

IKE Quest

Make [Life] Better

get connected, get inspired, get trained, get confident, get moving

Winter 2023

Training Camp begins February 6

Who: Young people (age 16-20) who want to *Make [Life] Better*

What: Challenging activities that build confidence and skills, including:

- Training Camp – exercise, Key Ideas, family-style dinners
- Service-Learning focused on trees, regenerative landscapes, and gardening
- Work Experience – paid Apprenticeships available in cleaning, bakery, and coffee shops
- Recreation and Exercise
- Road Trips and New Experiences

When: Next Training Camp Session begins October 3, 2022

- 4:00-6:30pm every Mon-Tue-Thu for 4 weeks (see attached Calendar)

Cost: IKE Quest expenses are offset by coffee shop revenue and private donations, therefore:

- There is no monetary cost to the participant. You “pay” with your commitment of time and effort.
- Job shadows, service projects, and ongoing program activities are voluntary and unpaid.

How: Let us know you're interested! Email: mark@ikebox.com or call Mark at (503) 510-6881

OR simply drop off a completed application to a barista at the IKE Box

Application Deadline – Wednesday, February 1 (earlier if possible – the sooner the better)

BENEFITS

You will ...

- get connected – to mentors, positive relationships, resources ...
- get inspired – “Key Ideas” that unlock new possibilities ...
- get trained – gain work skills, people skills, life skills ...
- get confident – real experience with real people and real work that matters ...
- get moving – workouts, road trips, new experiences ... Serious Fun™

... get a [Life]

Also available:

- high school credit in Salem-Keizer School District
- paid apprenticeships

How IKE Quest Works

Phase I - Training Camp

- 4:00-6:30 – every Mon-Tue-Thu for 4 weeks – see attached Calendar
- Each session includes: 1) group workout, 2) Key Ideas class, and 3) family-style dinner

Phase II - Internship (if you finish Training Camp)

- Circle One – the foundation of success in anything (relationships, school, work, sports, music...)
- Local Employer Visits
- Job Shadowing – observe and assist
- Service-Learning in regenerative projects (plant/tend trees, landscapes, gardens...)

Phase III – Apprenticeship (if you complete Training Camp and VET Internship)

- Paid work experiences in our coffee shops (IKE Box and Isaac's Downtown)
- Level 1 – Mechanics – cleaning, back-of-house, basics in coffee and/or food
- Level 2 – Mastery – specialized barista and/or culinary training and experience
- Level 3 – Mentorship – sharing knowledge and skills and supporting growth in others

Ongoing Program Activities and Resources

- IQ Weekly – Wednesday nights, 6:30-8:00, larger group continuing the Quest for [Life] together.
- Coaching – personal coach for keys like education, health and wellness, money management, etc.
- Mentorship – intentional friendships with someone who has “been there”
- Family Extended – we choose to care and look out for each other like family. We believe in you.

Requirements:

- Full 100% Attendance: every day, on time ready to go until we're done. Show up.
- Full 100% Participation: the benefit is in participation, not spectating. Opt in.
- Full 100% Effort: not perfection, but your best effort. Bring it.

What should I wear?

If an activity requires specific clothing or gear, we will notify you in advance. Otherwise, wear clean, comfortable, athletic clothes and shoes for physical work or exercise. The following do NOT work: jeans, sandals, flip-flops, dress/formal, etc.

Please observe general public decency regarding modesty and printed content.

What will we be doing?

In general, you need to be prepared for various challenges, including work and exercise. If an activity requires specific preparation, we will notify you. Otherwise, the surprise and the unknown are an important part of the experience.

