

**ADVENTURE**

**THERAPY**



**Parent  
Handbook**

## **WHAT IS ADVENTURE THERAPY**

Adventure Therapy is a trauma-informed model that involves active and multi-dimensional experiences including, challenging team problem solving initiatives, games, projects, and challenges which provide opportunities for learning and growth. Youth work effectively together in a group and develop new behaviors and skills that lead to success in their homes, schools, and communities. It is an experiential model that uses Point of Performance Coaching by staff. This means staff are assisting your children in the moment to interrupt dysfunctional responses, reinforce desired responses, and strengthen better choices when focusing on communication, problem-solving, frustration tolerance, and working with others. The focus is to incorporate these skills in a fun and interactive way to encourage continued growth of these skills for your child.

Benefits of Adventure Therapy include increased self-regulation, emotions, and behaviors; improved relationships with adults and peers; and learning skills including problem solving, emotion regulation, communication, teamwork, and leadership. Your child will be placed in a group of 10-14 children their age.

## **DISCHARGE CRITERIA**

Decisions regarding discharge are made in collaboration with your child, you as the parent/guardian, and the treatment team. Things to consider include your child's functioning across setting, your input on their progress, and their stage of treatment.

## THE FULL VALUE CONTRACT

Your child will learn about and apply themselves to the Adventure Therapy Full Value Contract. These values are practiced and rehearsed throughout. They include:

1. **Be Here**- Be fully at group (attending consistently, emotionally present, listening to others)
2. **Be Safe**- physically and emotionally (tell others what you need; give feedback respectfully; no yelling, name-calling, intimidating)
3. **Be Honest**- Speak your truth respectfully; accept responsibility for your words and behaviors-both good and bad
4. **Set Goals**- goals should be attainable and positive; be supportive of others' goals as well as knowing your own
5. **Care for Self and Others**- be respectful, check in with each other, hold each other accountable to the values
6. **Let Go and Move On**- use feedback for growth. Discuss and resolve issues as they arise; do not bring up previously resolved issues/conflict; it's okay to disagree

Please feel free to incorporate these values into your home and talk with your child about the values!

## CHALLENGE TO GO/TOOL KIT

Your child will create a tool kit that is used throughout their time in Adventure Therapy. Each week, a Challenge to Go will be sent home (leaders might send home a sheet of paper or just discuss this with your child). The purpose of the Challenge to Go is for your child to focus on practicing skills learned during AT. The next week they will share how they practiced their skills and either draw or write down their success to include in their tool kit. This is a great way to incorporate practicing skills with your child at home, so ask them about it!

## **MINDFULNESS**

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Practicing mindfulness has so many benefits so, this skill is practiced at the end of each Adventure Therapy session.

## **TRANSPORTATION/MEALS**

Transportation is provided for Adventure Therapy. Clients are expected to be respectful and responsible on the vans.

## **CONTACT INFORMATION**

Jeff McIntyre (Transportation Coordinator) regarding call-offs or transportation needs. You can reach us at (419) 352-7588.

## **MEET THE TEAM**

Mindy Bahnsen, Day Treatment Program Manager

Ashley Carter, AT Leader 13-15 year old group

Tony Johnson, AT Leader 9-12 year old group