

New Vision Wilderness

Therapeutic Outdoor Programs



New Vision Wilderness offers a variety of innovative therapeutic programs. Each course is tailored to meet the specific needs of the individual. The Adolescent Outdoor Program includes 4-Day Interventions, and Extended Expeditions; as well as 1:1 Treks. NVW also offers dynamic Family, School, and Adventure Mentoring programs.

Adolescent Outdoor Programs: Our Adolescent Outdoor Programs are a great opportunity to combine the challenge of our group-oriented outdoor courses with the benefits of group and one-to-one therapy. Goal development and self-awareness are covered in the context of therapy. These programs offer an opportunity for intervention and assessment of struggling teens, as well as a positive opportunity for personal growth. The Adolescent Outdoor Program includes 4 and 21 day courses. 1:1 Treks are available for those seeking a highly individualized personal wilderness experience.

Extended Expeditions: Our extended Wilderness Therapy Expeditions offer students the opportunity to expand their comfort zones while following our specially designed courses. Extended Expeditions run year-round, with increased frequency in programming during the summer. The NVW program model is meant to reinforce the positives of individual success and emphasize group development. The course culminates in an intense self-reflection process known as solo. Solo is an opportunity to revisit all that they have overcome and learned throughout the expedition, as well as construct specific goals for a brighter future. Extended Expeditions includes a rigorous adventure component including *backpacking, canoeing, caving, and solo challenge*. Therapy is provided 4 days out of the week through intensive individual and group sessions with a Masters level therapist. Most expeditions are 21 days in duration, however trip length can vary from 14-30 days. For Extended Expeditions during the school year our staff will coordinate with the students school to provide work while in the field.

Family Programs: New Vision Wilderness believes that it is crucial to involve the entire family in the healing process. Our family programs utilize the outdoors and family sessions to focus on increasing the communication amongst family members, while building strong family ties. Families participate in wilderness programming as well as pre and post trip sessions. Using the wilderness in this process allows the family to work on an even level, while building comfort zones and increasing vulnerability together.

School Programs: NVW works with schools and districts to provide exceptional experiential learning opportunities. Our school program curriculum includes focus on: Leadership Development, Truancy Abatement, Violence Prevention, Suspension/Expulsion Prevention, and Staff Team Building.

Adventure Mentoring: Our 1:1 Mentoring Program is an excellent way for struggling youth to grow. Our professional staff offer an excellent opportunity for teens to discuss life struggles, build healthy relationships, and grow with the guidance of a caring and empathetic adult. Our Mentors facilitate outdoor adventures and community integration, while providing a positive role-model.

Visit our website to learn more about Programs with New Vision Wilderness.

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