

Helping Students Find Their Strengths



LEADERSHIP ● CHARACTER

WILDERNESS ● SERVICE

Overview

- Purpose
- The Long Walk Experience
- Origins
- Previous Team Adventures
- What People are Saying
- Guides
- Board & Funding



Program Purpose



Purpose

Mission

Provide students opportunities to learn leadership and promote character development through wilderness adventure and community service



Purpose

Goals

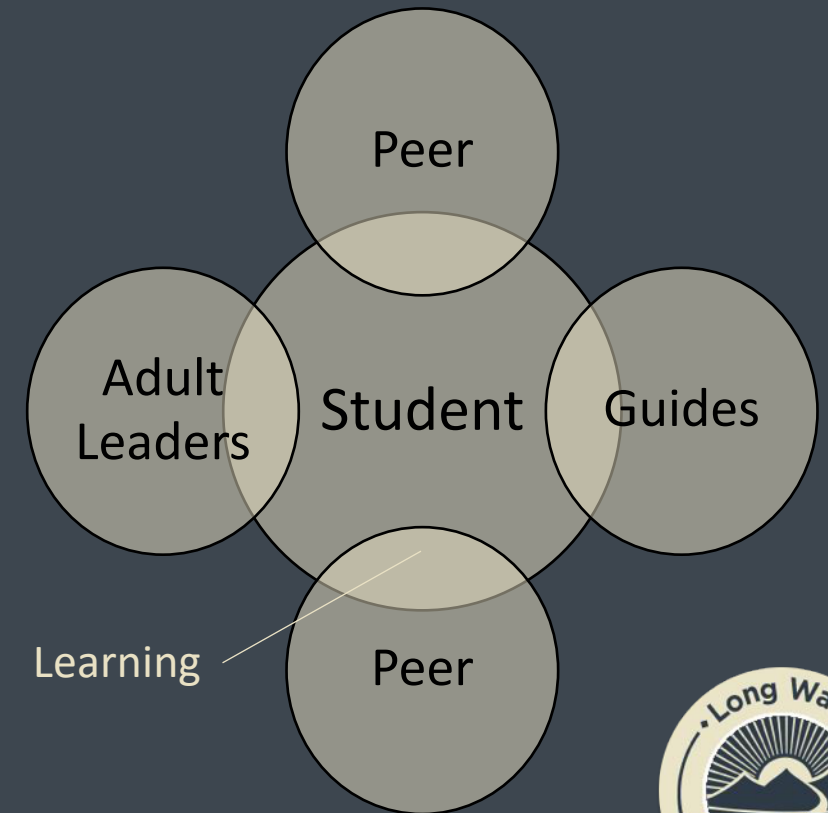
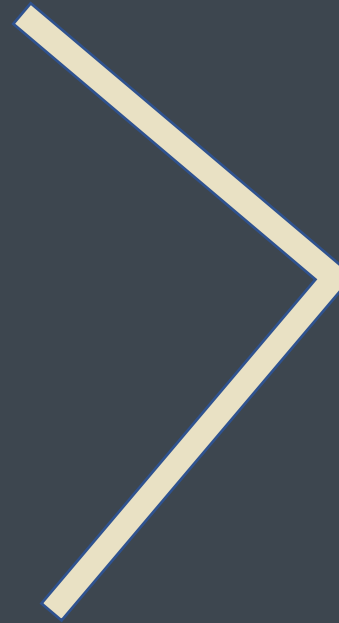
- Create environments where students and adults connect to share experiences to change how they see the world today and their place in it
- Build self-esteem, improve self-worth and acquire life skills to be successful
- Instill a love, respect and responsibility for our community and the broader world
- Use outdoor adventures to expose students to the natural world around us



