

passion - awe - wonder - EVOLVE

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# KINDER SKOG & PMC YOUTH PROGRAMS

COMMUNITY WELLNESS PROGRAMS OF  
PETERSBURG MEDICAL CENTER

OCTOBER, 2023

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PRESENTED TO THE  
PETERSBURG MEDICAL CENTER  
BOARD OF DIRECTORS

PREPARED BY KATIE HOLMLUND  
YOUTH PROGRAM COORDINATOR

# SUMMARY

## KINDER SKOG HISTORY

Kinder Skog was developed in 2018 as a Specialized Program under Good Beginnings/Petersburg Lutheran Church. Kinder Skog transitioned to Petersburg Medical Center in late August of 2022 and began operating as a State of Alaska licensed childcare facility. In June 2023 Kinder Skog began operating as a legally exempt from childcare licensure recreational program to meet the high demand for childcare, and after discussions with the State Childcare Program Office.

## PMC + CHILDCARE HISTORY

In response to the Childcare Needs Surveys and Community Cafes conducted by the SHARE Coalition PMC's Board of Directors voted in the spring of 2022 to establish a "pilot" childcare program within the Community Wellness Department. Holmlund was hired as Youth Program Coordinator in July 2022, with an agreement with Petersburg Lutheran Church to transition Kinder Skog after that summer session.

## KINDER SKOG PROGRAM INFORMATION

*Ages Served:* youth ages 4-14 can enroll in Kinder Skog and PMC Youth Programs

*Location:* currently renting classrooms at the Holy Cross House (PLC)

*Staff:* 1 full time, 2 part time, 4 PRNs (additional staff used for summer)

*Capacity:* as a legally exempt program we can determine our own capacity. In the summer we served about 40 youth per day at Kinder Skog and 13 during Forest Kindy. In the school session we are serving up to 26 youth per day.

*PMC Employee Dependents Enrolled:* about 33% of Kinder Skog's enrollment are dependents of PMC staff.

## OTHER PMC YOUTH PROGRAMS INFORMATION

PMC Youth Programs currently hold three separate exemptions, Kinder Skog, ORCA Camps, and PODs. This allows the Youth Program Coordinator to operate all the programs in specific ways to meet the needs of each program individually.

## KINDER SKOG ADVISORY COMMITTEE

The Kinder Skog Advisory Committee oversees the operations of the program. The committee meets quarterly, or as needed. The Kinder Skog Advisory Committee membership includes at least one representative from each of the following categories:

- Program Administrator *\*non-voting member\**
- Financial Department
- Human Resources
- Wellness Department
- Policy Committee
- PMC Managers
- Enrolled Participant Guardian
- PMC CEO or designee
- Safety Officer

The Kinder Skog Advisory Committee will meet next in December 2023.

# PMC YOUTH PROGRAMS SUMMER HIGHLIGHTS

## ORCA CAMP



During the summer of 2023, PMC hosted one ORCA Camp. The theater focused camp was led by theater professional, Brad Younts with Kaili Watkins assisting during the eight-day camp which culminated in a production of the short play “Room in the Forest”. 16 youth in second through eighth grade enrolled in the camp and about 50 community members showed up to enjoy their production on a sunny evening in August. Mr. Younts is hopeful to return in the summer of 2024 and expand youth theater opportunities under the ORCA Camp umbrella.



*Community members line Sandy Beach to support our young thespians during the production of “Room in the Forest”*

## PODs



31 youth going into 3<sup>rd</sup> grade-7<sup>th</sup> grade enrolled in this summer’s PODs program, an increase from last summer. The Play Outside Days (PODs) participants enjoyed Friday afternoons playing capture the flag, Zumba, hiking off island, dominating in ultimate frisbee, and enjoying “classic” summer camp style games, with a final day of an Amazing Race competition with support from various organizations/businesses in Petersburg. The program was staffed by Becky Turland, Julie Walker, Katie Holmlund, Becca Madsen, and Kaili Watkins with Noah Pawuk jumping into the action occasionally as well.



*PODs participants work on the “frozen tee-shirt challenge”. The game was part of PODs “water challenges” day which also included slingshotting rubber ducks, a flooded boot race and other water related team games.*

## FOREST KINDY



Summer 2023 was a pilot period for this new program which served youth ages 4-6 years old heading into kindergarten and first grade. We learned a great deal from the program:

- Overall attendance was poor. We enrolled 13 participants but averaged only 9 participants per day which made following our curriculum challenging.
- Staff for an afternoon session need to be different than the morning session staff to allow time to prepare and implement the curriculum with the greatest efficiency.
- Kids wishing to enroll in morning Skog and an afternoon session should be required to have approval from the program coordinator. Some kids just cannot do a full day with the type of programs we operate.
- 2.5 hours really was not enough time to accomplish all our goals, in part due to how tired the kids were. Everything just took longer to get through, circle time, snack, etc.

Forest Kindy was incredibly fun, and it was nice to have a smaller group to focus on building relationships and scaffolding some Skog specific skills, but if we continue the program next summer changes will need to be made to ensure success and prevent staff burn-out.

