healthy relationships, mental health, LGBTQ+ issues, HIV/AIDS prevention and community resources." Campers are then asked to rank on a scale from 1-5 with 5 being the highest.

Goal: Campers will have an increased sense of belonging and connections by creating relationships with trusted adults.

Measurement: Campers are given a survey at the end of camp that asks if they made connections with trusted adults at camp and if they felt listened to and supported by adult staff. The survey also asks if they are older campers if they would be interested in returning as a leader in training and being placed on our Junior Counselor track, which is a pathway to becoming an adult counselor.

Measurement: Focus groups and meet ups that occur after camp to gain camper insight on how to make camp better. Our efforts focus on centering our campers experience to improve the quality of camp.

Measurement: The number of camp staff that reflect the target population of camp.

Measurement: Exit interviews with summer camp staff asking about their connection to campers and the overall camp experience.

Goal: Campers will have an increased sense of understanding and connection to nature and will develop a sense of care for and appreciation for the environment.

Measurement: Campers are given a survey at the end of camp that asks, “if camp helped provide an increased sense of understanding and connection to nature.”



WHAT WAS YOUR FAVORITE PART OF CAMP?

- The Pope
- Bracelets & friends
- Dinner
- People! (x3)
- The dry salad
- Hanging out with my cohort
- My cabin!
- Skills
- Queer people
- Meeting people that are like me in more ways than just being trans
- Everything and everyone <3
- Laughing with friends
- Accent and sloth?
- Activities with friends
- Counselors
- Meeting trans kids my age, being able to be myself, people are fun,
- The conversations
- Rest hour & performing arts
- All the nice people
- Archery (x2)
- Staff being supportive
- Hanging out with campers
- Gay people
- Actually leading karaoke?
- Time with my cabin
- Talking gays
- Buddy Holly
- Aren
- When my kids made me cry
- Fish ear acorn and bandaid flowers + hanging out with everyone
- Drama
- My counselors
- Toasters

- All trans cabin
- Making friends and being able to wear earbuds without being judged
- Friends and camp
- The atmosphere that camp created
- Humans
- Getting gendered correctly
- New people
- Friends (x5)
- Sad eggs
- Some of the kids
- Laughing
- Slaying the day away
- Lucy
- Ultimate frisbee (x2)
- Swimming
- Park
- Community
- Marriage
- Juicy community
- Cupid shuffle
- Rock climbing (x3)
- Being out of state, having my rights respected
- Meeting Sevyn
- Meeting some very swag people
- Meeting new friends
- Friendly people
- Seeing my campers grow + my support system
- Breakfast
- My counselors & meeting new people
- New pronouns

What was your favourite part of camp?

the Pope

the Pope
Beach
Friends
Dinner
Mumans

Area

Mumans

the dry sales

laughing

Hanging out with my co-hort!
My cabin!

Peoples

laughing with friends

laughing with friends

laughing with friends

laughing with friends

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What was your favourite part of camp?

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What was your favourite part of camp?

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WHAT WAS YOUR FAVORITE PART OF CAMP?

<ul style="list-style-type: none"> • Everyone • Friends! (x4) • Meeting campers & connecting with the old ones • Tea Party • Meeting people • The schedule + friends + counselors + camp is pretty • Hanging out with gay people • Making things in arts and crafts with friends • Pasta • Seeing everyone • Talking to old friends • Being gay (x2) • Breadsticks • Meeting new people • Friends, tea party, climbing, all the fun activities, and drag! • Definitely not the bike ride • Swimming, people, & talent show • Movies • I got to escape for a bit 	<ul style="list-style-type: none"> • The ladder & tom foolery of my cabins + first talent show • My kids • PILK • Gay (x2) • That one time [camper name] sang Baby by Justin B • Fun things to do • My friends • Trying archery & climbing & DRAG! • Activities • New people (X2) • Cabin 13 (x2) • Archery • The crotch-wood • Seeing the homies • My (kitchen staff) • Eating butter • My cabin and all the crazy stuff • The people • Starting a group of cabins dancing to cotton eyed joe • My (food staff) • Got married • Getting platonically married
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What was your favourite part of camp?

Friends!

Unter

Meeting Companies and
Connecting with them and
Old ones - Warden
Tea
P

Tea Party

My Kids

meet with
 people of
 the
 ladder to the
 tower of
 of my cabin
 I will
 + 1st floor
 show

That 1 time ALEX
Sung "baby" by Justin B.

-Addie

fun things
to do
↓

the schedule + friends
+ counselors + pretty
x!!?

-Aiet!!

Making things in
 arts and crafts
 with friends.

trying archery
and climbing ♥
AND DRAGON!

Getting PLATONICALLY Married?

