

SAIL2CHANGE

FRESH WIND FOR YOUTH



Our **MISSION** is to improve community equity by empowering our youth through access, opportunity, authentic relationships, and alternative outdoor education.

Sail2Change provides services through public support and donations. Make an impact through your donation at www.Sail2Change.org/donate.



HOPE FOR A BETTER LIFE BLOSSOMS ALONG THE PACIFIC CREST TRAIL WITH SAIL2CHANGE

As steam rose off the crackling campfire, sixteen-year-old Jordan basked in the warmth of a hard-earned meal and a new sense of belonging and companionship. Deep in the heart of Oregon's spectacular wilderness, away from home and all things familiar for the first time in his life, Jordan contemplated this major milestone.

A RESPITE FROM BROKEN FAMILY BONDS AND INSECURITY

This primal paradise shared with his new family of friends was light years away from his reality, though no more than fifty miles from *Home*, a place where Jordan ate alone, night after night. *Home* is a tough, Portland Oregon urban neighborhood where Jordan bounces between an emotionally abusive father and a mother working too many hours trying to make ends meet to be there for him. *Home* is a place that's been so neglected, his six-year-old sister fell through the deteriorated floor of the second story.

FROM LONELINESS AND DESPAIR...

No one helped Jordan model positive life skills, nor offered the warmth most of us take for granted. Struggling with school and lacking in a sense of purpose, Jordan found himself weighed down with depression and even suicidal thoughts.

TO CAMRADERIE AND ACCOMPLISHMENT

Tackling more than forty miles of hiking on the world-renowned Pacific Crest Trail together, Jordan and his newfound Sail2Change "brothers and sisters" forged strong bonds. Together they learned to sail, camp, and hone their wilderness and water survival skills. Days of life-changing experiences repeatedly pushed Jordan to the edges of his comfort zone. When feelings of anxiety compelled him to fight or flee, Sail2change stepped in to guide him, to find success within himself and be part of his support team.

DEPRESSION AND ANGER ARE GIVING WAY TO HOPE, OPTIMISM, AND SELF CONFIDENCE

Jordan is now discovering a world in which new friendships, opportunities in advanced education, potential career paths, and community connections exist for him.

CONTINUING SUPPORT

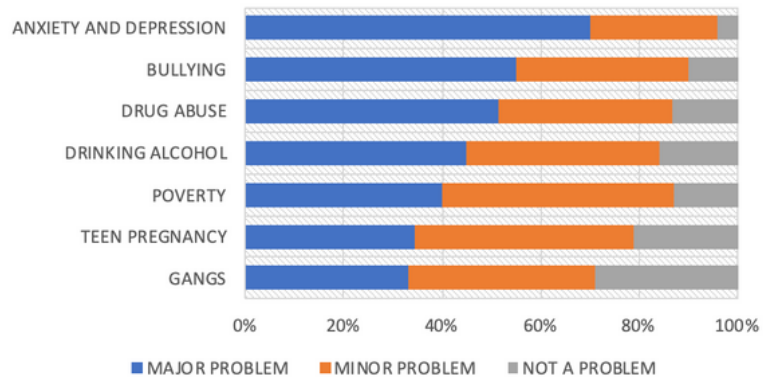
Through ongoing engagement and opportunities offered by Sail2Change, Jordan and his new friends continue pushing their boundaries with fully-sponsored monthly events such as rock climbing, snow shoeing, hiking, sailing, and much more. Jordan's growing sense of self and confidence in a bright future fosters comfort and ease in reaching out to his 'tribe' of mentors, staff, and peers for support.



COMMUNITY NEEDS ASSESSMENT

NEEDS ASSESSMENT

When speaking with high-school aged youth and community professionals, we found the most imperative needs to address are **anxiety and depression, bullying and violence, unhealthy coping mechanism, unhealthy behaviors, and poverty.**



ANXIETY AND DEPRESSION

- Anxiety and Depression are top of the list for problems teens see among their peers.
- Oregon's suicide rate is 33 times higher than the national average.
- 31% of students experience feelings of sadness or hopelessness, 17% consider attempting suicide, 13.6% make a suicide plan, and 7.4% attempted suicide.

BEHAVIORS AND LIFESTYLE

Anxiety and depression can be a result from social disconnection, bullying and violence, and/or negative lifestyle choices such as poor nutrition, physical inactivity, and screen time.

