



ADVENTURE
SPECIALTIES TRUST

EST. 1984

REVIVE

AN **ADVENTURE THERAPY** DAY PROGRAMME
FOR **ACC SENSITIVE CLAIMS** CLIENTS
IN TĀMAKI MAKĀURAU **AUCKLAND**



REVIVE

ADVENTURE THERAPY

***Are you wanting to develop confidence in new places, with new people?
Do you want to rediscover your strengths and reconnect with your body?
Want to laugh, have fun, feel alive?***

Adventure Specialties Trust and CARE Waitākere are offering a Trauma-Responsive Adventure Therapy programme for ACC's Sensitive Claims Service (SCS) clients in Tāmaki Makaurau Auckland.

Basically – it's spending time outside, doing a beginner-friendly outdoor adventure activity (like bush walking, kayaking, biking, rock climbing) with time for group discussions, personal reflection time and a focus on wellbeing. If this sounds good to you, consider joining our Revive programme.

What do our previous participants have to say?

"Amazing - it was incredible. I learned so much about myself. I grew so much. I discovered passions that I didn't know I have."

"Probably the biggest change is that I have this feeling of hope that I didn't have before."

"I really needed this. I guess you could say it's life-changing. It's not new, but it's new. It's confirmation that I'm on the right path."

"It gave me the courage to make changes, in terms of my recovery and what I'm needing."

"It was everything I hoped it would be and more. So perspective-changing."



OUR APPROACH

WHAT DOES THIS LOOK LIKE?

Revive is a group of up to eight participants (of the same gender), meeting together to go on a different gentle outdoor activity, once a week over eight weeks. The activities will be in different locations around Auckland. The activities could include sea kayaking, rock climbing, bush walking, surfing, high ropes, or biking. Each activity is beginner-friendly (please don't worry if you haven't done these activities before!). All specialist equipment and lunch is provided. Transport is optional – grab a ride with us from Care Waitākere in Henderson or meet us there. The facilitators will bring the group together at the start and end of each day. There will be chance to connect with each other and also discuss a thought or theme each day that the facilitators will prepare.

KAUPAPA / PURPOSE

- To support individuals in a journey of restoring wellbeing after trauma,
- To help you feel hopeful and positive about the steps you can take towards living a full life,
- To find ways to reduce the symptoms and challenges that come with PTSD,
- To enjoy being in nature through activities and experiences in Tāmaki Makaurau Auckland, (these will be active and will range in their level of challenge),
- To discuss aspects of life and wellbeing in an open, safe and supportive environment,
- To connect with others in the group.

SOLUTION-FOCUSED FACILITATION

Our conversations and facilitated discussion in this programme are guided by the model of 'Solution-Focused Brief Therapy'. Contrary to what the name suggests this is not about the facilitators offering solutions. It is more about a model of thinking that is more forward-focused. We focus on where you want to go and the skills and strengths you have to get you there. We don't go delving into people's deep personal past or analysing problems. We focus on movement towards your goals, whatever they might be.



GROUP VS INDIVIDUAL SESSIONS

This service is designed as a group programme, however there will also be some individual support. You will meet individually with one of our facilitators prior to starting the programme to get to know each other, we can understand your hopes and goals for the programme, and you can ask any questions you have about the programme. We aim to work collaboratively with your Lead Provider, so that together we can ensure that this programme is helpful for you.

WE EACH KNOW OURSELVES BEST

It is important for us to acknowledge that any person knows themselves, their situations and their challenges the best. We honour that and facilitate conversations rather than telling people what to do. We do not presume to be experts or have the answers to any problems. We are not there to assess, diagnose or prescribe solutions. We are simply here to facilitate an experience where you can connect with nature, connect with yourself and others, reflect on your life and experiences with the goal of moving towards your own goals.

CHALLENGE BY CHOICE

Gentle challenge is definitely a part of our programme, and each activity or environment will challenge everyone in a different way. Our activities are designed to remind you that you have choices, allow you to make a choice that is right for you, tolerate the emotions that come with this, and regain some confidence in your body. For some, this will mean not going very high on a climb, or very far on your bike, and you would rather enjoy the nature. That is okay, and we will make practicable efforts to allow as much choice in this as possible. We always try to make choices available and make it really clear where choices are not practically possible.



A FOCUS ON NATURE CONNECTION

This programme is an opportunity to take more time in the day to connect with nature rather than just move through it. We look for opportunities to experience joy, awe, wonder, and curiosity about our world and our place in it.

On a daily basis we will go to a different environment and do an activity there. We may also do some activities specifically to connect with nature – maybe a mindfulness walk, or doing some art pieces/sculptures with nature, or any other ways of connecting in a relationship with nature.

SAFE AND SUPPORTIVE ENVIRONMENT

First and foremost, it is a priority that that this group is a safe and supportive environment for all people.

Obviously in outdoor activities the physical safety is important! We have qualified instructors and a safety management system that is audited and registered with Worksafe NZ, and we need people to follow our safety rules.

'Safe' also means emotional safety. This means we take time to build a culture where sharing is ok and encouraged by others. Where respect is really important and intentionally built upon on the group. It also means the safety to be yourself no matter which culture, gender, sexuality, profession, age or personality you have.

We put significant time and energy into building a group environment with healthy dynamics and healthy relationships.