Key Principles

Helping Students Find Their Strengths

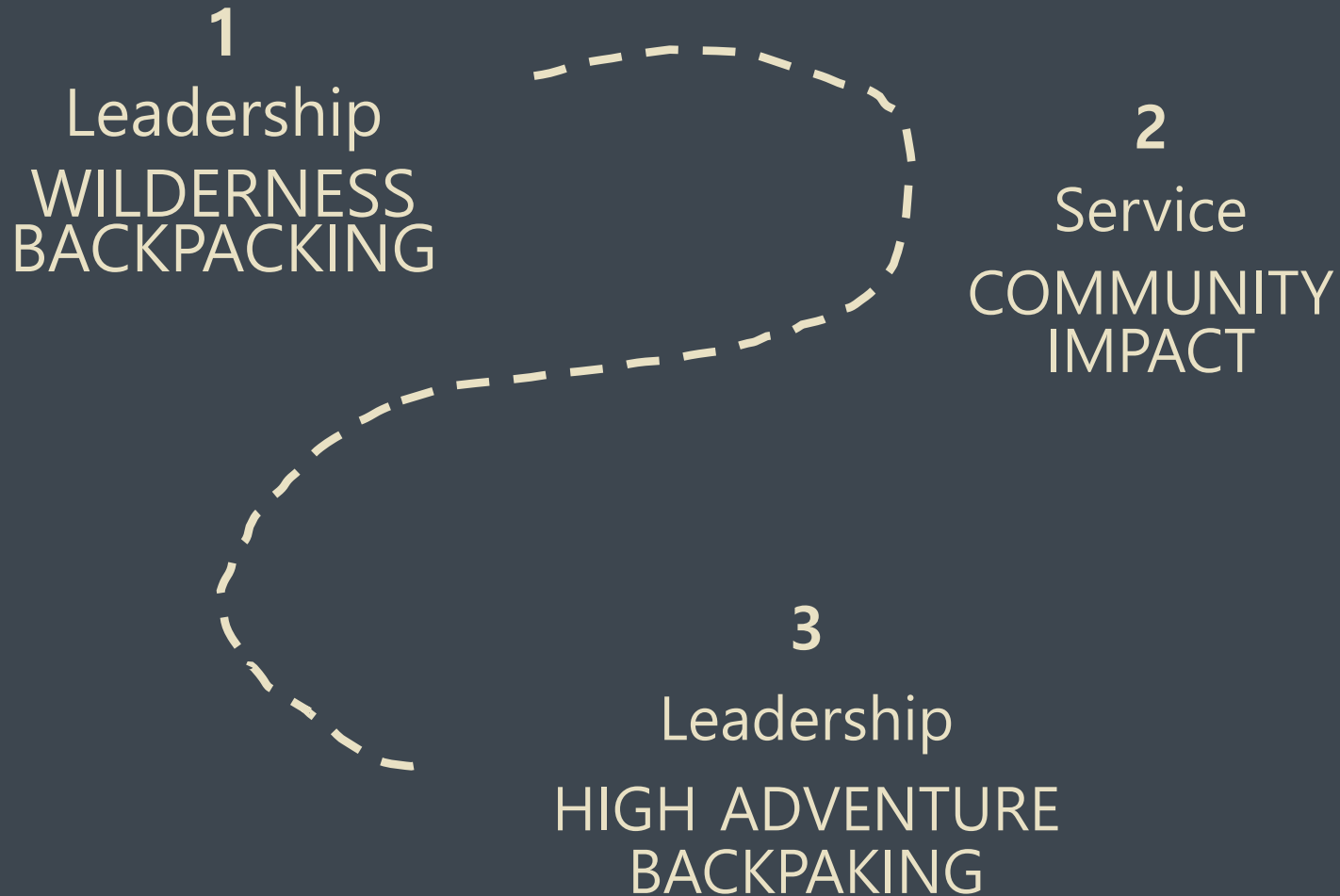
- Wilderness Adventure
- Environmental Awareness
- Cross Cultural Experiences
- Community Impact
- Leadership Development
- Team Building



The Long Walk Experience



The Long Walk Experience



1 Leadership - Wilderness

- Outdoor Backpacking Wilderness Adventure
- Friday – Sunday
- Outfitted with Gear & Guides
- Leadership “Experienced”
- Student Led and Peer Evaluated
- Requirement for Level 2



*“Leadership cannot be taught.
It can only be learned”*

– Harold Geneen



1 Leadership - Wilderness

Pre-Trip

Pack (gear, food & clothing)

Paperwork

Leader decision making begins

Gear inventory and packing

Day 1

Travel

Tent assignments

Define leader roles

Tent set up

Leader decision on gear distribution, dinner prep and campfire

Leader decision on next days wake time, trail distance, AM duties

Leader debrief

Day 2

Morning wake up

Camp site responsibilities

Leader trail responsibilities

Team building

Camp set

Leader debrief

Day 3

Morning wake up

Camp site responsibilities

Leader trail responsibilities

Team building

Gear breakdown

Leader debrief

Travel



2 Community - Impact

- High impact community service project
- Students partner with other students and a local nonprofit
- Discuss problems and solutions
- Team executes to plan
- Requirement for Level 3

