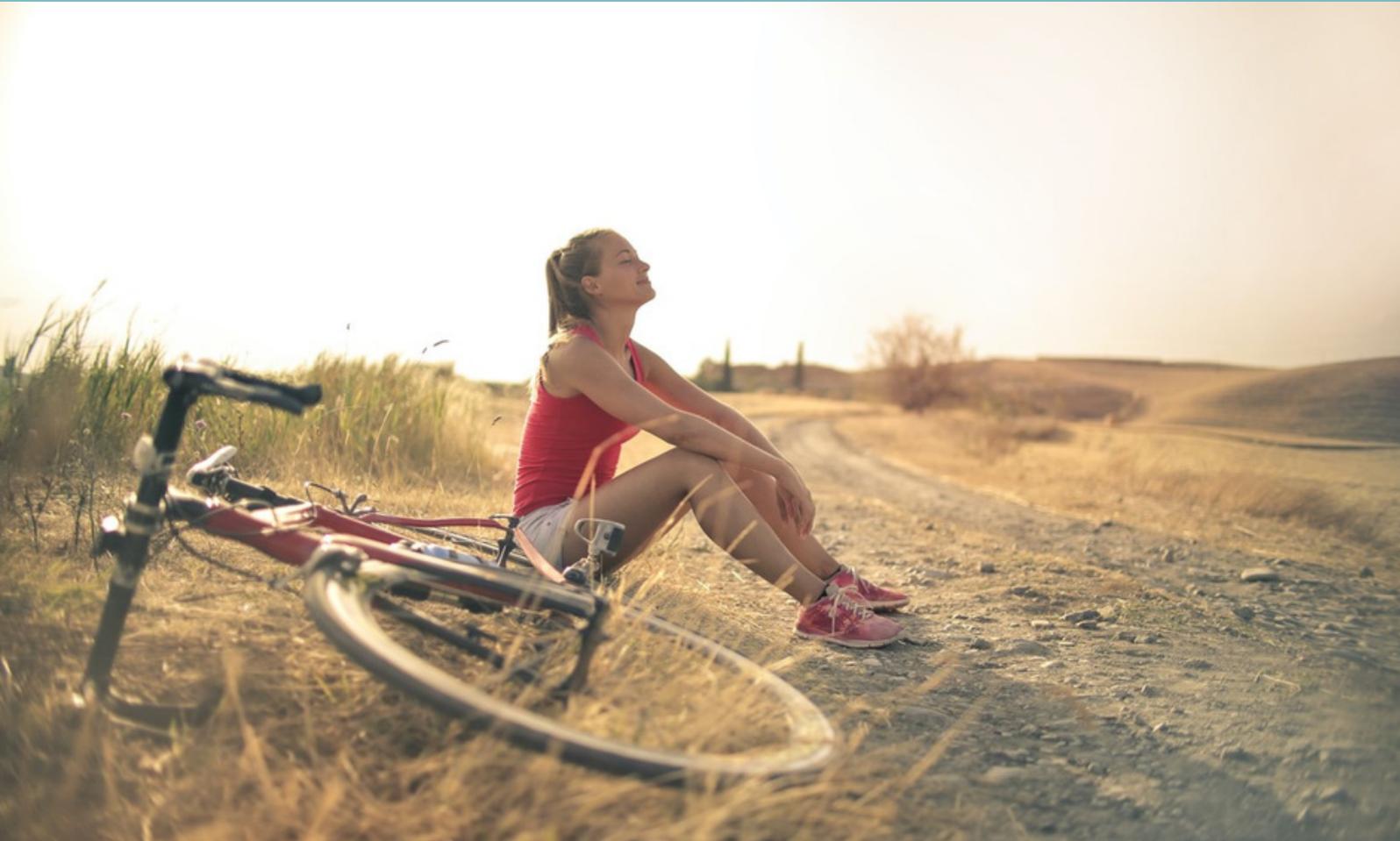




# CONNECTING SPIRIT TO EARTH

## WOMEN'S PROGRAM



**ADVENTURE SKILLS PROGRAM**

TEAM LEADER - KEANE RENSHAW

## PURPOSE

Female participants have the opportunity to develop and implement strategies to build and maintain positive friendships, supports, and communication in their lives.