Starting a
group of cabins
dancing to
cotton eyed
joe ☺

Seeing everyone
talking to old friends
✓ Rock with

✓ Rock with
42126

years

KN
CABIN
and
the crazy
stuff

-TIMMY Friends
+ the bike ride

NEW PEOPLE

archery

~~5~~ 505 Her

my funeral

fine
of
bread sticks
- ash

5 Petting
arm
Drawings

Swimming, I like
People, and telling
Stories, and telling
Stories

Movies
GRAY

girl juice

Seeing the
houses

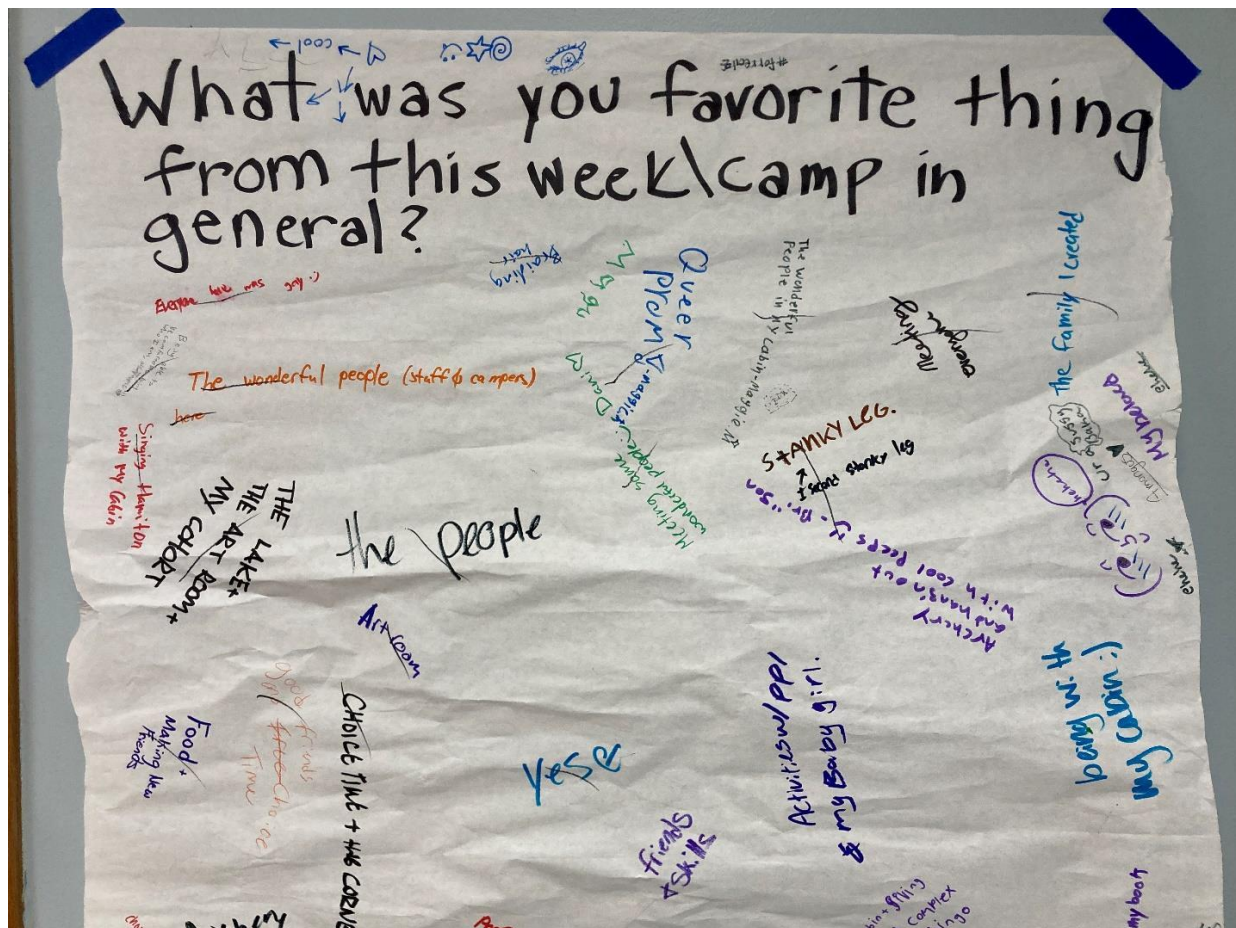
My Kitchen Stuff

the people
-Eyn

eating
butter

WHAT WAS YOUR FAVORITE THING FROM THIS WEEK/CAMP IN GENERAL?

- | | |
|---|--|
| <ul style="list-style-type: none"> • Everyone here was gay • #ForReal • Braiding hair • Being able to be comfortable being being who I am, also people • The wonderful people (staff & campers) • Singing Hamilton with my cabin • The lake + art room + my cohort • The people • Art room • Food + making new friends • Hamilton sing-a-long • People using my correct name & pronouns • My cabin & giving Rory a god complex • Friends and skills | <ul style="list-style-type: none"> • Good friends & choice time • Choice time • Archery • The wonderful people in my cabin • Queer prom (magical) • Stanky leg • ^ I second stank leg • Meeting everyone • The family I created • Archery & hanging out with cool peeps • Being with my cabin • Activities with people |
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WHAT'S SOMETHING YOU LEARNED THAT YOU WANT TO TAKE BACK TO YOUR COMMUNITY?