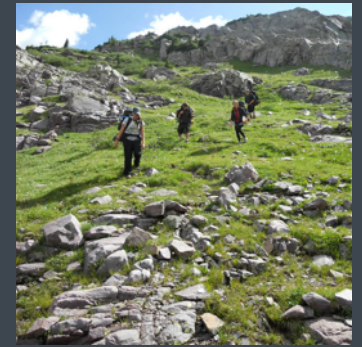


“I start with the premise that the function of leadership is to produce more leaders, not followers” – Ralph Nader



3 Leadership – High Adventure Backpacking

- 7 days of Colorado Backcountry
- 10 students and 2 adults
- Outfitted with Gear & Guides
- Leadership “Exposed”
- Student Led and Peer Evaluated



“I start with the premise that the function of leadership is to produce more leaders, not followers.” – Ralph Nader



Origins



Origins

After persevering through a cancer diagnosis and treatment in 1999, Mike Morris joined 4 other former rugby players founded Green Country High School Rugby. Mike was given 100 Jenks High School student who've never played rugby. With two coaches and 6 weeks to the first game there was only one solution for getting ready; the senior's lead! The seniors picked the captain & made and enforced the rules.

Jenks went undefeated its first year, won the state championship, went to 2 regionals and qualified for the national championship. They competed again for the nation championship in its 2nd year. 2 players made the national team and former players have gone on to captain 12+ college and men's teams!

Long Walk is patterned after this same this same leadership principle and the experience leaned from running Boy Scout high adventure programs. Give students the opportunity to learn leadership by leading others while allowing them to experience the wonders of the wilderness. While guides are present, they serve as support for the students, facilitate discussions and ensure everyone's safety. This was a formula for success, but It didn't take Mike long to recognize something was missing for LongWalk to fully realize it's mission.



Origins (Continued)

Fortunately, Greg Kohlbacher and Kat Morrissey stepped in to help guide trips and begin forming a program with proven and reproducible results. After years of diligent work in the background by various board members, we have now grown an organization ready to assist students in finding their strengths when facing the personal and cultural challenges we face today.

Today we need functional communities, leaders that care about those they serve, and an attitude that shows others we intend to thrive. Though LongWalk's wilderness adventure and community service we leverage a time-tested outdoor program that is experiential and impactful. One that lets teens form their own communities and care for each other. All in a part of our world few have experienced, learning to care for each other without any connection to electricity, phones, water or parents. It's here where student's leadership and character emerge.

Welcome to LongWalk!



Previous Team Adventures



Previous Team Expeditions



Previous Team Adventures

- Memorial High School
- Owasso High School
- McClain High School
- Rogers High School
- Verdigris High School
- Sapulpa High School
- Metro Christian
- TSAS
- Kirk of the Hills Church
- First Presbyterian Church
- SHBC Church
- Britton Christian Church
- Pryor Christian Church



What People Are Saying

"LongWalk is an excellent opportunity to spend time with and mentoring young men and women concerning their priorities and their focus on life."

Paul Welch, DVM
*Parent Chaperone/Sponsor,
Veterinarian, Memorial High School
Football Team*

"I learned to work together with people that I barely even knew. I learned to let others love me and help when I was too stubborn to ask for it".

*LongWalk Participant,
Camp Loughridge Counselor*

"I got back a girl with strengthened confidence coupled with a valuable life lesson on how to accept help from others in a severe personal time of need"

"What I experienced from the trip was like a game of real life."

Jerell
LongWalk Student Participant

Randy Buchman
*Parent of a LongWalk
Oklahoma participant*



Board & Serving Members



Board President

Melanie Evans

Melanie Evans is currently serving a 2 year term as President of the LongWalk Board. She has been involved in working with teens as a volunteer or in her professional career beginning in 1987. She has an undergraduate degree in Sociology and a Masters degree in Human Relations. She and her husband, Rick raised their son and daughter in Tulsa while she worked for Youth Services of Tulsa for fourteen years which serves teens and their families. She initially worked with teens in crisis in Tulsa area high schools and then went on to administer a contract with the Office of Juvenile Affairs that served teens in the juvenile justice system.

After moving to Florida in 2001 she started volunteering as a mentor to high school students working towards their community service projects for graduation through the Police Athletic League. She really enjoyed helping these teens explore their leadership potential and practice good decision-making skills.