Untreated mental health issues may lead to toxic coping mechanisms such as drinking alcohol, drug use, and risky sexual behavior.

- 77% of teens frequently spend time indoors
- 20.6% of adolescents are obese (12–19 years)
- 61% of obese boys, and 63% of obese girls, reported watching television for two or more hours each day.
- Students couldn't concentrate on their homework for more than two minutes without distracting themselves with screens.

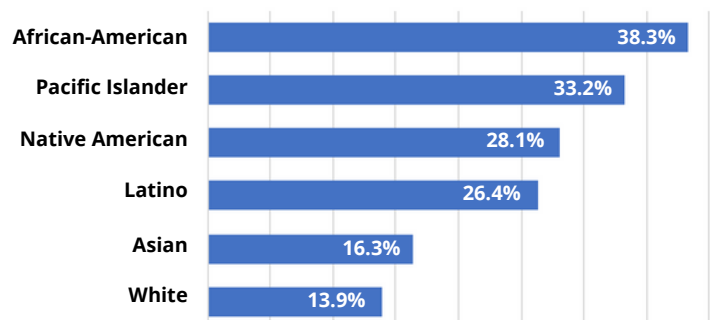
BULLYING AND VIOLENCE

- Students who are bullied are twice as likely to suffer from anxiety and depression
- 19% have been bullied at school
- 6.7% of students missed school in the past month because of safety concerns.

POVERTY

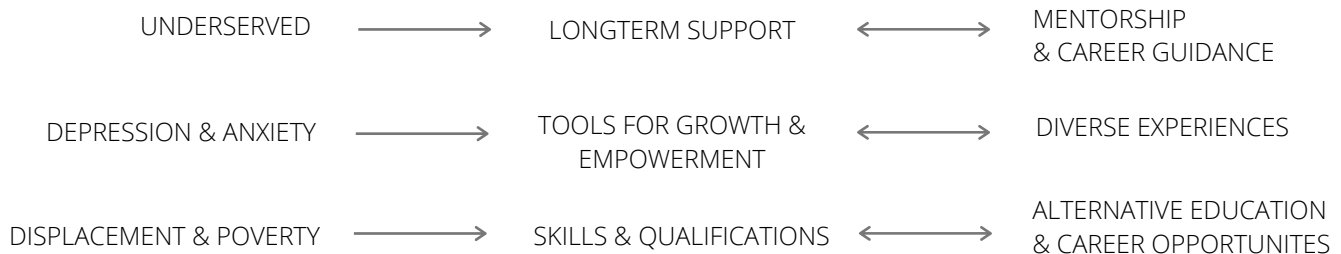
- OCCP Analysis reported that more Oregonians live in poverty than the population of Portland
- More than 1 in 5 youth under 18 in Oregon live in poverty
- Nearly 30% of all African American families who live in Oregon live in poverty due to displacement

Oregonians of color are more likely to live in poverty



FULLFILLING THE NEEDS

Sail2Change provides our youth with the longterm support they need, diverse experiences for growth, and the tools to feel empowered!



Learning in a natural environment assists in academic achievement, personal development, and stewardship.

ENVIRONMENT

Spending time outside has significant personal development and wide-ranging health benefits. Exposure to nature contributes to physical wellbeing by reducing blood pressure, muscle tension, and the production of stress hormones.



DIVERSIFYING

Our goal is to help close the gap between lower and middle class by providing alternative education that serves as a pipeline for work opportunities in industries that desperately need diversity.

HEALTH & BEHAVIOR

Through outdoor experiences such as sailing, camping, and hiking, the youth in our programs will be provided the tools to help build self-confidence, learn stress management techniques, conquer fears, along with increasing both physical endurance and mental strength.

MENTORSHIP

The youth we serve will gain authentic relationships and support with local community partners, staff, peers, and mentors throughout their experiences.

EDUCATION

Our STEM oriented programs and activities provide marginalized youth with unique experiences that can be used when applying for colleges or specialty schools.

DEVELOP SKILLS

- Builds Trust
- Leadership Skills
- Self-Confidence
- Stress Management
- Teamwork
- Empowerment
- Leadership



EMPLOYMENT

We plan to serve as a pipeline for countless job opportunities

- Coast Guard
- Teach for America
- Maritime Industry
- US Forest Service
- and so many more...