<ul style="list-style-type: none"> • Veg – no red meat • Being different is A-okay • I'm bi and I have a twin brother • You can be as fruity as you wanna be • Style = gender • You're not always going to have friends • Don't be afraid to set boundaries with people • That being gay isn't bad • Cyclehit & mindsplitter music • Be cautious of others trigger warnings and sensory issues • The name I've used here • Activism is a verb • I learned to make flower crowns • I learned to make kandi bracelets • How to have hope for the future • Be yourself no matter what anyone says • My name • To be yourself • Gay more gay • I'm bi • Be aware of others content warning • How to create safe spaces within my community 	<ul style="list-style-type: none"> • The gayness and confidence • I'm genderqueer • I can be a boy and still enjoy being feminine • Being comfortable in my gender identity • Depression can ruin something • Skill issue • Don't dye your face "minion yellow" • Veganness & sustainability • Dancing for your food and accommodations • Finding safe spaces amidst chaos and fear • How to do my own makeup • The Welsh man is evil • How to talk with a southern accent • More queer history! • You can do anything if you have the confidence (like singing) • Queer history • I learned that the Bee movie is very weird and concerning • Gayness • To be your true self • How to be a better listener • It's best to try things and talk to people than not • Super gay! • How to make opportunities to laugh as much as possible
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What's something you learned,
or something you want to take
back to your community?

how to make
as possible
to laugh as much
as possible
to make
as possible
to laugh as much
as possible

RES = chikawa

it's best to try things
to talk to people than
to not

I'm bi
AND I HAVE
A TWIN
BROTHER!

YOU LAX
BE AS FRANK
AS YOU
WANT

Style # gender
be cautious
of other's twin's
and sarcasm
in their
words

cyclehit
and
mindsplitter
music

The name I've used here.

Activism
a verb

CHILDREN ARE SO
MUCH WORSE THAN I
THOUGHT

I learned to make
Phar co wine

year I learned to make
kandi

I'm not a
girl v
-mars

I'm genderqueer.

The gayness
and confidence

I can be a boy
& still enjoy being
feminine
- Alex

being comforted
in my gender
identity

Skill Issue

Depression
can run something

don't dye your
face "minion
yellow"

veganess
and sustainability

How to have
hope of the
future

Be yourself
no matter what
anyone says
- Shadow Sanders

you can do anything if
you have the confidence
(like singing)

Queen history

how to
talk with
a southern
accent

The Welsh man
is

more queen
than I

Be violent for
others content
Being different
is a-okay

gayness

Gay
more queen
than I

to be
yourself

to be
yourself

community
in my
gender
identity

How to be a better
listener
don't = gender
clothes
= gender

WHAT ARE YOU MOST PROUD OF FROM THIS WEEK?

<ul style="list-style-type: none">• Seeing old friends and knowing their names• Stanky leg• Griddy• Social skills• I finished my book twice• I'm in love with an emo girl• Making new people and making friends• Making friends• Making people laugh• I climbed to the top of the rock wall• My lovely campers/kids• Finding spirituality• Finding gay friends• Being gay• Meeting back up with old campers and making new friends• Actually talking to people• Making friends• That people used the correct name• I had a good time• Meeting new friends• Making it 24 hours without crying• Watching my friend fart into a fan	<ul style="list-style-type: none">• Making friends and other homesick kids (also I learned how to Griddy)• Meeting a lot of new people• Giving Rory salt and pepper• Finding a friend near me• Salt• My mom• Being gay• I have friends now• I made so many friends• Peppa & salt• Meeting & talking to people• Being able to support other counselors• Actually talking to people• Meeting new people• Me• Being gay• Making friends• Talking to people• Making it to the top of the rock wall• Being gay• Going away from home• I said my preferred pronouns is just they/them!
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What are you most proud of from this week?

Working on the top of the rock wall

Talking to people

Making friends

Being

Actually talking to people
MAKING FRIENDS AND UNFORTUNATELY MEETING OTHER HOMESICKS. ALSO I LEARNED HOW TO GRIDDY.
MeV-XDXO

Making friend YIPPEE!

Stinky leg
Social skills

Grim

Finding a cruddy (computer program)

The Dogs

BURPING ON COMMAND!

Meeting new people and making friends-Dan

I finished my book twice.

meeting a lot of new great people!!!
-Lot.

AND BEING ABLE TO BE OPEN ABOUT OUR PLURALITY + SWITCHES.
Mr 60-ussigation!
-Mening

Making friends

being gay

IBUILD MY PREFERRED PRONOUNS VS JUST THEM!!
I had a good time
Meeting new friends :)
making gay friends :)

that people used the other name.

meeting & talking to people.

Giving rory salt & pepper

Finding a friend

Pepper salt
I was destiny's fav

My mom.

I made so many friends

Meeting new people

I have friends now

Being gay!!!!

actually talking to people.

Being able to support

Worm is

BRO IS ENO

nothing. it sucked.

Being gay

my lovely camper's friend

finding speciality

Meeting back up w/old campers and making new friends



Thank you!