Since moving back to Tulsa in 2017 Melanie has joined the Board of LongWalk and been involved in the Level II Community Service projects with the campers. It has given her the opportunity to reconnect with teens in the same environment she enjoyed in Florida watching them grow in their leadership skills. Level II is an opportunity for campers to serve their community after their first backpacking trip and a chance to earn credit towards a Level III trip to Colorado the following summer.



Founder & Executive Director

Mike Morris

After a career of helping build better schools, he is now part of a team helping build better students. Mike's college training focused on adolescent development with a degree in psychology and sociology. As a single father to two sons, much of his time was spent coaching various sports, helping with high adventure Scouting programs and leading wilderness trips with friends.

After starting a high school rugby league and heading the Jenks Rugby Club, Mike saw the value of giving teens the opportunity to "run the show" all without him suffering profuse bleeding and orthopedic damage. Using wilderness adventure and public service to provide a level playing field, the opportunity to provide coed interaction with teens from all socioeconomic backgrounds became possible. Today, Mike leads our Level 1 and Level 3 trips and enjoys the time watching our future leaders deal with the challenges of leadership.

Mike is happy to report, there have been no discipline problems in the field once the students learn they are sleeping in bear country.



Lead Backpacking Guide & Program Coordinator

Kat Morrissey

Kat is currently a full time Tulsa realtor who has redefined herself after 18 years of running a small business and raising 4 kids. With her newfound freedom, she has taken small hikes with kids and family. In the Summer of 2015, Kat developed a passion for larger scale hikes. She has since added backpacking to the mix. With hikes in Arkansas, Utah, Arizona and Colorado, as well as her home state of Oklahoma under her belt she is eager to share the amazing experience of hiking with other women.

Kat knows that hiking is not only beneficial physically, but psychologically as well. Hiking is great for relieving mental fatigue and helps soothe the mind. This is what she discovered hiking with teams and hoping to one day broaden LongWalk program to women's groups.