WHY SAIL2CHANGE EXISTS

Our **MISSION** is to improve community equity by empowering our youth through access, opportunity, authentic relationships, and alternative outdoor education.

WHOM WE SERVE:

Sail2Change works with high school-aged students who have challenges at home, at school, in society, and within themselves.

We find participants through counselors and staff at schools and other community organizations who help us identify students who will benefit the most from our program.

OUR GOAL:

Our goal is to provide opportunities for our youth to experience things they have never done before. To learn and push themselves to gain a sense of accomplishment and confidence, and join community where they feel safe and discover the best version of themselves.

We do this by taking them out of their usual environment for a unique four-week program, monthly recreational events, and a selected or qualified group of students to a full school year at sea. We provide long-term mentorship, further education, and job opportunities.



We believe that every child has the potential to **SUCCEED** given the appropriate environment and opportunity.



SUMMER PROGRAM

10TH GRADE
FOUR WEEK SUMMER
PROGRAM

WILDERNESS SURVIVAL

NAUTICAL EDUCATION

MENTORSHIP

MONTHLY EVENTS



SCHOOL YEAR AT SEA

11TH GRADE
SCHOOL YEAR SEPTEMBER-JUNE

FOREIGN HOMESTAY

SAILING EDUCATION

STEM CURRICULIM

PREPARATION FOR
CAPTAIN'S LICENSE



CONTINUED SUPPORT

12TH GRADE YEAR+

OPTIONAL STUDENT
HOUSING

CONTINUED EDUCATION

CAREER OPPORTUNITES

CONTINUED MENTORSHIP



ACQUIRED SKILLS

Rescue Swimming
 First Aid & CPR
 Emergency Procedures
 Boat Safety Equipment
 Boat System and Handling
 Sailboat Dynamics and Physics
 Planning and Management
 Practical Communications
 (amongst crew, VHF, DSC)
 Tacking & Jibing
 Electronics & Navigation (Radar, GPS)
 Communications (VHF, AIS, DSC)
 Aids to Navigation
 (IALA Systems A & B)
 Crew Coordination
 Rules & Communication
 Knots, knots, and more knots...



Stealth and Invisibility
 Survival Shelter Building
 Identification of Wild Edible Plants
 Wildlife Tracking
 Awareness and Resiliency
 Water Purification
 Friction Fire and Fire Safety
 Primitive Traps and Projectiles
 Knife Carving and Wood Craft
 Leave-No-Trace Ethics

IN-DEPTH KNOWLEDGE

Forest Fire Ecology
 Wildlife Safety
 Bats of the Pacific Northwest
 Spotted Owls and Other
 Endangered Species
 Native Plant and Tree Identification
 Oregon Fisheries
 Geology and Hydrology
 Archaeology/Native American History
 Natural Resource



LONG TERM VISION

The future of Sail2Change involves multiple partnerships in a wide range of communities, providing access to various recreational activities with specialized educational programs, and serves as a pipeline for diverse career opportunities.

ACADEMIC OPPORTUNITES

Housing disparity matches school disparity. Where they live is where they will go to school.

Families in low-income neighborhoods attend schools with lower academic success, resulting in a disadvantage for educational opportunities. Our goal is to assist youth who fall into that gap with alternative education that positions them for scholarships.

Our immersive Year at Sea is an alternative school directed towards building maritime skills that prepare participants for future careers in the Maritime Industry. The depth of knowledge and skills are voluminous. An advantage for our students is the diversity of knowledge and skills for which they can gain greater competency if they demonstrate an interest and proficiency in any particular subject.

After completion of the Year at Sea, students can use their Maritime expertise towards fulfilling the training requirements to obtain a **Captain's License** by the time the students turn 18 years of age.

CAREER OPPORTUNITES

Students face their fears in a new environment and discover their own abilities and strengths.

In the United States at large, maritime transportation occupations are the fastest growing category in transportation, while the industry is dominated by an aging workforce. There is a gap in the maritime workforce for qualified individuals. The door is wide open for incoming workers with technical skills!

Sail2Change will serve as a pipeline to a vast range of career occupations. We help youth along the way with ongoing mentorship and support from professionals in various fields.

Coast Guard
 Merchant Marine
 US Forest Service
 Wildland Firefighter
 Environmentalist
 Wilderness Guide
 Biologist

Mariner
 Civil Engineering
 Electrical Engineering
 Mechanical Engineering
 Naval and Marine Engineering
 Marine and Environmental Sciences
 and many more...

