



# WHOLE HEALTH PROGRAM



**ADVENTURE SKILLS PROGRAM**

TEAM LEADER - KEANE RENSHAW

## PURPOSE

Participants have the opportunity to engage with new activities and concepts that they can implement in their lives to contribute to overall health, wellbeing, and personal growth.

## PROGRAM STRUCTURE

Pathways to Mental Health utilise the primary adventure activities of hiking, stand-up paddleboarding, kayaking, and mountain biking to deliver capacity-building concepts and skills in line with a participant's NDIS plan goals around health, fitness, mental wellbeing, and self-management.

Linking activities such as cooking, movement, meditation, and tai chi are also used to consolidate learning and provide further opportunities for participants to address their NDIS plan goals around health, fitness, mental wellbeing, self-management, living skills, nutrition, hygiene, and other relevant areas of need.

The Whole Health 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, regulating emotions and responses, setting goals, healthy eating, good hygiene, physical health, mobility, and decision making. Further, participants will gain knowledge on how to access further information or assistance in the community.

The Adventure Skills Whole Health 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 Whole Health Program





## PROGRAM OUTCOMES

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

- 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 health goals.
- Learn, utilise, and develop strategies to regulate emotions.
- Explore new methods and activities for whole health.
- Reflect on experiences and new knowledge in creative ways.

### **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.

### **Problem Solving:**

- 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.

### **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.
- Identify new opportunities for 'whole of health' living and lifestyle.

## 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
Physical Wellbeing Activities and / or	12_029_0126_3_3 and / or	\$58.10/HR.	\$2,033.50
Innovative Community Participation	09_008_0116_6_3		
TOTAL PROGRAM COST		GRAND TOTAL	
Intake Assessment	\$193.99	\$2,227.49	
5 Day Program	\$2,033.50		

## 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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