## PROGRAM STRUCTURE

Pathways to Mental Health utilise the primary adventure activities of birdwatching, recreational fishing, hiking, mountain bike riding, kayaking, and stand-up paddleboarding to deliver capacity building concepts and skills in line with a participants NDIS plan goals around forming new friendships, support, outdoor activities, and communication needs within the safety of a women's only program.

Linking activities such as meditation, tai chi, movement, and cooking are also used to consolidate learning and provide further opportunities for participants to address their NDIS plan goals.

The Connecting Spirit to Earth Program is a 5-day program. The program begins at 9am and concludes each day at 4pm. 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: communications skills, boundaries, resilience building, mindfulness, relationship skills, and how to access further information or assistance in the community.

The Adventure Skills Connecting Spirit to Earth Program can also link participants to other Pathways to Mental Health service 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 Connecting Spirit to Earth Program.





## PROGRAM OUTCOMES

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

Develop strategies for positive social interaction.  
Explore new friendships through adventure activities.  
Expand awareness of personal barriers and how to work with them.  
Learn pathways of self-care and development.  
Learn, utilise, and develop strategies to regulate emotions.  
Reflect on experiences and new knowledge in creative ways.  
Identify personal goals.  
Develop insight into health, nutrition, and how they contribute to concepts of wellbeing for oneself.  
Research and discuss opportunities in the community to further pursue capacity-building goals.  
Explore new methods and activities for whole health.  
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.  
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.  
Develop a 'balance' of thoughts and actions through grounding techniques.  
Identify personal challenges and communicate them in positive and productive ways.  
Use planning to strengthen motivation and action of goals.  
Participate in active listening and utilise learning in self-practice.  
Encourage others through one's own learning, self-discovery, and progress.  
Express personal challenges and identify goals for development and change.  
Develop personal boundaries and rules for social engagement.  
Use language to name progress, emotions, and ideas.  
Link practical tasks to self-management and progress.  
Build upon a positive self-image through language and communication.  
Encourage feedback for positive self-discovery and learning.  
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.  
Use language for negotiation.  
Use language to name progress, emotions, and ideas.  
Learn and implement listening strategies through practical activities.

## PROGRAM OUTCOMES

### Problem Solving:

Utilise challenges to build knowledge, learning, and resilience.  
 Adopt new strategies to address challenges as they arise.  
 Invite assistance and guidance when appropriate.  
 Engage and develop questioning skills to resolve issues, challenges, or conflicts.  
 Explain the consequences and/ or risks associated with decisions.  
 Build trust through guidance, acceptance, and participation.  
 Identify barriers to personal health progress.  
 Construct and develop personal plans for growth, health, change, and wellbeing.  
 Display creative thinking to meet goals and needs.  
 Use effective questioning skills to seek new information and knowledge.  
 Develop a range of methods to achieve health and wellbeing goals.  
 Offer alternative courses of action to solve a problem or task.  
 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.

### Knowledge and Understanding:

Explore adventure activities as a tool for capacity building.  
 Identify opportunities to continue with improved health and wellbeing in the community.  
 Implement new knowledge and skills.  
 Explain how choices have affected personal health and wellbeing.  
 Expand understanding of grounding, calming and self-regulation techniques.  
 Identify opportunities to implement new knowledge and skills.  
 Describe the benefits of capacity building and behaviour change.  
 Describe the challenges of behaviour change.  
 Identify ways to continue learning about capacity building and change in the community.  
 Build awareness of self and connection to the environment through adventure activities.  
 Encourage observations of similarities, difference, and possibilities for change.  
 Identify opportunities to continue with relationship building goals in the community.  
 Explain and discuss how emotions affect communication, behaviours, and relationships.  
 Understand personal responsibility for choices, decisions, and behaviours.  
 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

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