



Recre8 Bush Adventure Therapy Program



Recreating Lives Through Recreation

Are you a supporter or carer of a young person who is struggling in life, and looking to make positive changes?

The Recre8 Program is for 14-19 year old young people in the Northern Rivers NSW and Southern Gold Coast regions. Centered around a ten-day adventurous expedition, it is an early-intervention option which for young men and women who want to work through challenges they may be facing at home, at school, and in their community - to build a more positive future for themselves. It utilises Narrative & Bush Adventure Therapy to help disadvantaged and at-risk young people rewrite their story for a more positive future.

Why Bush Adventure Therapy?

The program has at its core an exciting and challenging wilderness journey, but beyond this there is a deeper therapeutic process where participants will be guided and supported to reflect on their lives, come to know themselves more deeply, and develop goals and strategies for creating a fulfilling and positive future.

The experience itself is a chance for 'at-risk' young people to re-write their life's story - a process that is facilitated within a Narrative Therapy framework. When challenges are overcome, inner strengths can be discovered and brought to the fore of one's sense of self. There are many and varied opportunities for intensive individual and group counselling, as well as times for quiet introspective work through guided processes.

The expedition's unique combination of activities and counselling provides a non-threatening context that promotes self-esteem, independence, maturity, resilience, teamwork, and optimism. Preliminary outcomes from recent programs confirmed research findings and show significant improvements in participants' levels of motivation, school performance, social confidence and a reduction in drug and alcohol use and high-risk behaviours.

How is the program delivered?

Beginning with a thorough application and assessment process, participants join us on a 2-day Preparation Camp experience, giving them a chance to meet the team and other young people, and prepare for the journey. We then depart on a 10-day expedition including

hiking and canoeing, during which participants are supported to be self-sufficient, managing their own rations and gear, whilst working within a team context to successfully complete the journey. After the expedition follow up contact with participants, families and communities is maintained to ensure progress is supported. A reunion is held about 4 weeks after to create an opportunity for reconnection, celebration, review and reinforcement.

Important Dates:

- Phase 1: **Applications** close: August 5, 2013
- Phase 2: **Preparation Camp**: August 28-29, 2013
- Phase 3: **Expedition**: September 10-19, 2013
- Phase 4: **Reunion**: October 8, 2013



Where will Recre8 be held?

The Preparation Camp will be in the Gold Coast Hinterland, the Reunion will be in the Northern Rivers region of NSW, but the expedition n itself will be held on the Fraser Coast of Queensland - Cooloola Recreation Area. This journey winds through rainforest and heathlands, vast sandblows and towering coastal sea cliffs, and offers panoramic views over the ocean and the National Park. We will also be canoeing on the winding tidal Noosa river and crossing open lake systems.

What is the financial contribution requested?

The Recre8 Program is run by a coalition of not-for-profit organisations who are dependent on having adequate funds for each participant in order to continue to run the program. We have received some funding for places on the September 2013 Recre8 Program, but request that organisations and individuals make a contribution on a means basis to help cover the significant costs incurred in such an intensive program. For each young person commencing the program, we are looking to cover an expense shortfall of around \$1,600 including food, gear, staffing, support and program logistics. While this figure appears substantial, it is subsidised by INTRA's contribution of a therapist and by sponsoring organisations.

Contact us to discuss your options - we will not turn away participants due to lack of funds.

More about the Recre8 team:

At least three staff are engaged on the program team, including a Team Leader (registered psychologist with outdoor recreation experience), a Counsellor (therapist with outdoor training); and an Adventure Facilitator (registered outdoor guide with youth work experience). Our team is mixed gender and we frequently utilise additional interns and volunteers. The upcoming Recre8 is a collaboration between the INTRA Youth Service (the drug and alcohol outreach service of The Buttery www.intra.org.au), Evolve: Keeping Kids on Track (an Australian not-for-profit which delivers Bush Adventure Therapy programs www.evolve.org.au), and Human Nature Psychology.

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