



NEW VISION WILDERNESS

T h e r a p e u t i c O u t d o o r P r o g r a m s

NVW offers two dynamic wilderness therapy models:

MILESTONE PROGRAM This contained expedition program offered at regular intervals is structured and designed to be a success-based intervention experience. Our **21-day** model is designed as a “milestone” or step in the greater therapeutic process with a focus on identifying key therapeutic variables. The first Milestone expedition is often used for setting the stage for traditional therapeutic interventions to be effective following the trip through identification. The backpacking/canoeing expedition resets the current crisis process and clears the foundation to build a more thorough intervention based upon an in-depth assessment, potential diagnosis categories, and basic treatment recommendations. The challenging environment of the wilderness allows various aspects of assessment of peer relations, stress modulation, and self efficacy.

Services Included

Masters Prepared Intake Assessment
8-9 Individual Treatment Sessions
Standard Trip Summary with Treatment Recommendations
Family Day
Parent Training Program
Advanced Trip Summary (offered at additional cost)

QUEST PROGRAM Quest is an open enrollment program that allows for intakes of youth needing immediate treatment. Quest is designed to be an intensive and individualized intervention; offering a thorough healing process. An intricate examination and intervention of all identified therapeutic variables is accomplished through an ongoing therapeutic regime spread over **6-8 weeks**. Quest includes intensive assessment plus a carefully planned therapeutic intervention which examines individual variables and family systems.

The Quest journey includes customized wilderness and adventure experiences focused on reaching the core issues and producing healing. Opportunities for outdoor adventures like spelunking (caving), kayaking, rock climbing, and guided fishing trips are included. Quest requires a 30-day minimum stay.

Services Included

Masters Prepared Intake Assessment
3 individual clinical sessions per week minimum for the duration of stay
Access to Consulting Clinical Specialty Staff
Bi-Weekly Family Treatment Sessions
Family and Parent Training Program
Placement Recommendations
Clearly defined and categorized Diagnosis
Psychological Evaluation Available (additional cost)
Advanced Trip Summary (offered at additional cost) **Includes individualized assessment of multiple mental health variables and detailed treatment recommendations, Youth Outcome Questionnaire Assessment Results, HeartMath Pre and Post Test Stress Test Results.*