



# STILL WATERS PROGRAM



**ADVENTURE SKILLS PROGRAM**

TEAM LEADER - KEANE RENSHAW

## PURPOSE

Participants have the opportunity to develop and implement strategies and skills to identify and manage stress, anger, and/ or anxiety in their lives.

## PROGRAM STRUCTURE

Pathways to Mental Health utilise the primary adventure activities of recreational fishing, birdwatching, and kayaking to deliver capacity-building concepts and skills in line with a participant's NDIS plan goals around barriers that may impede their engagement with community activities and or participation. Namely: stress, anger, anxiety, feelings of safety, and social skills.

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.

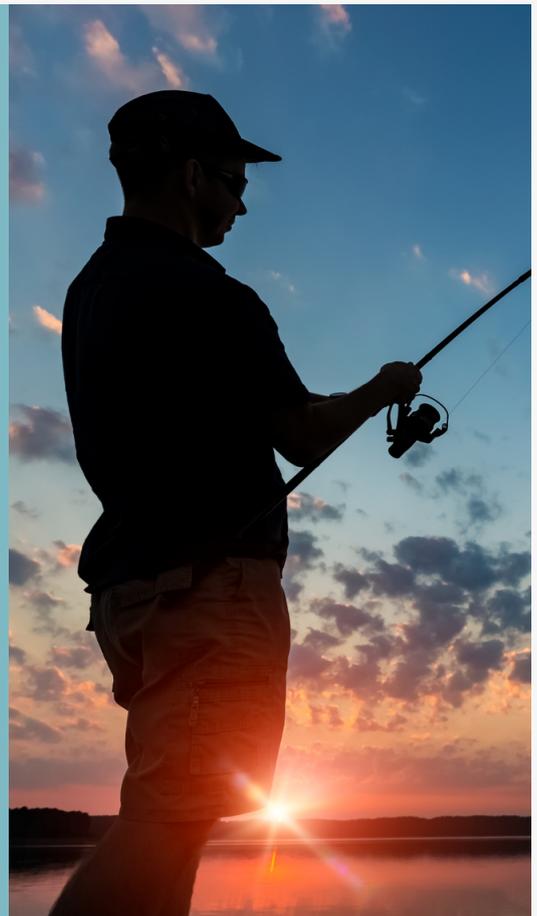
The Still Waters Program is a 5-day program. The program begins at 9am and concludes each day at 4pm. Regular breaks and lunch is built into the program design.

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: mindfulness, grounding techniques, focus development, awareness training, observational skills, resilience building, understanding risk and how to access further information or assistance in the community.

The Adventure Skills Still Waters 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 Still Waters 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.

### **Communication:**

Develop a 'balance' of thoughts and actions through grounding techniques.  
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.

### **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 conflict.  
Explain the consequences and/ or risks associated with decisions.  
Build trust through guidance, acceptance, and participation.

### **Knowledge and Understanding:**

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.

## 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.<br>and / or | 09_009_0117_6_3<br>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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