

ABOUT

New Vision Wilderness

Therapeutic Outdoor Programs



NVW was founded in February 2007 and is the first wilderness-based therapy intervention offered in the State of Wisconsin. Drew Hornbeck and Steve Sawyer created NVW based upon an observed need to offer an innovative therapeutic option for at-risk youth and hard to reach client populations throughout the state. NVW runs statewide, with offices in Milwaukee, WI.

The Integration of Adventure Therapy and Psychotherapy: Prior to NVW; Drew and Steve had operated independent programs for 5 years that were both centered on their individual therapeutic modalities. Drew has worked for wilderness programs in Alaska (Ravens Way), Montana (Aspen), and Colorado (Monarch Family Healing Center) and has been immersed in the wilderness therapy world for most of his career. In addition Drew was a key experiential programming staff at Rogers Memorial Hospital. Steve was the director of one of Milwaukee's largest outpatient clinics and had operated Eagle Vision Wilderness program which offered a strict regime of psychotherapy within the wilderness setting. Upon Drew and Steve meeting it was clear that both therapeutic modalities could unite to offer an intensive regime of intervention. This combination meshed the power of experiential therapy with intensive mental health intervention that includes various cutting edge techniques in psychotherapy.

Challenging the Wisconsin Therapy Frontier: Wilderness therapy interventions may be new to the therapeutic community within Wisconsin but have been operating and in existence on both coasts for many years. NVW currently maintains the highest standards for wilderness therapy available in the nation. NVW maintains a regiment of policy, programming and protocols that meet or exceed the State of Utah wilderness program certification standards. In addition, all psychotherapy is offered by Wisconsin certified staff.

Our Philosophy: Emotional Safety and Comfort Zone Expansion: *Emotional Safety.* Nationally there are wilderness programs that have distorted the reputation of wilderness based intervention. NVW does not support a "boot camp" or "break them down" philosophy. NVW holds a strong stance against these types of interventions because they can harm emotional safety. We are a CHOICE based program, where client choice is the dictating factor on the increasing level of challenge. We utilize both adventure therapy and psychotherapy to create the change in participants, and do not solely rely on a physical challenge regime or "in your face" approach as the catalyst for change.

Comfort Zone Expansion. NVW also does not support a "shock" approach for creating change. Participants that are shocked are more difficult to reach in the psychotherapy process due to the rise in defense mechanisms. Therefore we slowly expand upon each client's individual emotional tolerance.

Quality Staff create Quality Interventions: Our Field Staff are all required to possess a related bachelor's degree and extensive experience in working with at-risk youth in an adventure based setting. All field staff are certified in 1st Aid and CPR, additionally we require one Wilderness First Responder and Medication Administration trained staff in the field at all times. Our Field Staff have intensive experience leading expeditions for youth in the wilderness settings. Our therapy staff are all highly experienced with at-risk youth and come Masters degree prepared.

Clinical Intervention: Our programs include Alcohol and Other Drug Abuse Intervention. Emotional Literacy Training. Cognitive Behavioral Intervention. Traumatic Memory Reprocessing. Structural Goal Development. Rites of Passage.

www.NewVisionWilderness.com

PH 414.526.5747

FX 414.744.6288

info@newvisionwilderness.com