Training Camp Application

Fall 2023

Personal Information:

Date _____

Full Legal Name _____ Birthdate _____

Preferred Name _____ Age _____

Street Address _____

Phone _____ Email _____

Name of Parent or Guardian _____ Relationship to you _____

Phone # _____ Cell # _____ Email _____

Name of emergency contact _____ Relationship to you _____

Telephone (day) _____ Telephone (evening) _____

List of allergies or medical conditions: _____

Are you employed or in school? _____ If so, where? _____

Contact Person _____ Phone # _____

Is Isaac's Room authorized to approve medical treatment? Yes No

Is participant covered by personal/family insurance? Yes No

If yes, name insurer: _____ Policy or group number: _____

Participation Agreement:

I acknowledge that participation in IKE Quest involves risk to the Participant (and to Participant's parents, or guardians, if Participant is a minor), and may result in various types of injury including, but not limited to, the following: sickness, bodily injury, emotional injury, personal injury, property damage and financial damage. In consideration for the opportunity to participate in IKE Quest, the Participant (or parent/guardian if Participant is a minor) acknowledges and accepts the risks of injury associated with participation in and transportation to and from IKE Quest. The participant (or parent/guardian) accepts personal financial responsibility for any injury or other loss sustained during the Activity or during transportation to and from the activity, as well as for any medical treatment rendered to the Participant that is authorized by IKE Quest or its agents, employees, volunteers, or any other representatives (collectively referred to hereinafter as Isaac's Room.) Further, the Participant (or parent/guardian) releases and promises to indemnify, defend, and hold harmless Isaac's Room for any injury arising out of negligence of Isaac's Room, the Participant, or otherwise. If a dispute over this agreement or any claim for damages arises, and the Participant (or parent/guardian) and Isaac's Room cannot agree upon such a process, the dispute will be submitted to a three-member arbitration panel for resolution pursuant to the rules of the American Arbitration Association.

We will be shooting video and photography throughout our activities together. By participating in IKE Quest, you and your parent or guardian give Isaac's Room permission to capture and use these recordings in future publicity, including but not limited to: web site, printed materials, video content, fundraising presentations, press releases, etc.

I also acknowledge that I have read, understand, and agree to the terms of the other IKE Quest participation documents included in this packet:

- A. IKE Quest general information (p. 1)
- B. How IKE Quest Works (p. 2)

Participant Signature _____ Date _____

Parent Signature _____ Date _____

PO / Case Worker Signature _____ Date _____

Availability:

Please confirm that you are available for every session. See calendar attached.

- Yes, I can make it to every session
- No, I cannot make it due to the reasons below

Please list the dates of any trips or other activities planned that would make you unavailable for any session(s):

What form(s) of transportation do you have available to you?

Personal Responses:

Please help us start to get to know you by thoughtfully responding to the following questions. Questions are designed to spark thought and conversation and will not be used to judge or evaluate you. Your responses will be kept confidential.

How did you hear about IKE Quest and why are you interested?

Give your life a rating from 1 to 10; explain your rating.

1 = life is terrible, nothing is working

...

10 = life is wonderful, everything I want it to be

What is ONE THING that would increase your rating in a positive direction?

How do you feel about hard work?

How do you feel about helping other people?

What are some of your fears?

What are some of your hopes?

The six statements below describe how people think about themselves and how they do things in general. Read each statement and think about how you are in most situations. Mark the box that describes YOU the best. Please respond to each statement by marking one of the boxes. There are no right or wrong answers. We will not judge you or share your responses with anyone.

1. I think I am doing pretty well.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time

2. I can think of many ways to get the things in life that are most important to me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time

3. I am doing just as well as other people my age.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time

4. When I have a problem, I can come up with lots of ways to solve it.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time

5. I think the things I have done in the past will help me in the future.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time

6. Even when others want to quit, I know that I can find ways to solve the problem.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time

February 2023

February 2023

S M T W T F S
29 30 31 1 2 3 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	Interviews			Application Due		
5	6	7	8	9	10	11
	4:00 PM IQ ↻	4:00 PM IQ ↻		4:00 PM IQ ↻		
12	13	14	15	16	17	18
	4:00 PM IQ ↻	4:00 PM IQ ↻		4:00 PM IQ ↻		
19	20	21	22	23	24	25
	4:00 PM IQ ↻	4:00 PM IQ ↻		4:00 PM IQ ↻		
26	27	28	1	2	3	4
	4:00 PM IQ ↻	4:00 PM IQ ↻		4:00 PM IQ ↻		