SAIL2CHANGE SUMMER PILOT PROGRAM



In 2019, we successfully launched our pilot program with 13 students from the greater Portland area.



Students experienced transformation through in-depth explorations of their mental and physical strengths with professional wilderness guides, sailing instructors, mentors, and environmental specialists through backpacking a section of the Pacific Crest Trail and sailing on the Willamette River with our partners Willamette Sailing Club.



During the program, the students hiked over 40 miles, jumped into five lakes including Waldo Lake (one of the purest lakes in the world), practiced survival skills, sailing skills, and self-sufficiently sailed small boats up and down the Willamette River. During this time, our young participants built meaningful connections with each other, the guides, presenters, and mentors.

All students who completed the entire program decided to be an ambassador for Sail2Change to share their experiences and how they benefitted from our program. The majority asked to be part of the guide crew in future years.



AROUND THE CAMPFIRE

It was the fourth night of camp when the 13 boys and their guides gathered around the fire. They each stepped into the circle to tell something about himself, then everyone who identified with that statement would step in.

38% identified as being colored

38% identified as being white

24% identify as being mixed raced

77% have dealt with depression

69% have had suicidal thoughts or attempts



12 out of the 13 teens do not want to be like their father

100% OF THOSE SURVEYED FELT THEIR BEHAVIOR AND OUTLOOK ON LIFE CHANGED AFTER CAMP.

"I try really hard to give my children different experiences; however, the experience that he had with Sail2Change, the ongoing and everlasting relationships that he will continue to grow, is unmatched. My son received an experience that he will never forget, lessons of camaraderie and unity. He learned survival skills, such as how to swim, how to start a campfire and what life in nature is made of. He learned so much and at the cost of nothing to my family. Had Sail2Change assessed tuition and fees for the all-inclusive camp, my family would likely not have been able to afford it. I am forever grateful for the opportunity afforded to my son, through the Sail2Change program."



TESTIMONIALS



LEARNING A NEW SKILL

As time grew closer to departure for the trip, I grew anxious. More so, when I received an email stating that a swim competency test would occur prior to the trip. Up until summer 2019, my son was a 3rd generation, non-swimmer-in fact, he is the only one of my four children who can swim. Through Sail2Change, my son learned how to swim. My son, who is a very confident young man, had too much pride when he arrived at Columbia Park, where the test/meet and greet was held. I could feel his energy, he was anxious, worried and even a little upset, that he would have to unveil his hidden truth of not knowing how to swim. I will never forget, the Sail2Change staff, just got it. They did not pressure my son in front of his peers; instead they allowed him to save face. One of the Sail2Change swim instructors took a calm and cool approach to my son. The instructor waited until many-- if not all of the other teens left and stayed after to provide my son with a 1:1 swim lesson. Finally, my son learned how to swim in about an hour or so-- that quick! In that moment, my son's confidence grew. It was also at that time that I realized my son would be in good hands.

PERSONAL GROWTH

It felt like an eternity that my son was gone on his trip--of course, it was not. In the short time that my son was away, he learned a lot about himself. He learned that although he had established his personal limits before the trip, it was certainly okay for him to push himself beyond them. My son learned teamwork, beyond what any sport could have taught him. When you are out in nature, you become one with the earth-- you become more grounded. My son arrived home, more grounded, confident and even seemed to have a different level of respect for me. I mentioned before that we enjoy camping as a family. Ironically, after my son came back from his trip, our family had packed for our annual family camping trip. Camping as a single mother, is a lot of work! This time around, my son pitched in and helped with just about all tasks. He started our campfire on his own, without the "cheat" resources (firestarters or other man made materials). On this trip, my son seemed to enjoy not only being around family, but he also enjoyed nature with a newfound respect and appreciation.



NO COST TO PARTICIPANTS

I remember taking a trip to my local outdoor/sporting goods store, only to find out just how expensive backpacking gear was. As a single mother, I have learned to make ends meet, so he would go on the trip and he would have the gear needed to complete the trip. However, this meant things might be a little tight that month, for our household. A few days later, families of camping participants received an email, letting us know that backpacking gear was donated and that we need not go out and purchase anything. Wow! This was such a blessing.

