



# BETTER RELATIONSHIPS PROGRAM



**ADVENTURE SKILLS PROGRAM**

TEAM LEADER - KEANE RENSHAW

## PURPOSE

Participants have the opportunity to identify and develop fundamental concepts and skills they can implement in their lives to build better relationships.

## PROGRAM STRUCTURE

Pathways to Mental Health utilise the primary adventure activities kayaking and hiking to deliver capacity-building concepts and skills in line with a participant's NDIS plan goals around relationships.

Linking activities such as cooking and meditation are also used to consolidate learning and provide further opportunities for participants to address their relationship and plan goals.

The Better Relationships Program is a 5-day program. The program begins at 9 am and concludes each day AT 4 pm. Regular breaks and lunch is built into the program design.

Pathways to Mental Health have Short Term Accommodation (STA) options for those that wish to stay on site.

## CORE CONCEPTS

Participants can expect to identify, develop, and engage with some or all of the following core concepts: communication skills, managing conflict, managing thoughts /emotions, decision making, problem-solving, understanding risk, and how to access further information or assistance in the community.

The Adventure Skills Better Relationships Program can also link participants to other Pathways to Mental Health services and programs, such as The Life Worth Living Program and Farm-Based Therapy Programs. Introductory sessions for these services and programs can be organised and scheduled as part of the Better Relationships Program.



## PROGRAM OUTCOMES

### **Personal, Social, and Emotional:**

Maintain focus and concentration.  
Develop social skills through teamwork.  
Identify opportunities to assist others.  
Understand risk, rules, and boundaries in order to respect and contribute to personal and program safety.  
Learn, utilise and develop strategies to regulate emotions.  
Reflect on experiences and identify ways in which to 'take home' new information and skills.  
Learn responsibility through participation and active listening.

### **Communication:**

Utilise communication during practical tasks.  
Understand choice and consequences in the context of activity decisions.  
Encourage social conversation.  
Identify conflict and introduce strategies for managing escalation, blame, and re-occurrence.  
Develop personal boundaries and rules for social engagement.  
Use language for negotiation.  
Use language to name progress, emotions, and ideas.  
Learn and implement listening strategies through practical activities.

### **Problem Solving:**

Offer alternative courses of action to solve a problem or task.  
Explain the consequences and/ or risks associated with decisions.  
Listen to alternative choices and work to accept differences.  
Encourage positional language.  
Provide opportunities to develop other points of view through research, experience, and/or critical thinking.  
Engage and develop questioning skills to resolve issues, challenges, or conflicts.  
Invite assistance and guidance when appropriate.

### **Knowledge and Understanding:**

Encourage observations of similarities, differences, and possibilities for change.  
Explore adventure activities as a tool for capacity building.  
Identify opportunities to continue with relationship-building goals in the community.  
Implement new knowledge and skills in current relationships.  
Explain and discuss how emotions affect communication, behaviors, and relationships.  
Understand personal responsibility for choices, decisions, and behaviors.  
Identify new opportunities for positive relationships.

## SCHEDULE OF FEES

AREA	NDIS LINE ITEM	COST	PROGRAM COST
Initial/ Intake Assessment and Planning (1-2hrs)	15_056_0128_1_3	\$193.99/HR.	\$193.99 - \$387.98
AREA	NDIS LINE ITEM	COST	PROGRAM COST
Development of Daily Living and Life Skills. and / or	09_009_0117_6_3 and / or	\$63.21/HR.	\$2,212.35
Innovative Community Participation	09_008_0116_6_3		
TOTAL PROGRAM COST		GRAND TOTAL	
Intake Assessment	\$193.99	\$2406.34	
5 Day Program	\$2,212.35		

## OPTIONAL COSTS

AREA	NDIS LINE ITEM	COST
Post Program Report (Upon request)	15_056_0128_1_3	\$193.99/HR.
Introductory hour session to: 'Life Worth Living Program'	15_056_0128_1_3	\$193.99
Introductory hour session to: Farm Based Therapy (equine and animal assisted)	15_056_0128_1_3	\$193.99

## CONTACT INFORMATION

Keane Renshaw - Team Leader, Adventure Skills Training



0402 156 512



keane@pathwaysmh.com.au



www.pathwaysmh.com.au