

OUR APPROACH

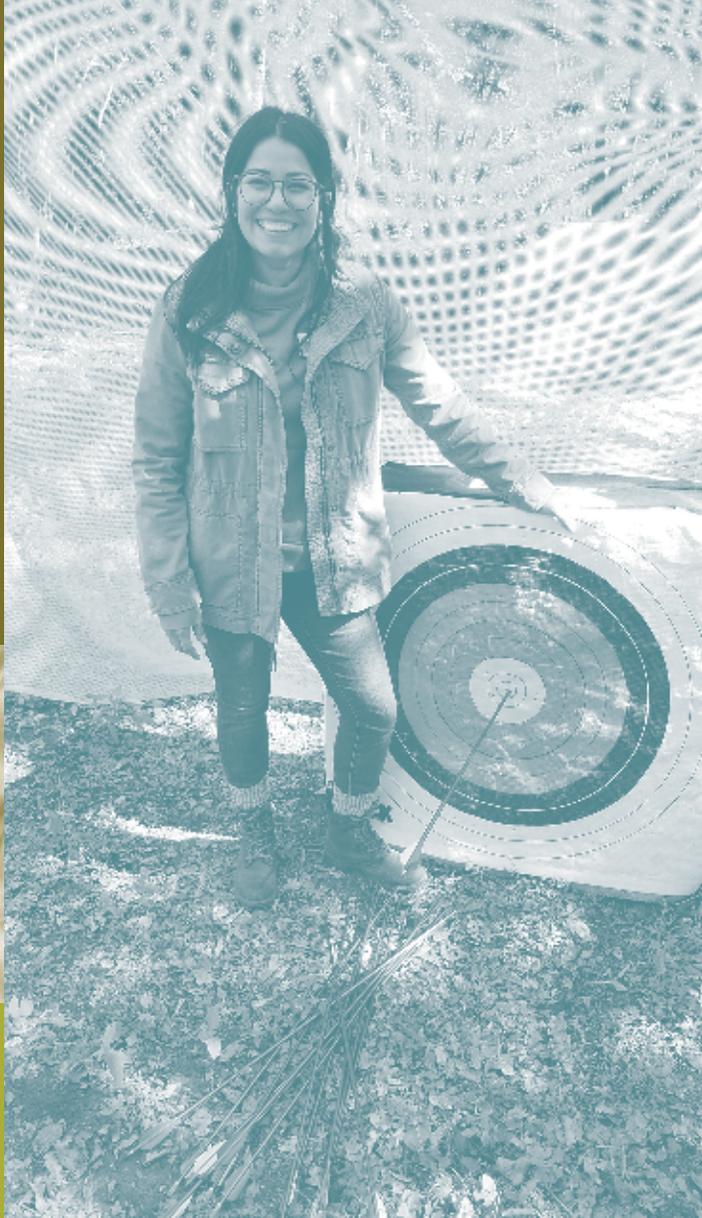
Adventure Therapy uses a four-session model of treatment to strengthen family bonding. As a trauma-informed program, OBH staff members work together with the child survivor and supportive family members to create unique and personal goals for their adventure therapy experience. Together, family members are able to practice skills important in helping to reduce trauma symptoms. These include coping with stress in healthy ways, improving family communication skills, and identifying family strengths and resources.



ELIGIBILITY

The Adventure Therapy program serves families who have experienced abuse or neglect. To safely and effectively benefit from adventure-based activities and related conversations, participants are usually older than seven years of age. Families with younger children may participate in the program after consulting with program staff to find the right activities to meet the needs of the family.

For more information please visit our website or contact your Family Support Specialist.



ChildSafe

3730 IH-10 East, San Antonio, TX 78220

www.ChildSafe-sa.org / 210.675.9000

WELCOME TO ADVENTURE THERAPY



Our mission is to restore dignity, hope, and trust to children traumatized by abuse and neglect.

WHAT IS OUTDOOR BEHAVIORAL HEALTHCARE?

OUTDOOR BEHAVIORAL HEALTHCARE (OBH)

is the intentional use of outdoor adventure experiences by a licensed mental health professional to meet the counseling needs of clients. ChildSafe is the only Children's Advocacy Center in the nation that provides Outdoor Behavioral Healthcare programming with the inclusion of bilingual services.

At ChildSafe, the OBH department offers Adventure Therapy, a progressive counseling service designed to serve families that have experienced trauma. ChildSafe recognizes that trauma affects many people in the child's life and therefore works to promote empowerment, open lines of communication, and build trust in families through adventure-based activities.



THERAPEUTIC ACTIVITIES

OBH activities offer families the opportunity to learn new skills while achieving counseling goals. Activities are facilitated by licensed mental health clinicians that received specialized training to promote the safe use of the activities and minimize the risk for participants. The range of therapeutic activities for the OBH program includes:

- **KAYAKING:** participants paddle rivers of South Texas together learning how to effectively and safely navigate kayaks designed for single or double paddlers.
- **CHALLENGE COURSE:** these activities invite participants to complete both low and high elements like zip lining and rock climbing.
- **ARCHERY:** participants learn how to safely handle and shoot arrows using a compound bow.
- **GEOCACHING:** this activity is commonly described as treasure hunting using global positioning system (GPS) units.
- **PRIMITIVE FIRE BUILDING:** participants learn how to safely start and build a fire using flint and steel striking techniques.

