

Program Numbers

In 2022, BCM emerged from the COVID-19 pandemic with a full season of program activities in each of our regions of service across the country.

In order to increase access to the benefits of immersive time spent in nature, BCM made a strategic pivot to serving youth via a progressive, scaffolded program model. This structure provides more hours in the field per youth by adding both day and overnight experiences in preparation for our signature weeklong backcountry expedition.

73 TOTAL TRIPS

INCLUDES 28-DAY TRIPS,
16-OVERNIGHTS,
29-EXPEDITIONS
(40.3% INCREASE FROM 2021)

225

UNIQUE YOUTH SERVED

965

YOUTH DAYS
(37.1% INCREASE FROM 2021)

5592

PROGRAM HOURS
(83.3% INCREASE FROM 2021)



22,746

HOURS YOUTH
SPENT IN FIELD
(54.4% INCREASE FROM 2021)



90

ADULTS SPENT A TOTAL OF
611 DAYS WITH BCM YOUTH
(45.8% INCREASE FROM 2021)

237

PROGRAM DAYS
PROVIDED
(68.1% INCREASE FROM 2021)

23

YOUTH AGENCY
PARTNERS
(9.5% INCREASE FROM 2021)

Youth Demographics

Youth participants on BCM trips are described as coming from disinvested communities or holding marginalized identities.

What this means in more concrete terms is that:

85.7%

OF BCM YOUTH
PARTICIPANTS
IDENTIFY AS BIPOC

66%

OF BCM YOUTH REPORT
RECEIVING FREE OR
REDUCED RATE LUNCH
AT SCHOOL (AN INDICATOR
OF SOCIOECONOMIC STATUS)

50.6%

OF BCM YOUTH
IDENTIFY AS FEMALE

6.1%

IDENTIFY AS
NON-BINARY

Impact

2022 was the first year BCM implemented a new methodology for measuring our program's impact, focusing on four social-emotional dimensions in youth participants: Self-Esteem, Self-Efficacy, Empathy, and Sense of Social Belonging.

We chose these dimensions because they are well-established as key indicators of wellness in mental and social-emotional health research and correlate highly with success in other important aspects of a young person's life. Additionally, existing instruments of measurement for these dimensions have proven to be valid and reliable for the specific populations BCM serves.

By comparing youth participants' pre- and post-series scores, BCM is able to track progress in these dimensions. In 2022, BCM youth showed post-trip increases in average series scores in all four dimensions, and scored higher on three of the four measures when compared to peers who did not participate in the full suite of BCM's programming.

BCM YOUTH
AVERAGE
SCORES
BETWEEN
PRE-TEST
AND
POST-TEST



Self Esteem

Rosenberg Self Esteem Scale (RSE)

- BCM participants showed an increase of **7.2%** in average self-esteem scores
- BCM trip participants, on average, scored **5.7%** higher on the self-esteem scale than peers who did not go on BCM trips
- Over **75%** of participant responses were positive



Self-Efficacy

New General Self-Efficacy Scale (GSE)

- BCM participants showed an increase of **15.8%** in average self-efficacy scores.
- BCM trip participants, on average, scored **10.6%** higher on the self-efficacy scale than peers who did not go on BCM trips
- Over 80% of participant responses were positive



Empathy

Adolescent Measure of Empathy and Sympathy (AMES)

- BCM participants showed an increase of **16.6%** in average empathy scores
- BCM trip participants, on average, scored **13.2%** higher on the empathy scale than peers who did not go on BCM trips
- Most gains were observed in participants' cognitive empathy (**6.5%**) and affective empathy (**4.6%**)



Sense of Social Belonging

Sense of Social Fit Scale (SSFS)

- BCM participants showed a **5.6%** increase in average sense-of-social-belonging scores



"The trip was fun and I enjoyed the entire thing because of the good vibes. I want to do this all the time."

Saniya
Day Hike at Indian Grinding Rock



"This trip for me was life-changing. I enjoyed making closer friendships and learning more about camping. I feel really good about it."

Andrea
Overnight at Calaveras Big Trees

Big City Mountaineers' work is made possible, in part, thanks to generous funding and support from various foundations, corporate sponsors, and private parties who share in our mission to provide transformative experiences in nature to disinvested youth. You can find more details about BCM and our impact at bigcitymountaineers.org/impact