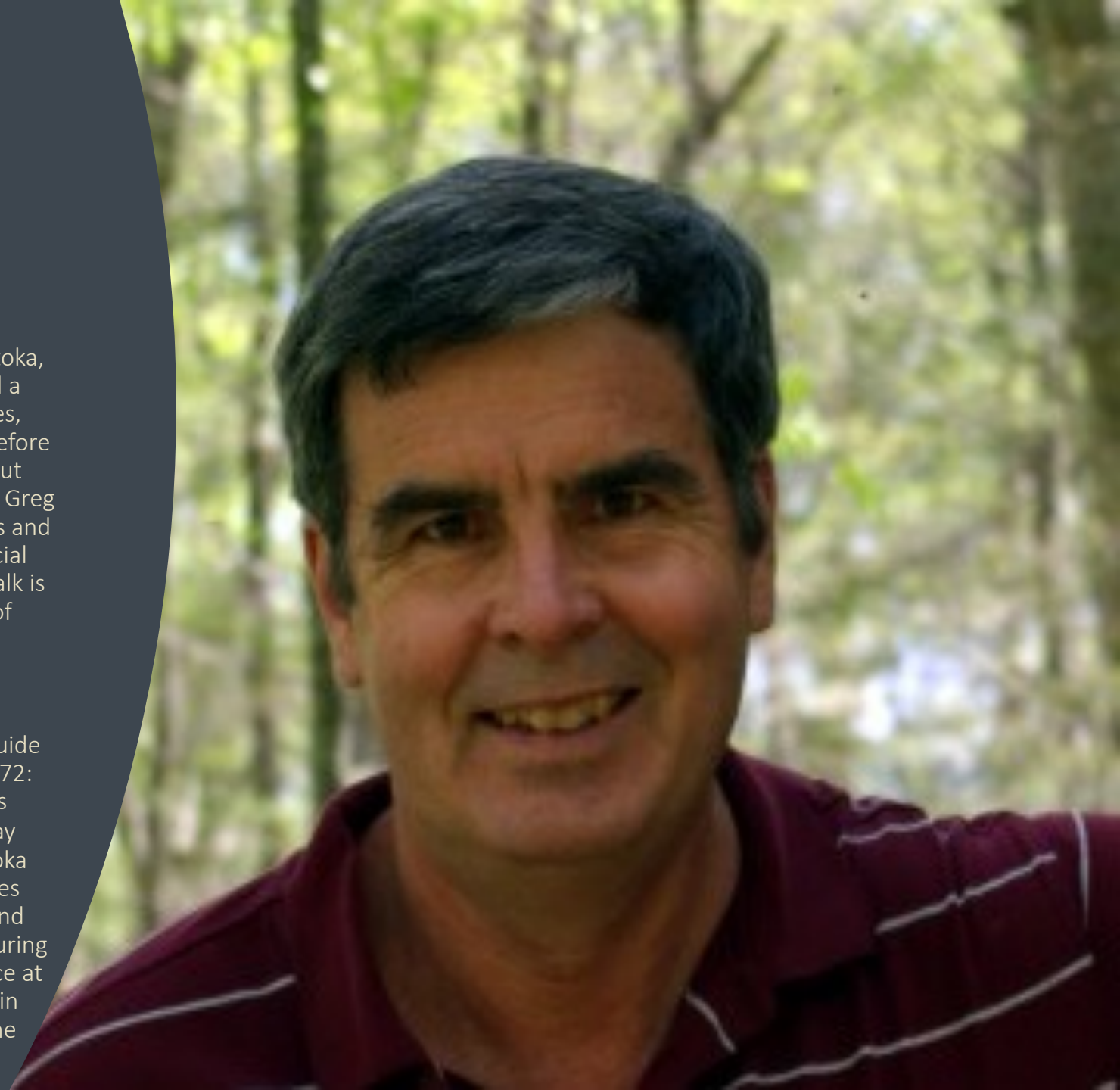


Guide & Trainor

Greg Kohlbacher

Greg is an educator, with twenty years as a guide for Camp Takatoka, fifteen years a teacher, four years a Student Council Sponsor and a lifetime outdoorsman. Greg grew up exploring, having adventures, and learning about the fields and forests of south Tulsa. “Long before I heard about frogs, or flowers, or insects in school I learned about them by watching and holding and being with them in the wild,” Greg says. “Kids today miss out on valuable learning about themselves and about the natural world when they spend their lives in the artificial world of TV, video games and computers.” Greg believes LongWalk is an opportunity for adults to take action and help young people of today have a fulfilling childhood. He sees LongWalk as a way to reintroduce our kids to the wild, and all the benefits to be found there, while living in today’s world.

Greg brings a powerful resume to LongWalk as a Route Scout, Guide and mentor a la twenty years with Camp Takatoka, starting in 1972: leading trips out of camp; including overnight trips on wilderness sites on Lake Ft. Gibson; overnight river canoe trips; and eight day Colorado backpacking trips. Three years full time at Camp Takatoka helping to develop and lead group building programs on the ropes course back in the early 80s when the ropes course was a new and powerful tool as well as many weekend rope course programs during the 80s and early 90s. And years of outdoor education experience at Camp Takatoka, University of Georgia outdoor education facility in the North Georgia Mountains and guiding wildflower hikes for the national park service.



Guide

Chase Counts

Chase is an Oklahoma Native, and father of 2 young kids. He's also a Licensed Professional Counselor and Supervisor who enjoys doing wilderness therapy in his private practice. Chase heard about LongWalk while working as a counselor in a local alternative high school, and has been with us ever since. He enjoys traveling, hiking, biking, climbing, and kayaking.

Chase enjoys the group dynamics of the LongWalk program, and seeing people become more confident in themselves.



Guide & Route Scout

Scott Williams

Scott is a dad to 5 kids ranging from ages 4-23. If family demands weren't enough, he has a passion for community, teams and leadership. This is a passion he shares with students at Long Walk and has been a staple of his career in marketing, product development business leadership and church ministry.

Growing up Scott spent a lot of time in Eastern Oklahoma, fishing small ponds, lakes and canoeing the baron fork, Illinois and public water ways. He enjoys just about any outdoor activity. He's a avid runner and backpacker. Scott' has experienced a variety of hikes across Oklahoma, Arkansas, Tennessee, Colorado, Wyoming, Austria, Germany and Switzerland

Nothing is more rewarding that seeing people around you succeed and find joy in what they're doing!



Board & Funding



Board Members

- Mike Morris Executive Director
- Melanie Evans President
- Kat Morrissey
- Kit Nagy Director of Development
- Scott Williams
- Jeff Bays Board Secretary
- Bradley Hammond Board Treasurer



Thank you

www.mylongwalk.org