HIGHLIGHTS OF THE YEAR



CHECKED OFF OUR FIRST
FUNDRAISING EVENTS



2500 VOLUNTEER HOURS
IN 2019!



\$397,740 IN
DONATIONS FOR 2019



GUIDE STAR
RECOGNIZED

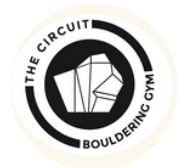


WITH THE HELP OF OUR WONDERFUL COMMUNITY,
WE WERE CHOSEN AS THE ONE HUNDRED SECONDS
VIDEO PRODUCTION WINNER!



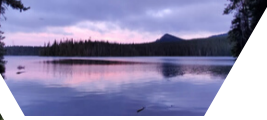
Our partners at Willamette Sailing Club taught our summer participants sailing basics and how to be self-sufficient on the water in a dinghy and other small sailboats. While there is a focus on education and safety, there is no shortage of fun to be had with day trips around Ross Island, sailing into downtown Portland and anywhere else you can travel to by way of water and wind.

THANK YOU TO OUR
PARTNER AT WILLAMETTE SAILING CLUB



MARKET OF CHOICE®





SAIL2CHANGE NEEDS YOUR SUPPORT TO MAKE OUR MISSION AND GOALS POSSIBLE FOR OUR YOUTH!

Your contribution directly impacts the lives of youth by providing resources and tools for personal growth through long term educational programs, local community events, and mentorship.

Make your contribution at www.sail2change.org/donate.



VOLUNTEER

MONTHLY EVENTS
SUMMER PROGRAM
MENTORSHIP
BOARD OF DIRECTOR
COMMITTEE MEMBER
GUIDE

FOLLOW US

[FACEBOOK](#)
[INSTAGRAM](#)
[LINKEDIN](#)

SUBSCRIBE TO OUR NEWSLETTER AT
WWW.SAIL2CHANGE.ORG

SPONSOR A TEEN

\$3,300 Entire Program + mentorship

\$200 Gear for Summer Program

\$250 Meals for the entire Summer Program

SPONSOR A PROGRAM

\$164,400 Entire Summer Program for 50 youth

\$103,300 Wilderness Portion + Mentorship

\$61,200 Sailing Portion + Mentorship

\$600 Annually for Monthly Educational Events

MONTHLY DONATIONS

Monthly giving provides financial stability, program consistency, and added fundraising savings through recurring, monthly donations.

DONATE WHILE YOU SHOP



Amazon will donate 0.5% to Sail2Change when you shop using this link:
smile.amazon.com/ch/82-5281174

PARTNER WITH US

Partnering with local organizations presents opportunities for our youth to expand their experiences, relationships, and community connection.



SAIL2CHANGE BOARD OF DIRECTORS



DIETER WAIBLINGER, *President / Founder of Sail2Change*

KATELYNN ALLEN, *Secretary / Administrative Director of Sail2Change*

NICHOLE WATSON, *Diversity & Community Equity Advisor /*
Portland Association of Teachers, Developer of Racial Equity & Community Partnership

ALEX EARL, *Nonprofit Management & Sustainability Advisor /* Executive Director of ECO, Previous Executive Director of International Anti-Poaching Foundation & Project Aware Foundation, Director of Development & Business Management at Sea Shepherd Conservation Society, BOD of Friends of Ridgefield National Wildlife Refuge

BRIAN MOORE, *Board Governance & Fundraising Advisor /* Willamette Falls Legacy Project Manager

MICHAEL JOHNSON, *Nonprofit Management & Community Outreach Advisor /* Clark County Sheriff, Probationary Youth, Community Needs

LISANNE BUTTERFIELD, *Legal Advisor /* Litigator, Employment Law, Financial Services/ Securities, Legal Ethics

MITCHELL BURKE, *Program Advisor /* Program Developer for Willamette Sailing Club

SAIL2CHANGE TEAM



DIETER WAIBLINGER
Founder



KATELYNN ALLEN
Administrative Director



ASHLEY BARNES
Outreach Coordinator



MICHELLE BRUNCKS
Program Director



MESSAGE FROM BRIAN MOORE MEMBER OF BOARD OF DIRECTORS

Sailing feeds my soul. The feeling of being tucked in between the forces of the wind and the water makes me feel more connected to the physical world than any other activity. Sailing has also shaped my ambition. From the first time on sailing dinghy, I knew that I needed to find a way out of my rural desert hometown to a place that would afford me both the career and the environment to sail on a regular basis. For me, sailing is home.