

Phase Three:

Therapeutic Adventure Program (TAP)

Summer Wilderness Adventure 1 - High School Boys entering 9th-12th grade in Fall 2025

Dates: 6/21-28/2025

Summer Wilderness Adventure 2 Middle School Boys entering 7th-8th grade in Fall 2025

Dates 8/17-8/23/2025

Our therapeutic adventure program can be an ideal setting for adolescent males who are facing various challenges in their emotional, social, and behavioral development. These clients may be struggling with issues such as lack of motivation, peer relationships, social skills, anxiety, depression, anger, trauma, or self-esteem, and may benefit from the structured and immersive wilderness environment.

The **overall goals** for the expedition are to help participants:

- Realize they can do more physically and emotionally than they previously believed.
- Believe it is possible for them to make meaningful connections with people
- Feel safer in relation to other people and the world.
- Realize they are connected to things greater than themselves and that they are part of the world.
- Return home with new skills that will help them engage more effectively with people
- Have a safe and fun experience.

The trip will help each participant reach these goals by providing individual and group challenges and by encouraging cooperation, forethought and responsibility.

We have repeatedly found these experiences beneficial for boys to help improve skills in the following areas:

- Increased motivation
- Healthy peer and family relationships
- Age appropriate behaviors
- Coping and regulation skills
- Healthy attachments
- Social skills
- Self-esteem
- Mindfulness

These expeditions will be led by a **licensed** therapist along with two TYFS Wilderness Field Staff leading each group of seven boys throughout the expedition. Staff are trained and experienced in managing risk and providing a therapeutic and educational experience in a wilderness setting.

Each expedition will consist of a day of team building activities and backpacking skills training, followed by a 6 night, 7 day expedition. The experience will culminate with families joining the students to participate in activities aimed at integrating the skills learned during the backpacking experience and strengthening family bonds. We will close the week with a ceremony to celebrate the students' accomplishments.

If you would like to apply for admission to either of the Therapeutic Adventure Program trips, please use the link below to access and complete the required application. Once the application is received, it will be reviewed and the trip therapist will follow up with you.

By participating in this therapeutic adventure trip, all participants agree to fully adhere to the following expectations:

1. **Alcohol, Tobacco & Illicit Drugs** : The use or possession of alcohol, tobacco or illicit drugs is strictly prohibited during the trip. Participants must respect all guidelines set forth by the organizers in relation to these substances. Violation of this rule may result in immediate removal from the trip and possible legal consequences
2. **Weapons & Dangerous Items**: The possession or use of weapons, firearms, or any dangerous items (including, but not limited to, knives or explosives) is strictly prohibited. This rule ensures the safety of all participants and maintains a secure environment for everyone on the trip.
3. **Safe Behavior**: Participants are expected to maintain a positive and respectful attitude towards fellow participants, trip leaders, and local communities. Safe conduct is essential, and any behavior that jeopardizes the well-being of oneself or others, including physical violence, harassment, or reckless actions, will not be tolerated. Any participant found engaging in such behavior may be asked to leave the trip immediately.
4. **Respect for the Environment**: In addition to adhering to the above rules, all participants must respect the natural surroundings and local cultures. Sustainable and ethical practices must be followed to ensure the safety and preservation of the environment and the integrity of the adventure.

By signing up for this trip, participants acknowledge their responsibility to adhere to these expectations and understand that failure to do so may result in removal from the trip, with no refund or compensation. The organizers reserve the right to take necessary actions to ensure the safety and well-being of all participants. Please ensure that you understand and agree to these terms before committing to participate in the adventure.

To ensure that your child and family get the most out of this adventure, we kindly ask that parents fully participate in the family aspect of the trip. Your involvement will be key in creating a supportive environment, both for your child and for the entire group. Active participation in the trip's activities, discussions, and moments of reflection will help reinforce the therapeutic benefits and encourage lasting change. We believe that this experience will be transformative for everyone involved, and your support will be invaluable in helping your child thrive. Together, we can create a positive and empowering experience that will resonate long after the trip ends.