*Forest Kinders enjoyed a hidden creek where they discovered natural clay and made a delightful mess.*



## KINDER SKOG



The Skoggies had an incredible summer which included trips to Kupreanof, a Muddy Waters LeConte Glacier tour, fishing from shore & two chartered fishing trips, archery, Marine Science day with the crew of the Kestrel, fort building, more Uno games than one can count, a spirit week that was nothing short of spectacular, the biggest and messiest Mud Day to date, and loads of community service throughout it all. At the foundation of the program's philosophy are practicing playfulness, empathy, and demonstrating wonder and awe for the world in which we live. I have recently been reminded of how valuable these attributes are and Skog staff take great pride in role modeling, teaching, and recognizing these in youth every single day.

- **Thank yous:** Muddy Waters Adventures (glacier), Indigenous Adventures (fishing), Dan McMahon & Kaleb Baird (archery), Petersburg Harbor Department (Kupreanof trips), PCSD (space, food service & service projects), LTC (elder visits), CCTHIA (financial support to tribal families), Sarah Holmgrain, Erica & Jon Kludt-Painter, Bennett McGrath, and Joan Smith (sponsors), AHHA (staff funding), Elks (gratitude grant), Reids Brothers & Alaska Fibre (mud day support), ADF&G (Skog+STEM event). Summer memories happened because of the listed organizations and individuals, and we are deeply grateful for their positive impact on our program.



*21 Skoggies enjoyed a trip to LeConte Glacier thanks to Muddy Waters Adventures. The kids enjoyed watching seals, eating glacial ice, and cruising in style with Captain Zach Taylor.*

# Safety Standards – Liability – Risk Assessment

## SAFETY OFFICER

In response to the program shift from being a state licensed to a legally exempt program, the Kinder Skog Advisory Committee appointed Josh Rathmann as the program Safety Officer. The Safety Officer and administrator shall conduct an annual review of safety plans & procedures. This review will include emergency procedures plan, risk assessment & mitigation, required safety training, incident reports & plans of correction, and review of daily safety procedures and physical space.

## ANNUAL SAFETY AUDIT

Holmlund, Rathmann, and Walker meet on 10.03.2023 to review all safety related procedures, incidents from the past year, and review required trainings. Minor adjustments were made to the Emergency Procedures Plan, in addition Rathmann suggested changes to a couple of the required safety training courses for staff. These changes were implemented immediately. Overall, Rathmann seemed confident in the safety procedures and risk mitigation staff are implementing.

## INCIDENT REPORT MANAGEMENT SYSTEM

Legally exempt status has allowed staff to develop more useful and appropriate incident report forms. Staff are now reporting safety and behavior incidents separately and logging all reports into a spreadsheet to monitor type of incident, location, and ratios when the incidents occur, among other data. The new management system has allowed staff to adapt how they monitor areas as well as identify areas of concern.

# Financial Information

## FINANCIAL INFORMATION FOR AUG 2022-AUG 2023

Joel and Jason will provide an overview of Kinder Skog financials for the first year of operating the program under PMC. The program has benefited from several grants as well as doubling capacity in the summer months.

## GRANT FUNDING

*Petersburg Lutheran Church: \$43,500.00*  
*AHHA: \$38,400 to support seasonal staff/increased capacity for two summers.*  
*Alaska Community Foundation: \$50,000.00*  
*Rasmuson Foundation: \$50,000.00*  
*Elks Gratitude Grant: \$2,500.00 to support scholarship program*  
*Alaska Childrens Trust: mini grants to support child abuse prevention education and youth mental/cultural health.*  
*CCTHIA Support Payments: \$3,600.00- rent, gear, healthy snacks, supplies*

## OTHER SOURCES OF FUNDING

Sponsorships: \$3050.00  
Elks Dinner Fundraiser: \$5,500.00  
Pumpkin Patch: 50/50 split of proceeds with KFSK

# Kinder Skog Impacts Survey

2022-2023 IMPACT SURVEY

The first year with PMC wrapped up this fall and a Kinder Skog Impact Survey was released to all families who had enrolled in Kinder Skog/Forest Kindy during the past year. The survey was released to about 75 parents/guardians to gain their perspective on program strengths and areas for growth as well as the impact Kinder Skog has on their child(ren)'s mental, physical, social, emotional health.

Preliminary results show families are incredibly satisfied with the program and are eager to see the program continue its growth. Families have highlighted how staff works with families and eases the burdens of parenting, how the program has improved the mental health of their children, as well as confirmed that Skoggies get more physical activity on Kinder Skog days. Families also noted how skills learned during Kinder Skog time are transferring to the classroom and their homes. Kids are more creative, knowledgeable about plants and animals, and encourage families to get outside to recreate more.

The survey is open until October 22<sup>nd</sup>, more details will be provided during the October 26<sup>th</sup> PMC Board meeting. The Advisory Committee will take a more in-depth look at the data during their December meeting.



# PMC Youth Programs Priorities

PRIORITIES FOR THE NEXT  
1-3 YEARS

With support from the Petersburg Medical Center Board of Directors, PMC Youth Programs look to continue growth through program expansion, increased capacity, and diversity in enrichment programs offered. To accomplish these goals PMC Youth Programs needs a permanent home/building. Staff development is also high on the priority list which would allow more programs to operate and serve more youth. Holmlund will begin the American Camps Association Camps Accreditation process this year. ACA Accreditation could allow families to receive State Childcare Assistance again, potentially open more grant funding streams to the program and help develop staff and quality programs. Kinder



Skog has continued to grow each year since its beginning in 2018, despite never having a building to call their own, program staff look forward to continuing the momentum to best serve youth and their families.