DATES AND TIMES

DATES

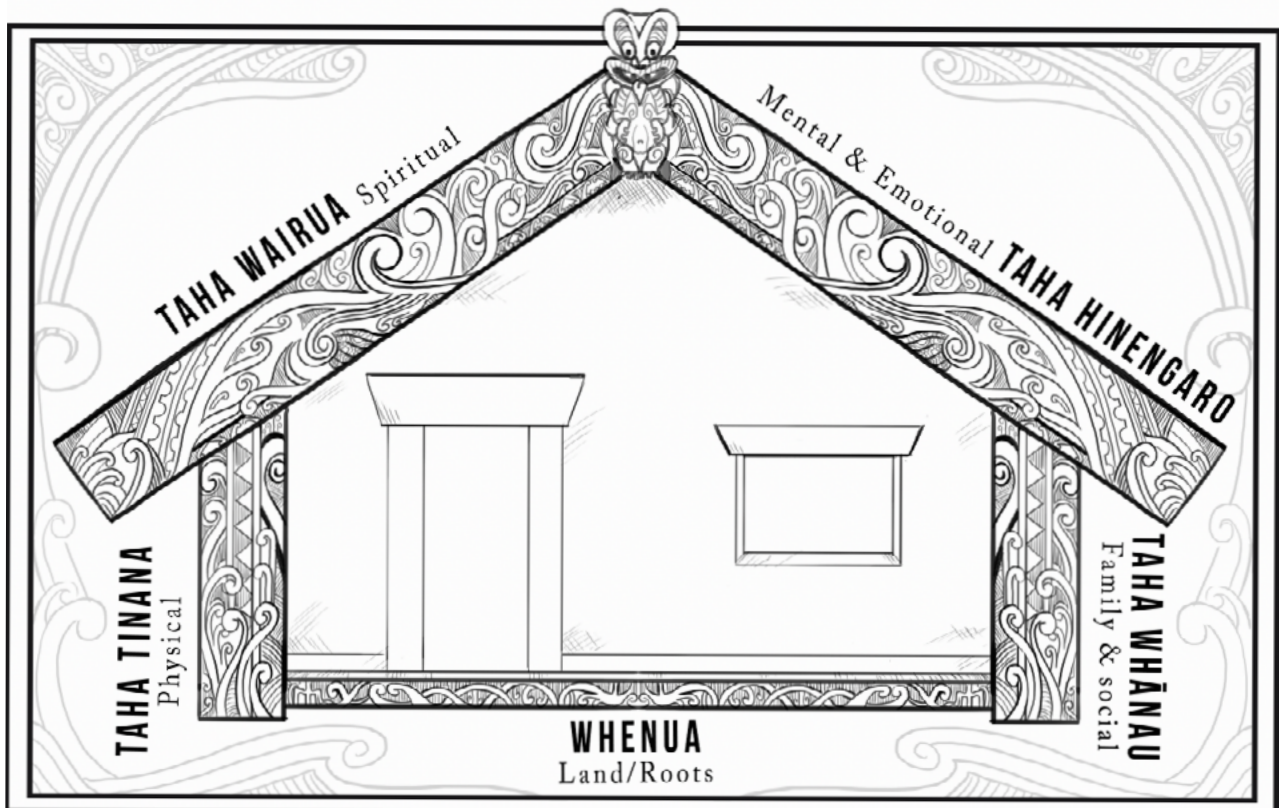
Revive happens once a week over eight weeks during the school term. Please see [the Revive \(Auckland\) webpage](#) for the specific dates for each term.

WHAT TO EXPECT EACH DAY

Please note that this is a rough timetable which may change from programme to programme. Please check our website for the most up-to-date information about meeting times.

- 9:15am ish** Meet the group at a prearranged location (see the website for details). We will travel together to the activity location in an Adventure Specialties Trust van (or you can drive there yourself, if you prefer to take your own vehicle)
- 10am** Meet at activity location.
Group circle up and 'check in'. Discuss and decide the plan for the day together.
Discuss the theme or thought for the day.
Head out on the adventure!
- 12:30** Lunch will be provided.
Some time to relax and reflect in nature.
Re-group, optional sharing time.
Continue on adventure.
- 2pm** Wrap up, touch base about the plan for the next week.
Optional transport back to the meet up location (estimated arrive back time 2:45pm). You will also receive a letter each week via email from the facilitators as a reminder of what we did that day and the conversations that were had.





PROGRAMME OUTCOMES

Our programmes focus on wellbeing and we use the Māori model of holistic health: *Te Whare Tapa Whā*, the house with four walls. Each of the four walls (described below) is an important part of hauora (health and wellbeing). The house is supported by the strong foundation of *Te Whenua*, our connection to the land and the natural environment.

TAHA TINANA / physical wellbeing

Outdoor activities enhance our physical wellbeing, our *Taha Tinana*. It's about being aware of our body and meeting its basic needs. It allows us to feel energetic, motivated, and physically capable of pursuing activities that bring joy, connection, and satisfaction to our days.

TAHA WAIRUA / spiritual wellbeing

Being in nature fosters our awareness and sense of spiritual wellbeing, our *Taha Wairua*. It is about the unseen essence as a person that is connected to our sense of self, identity, and connection to our beliefs, culture, values, and purpose. It provides a foundation of meaning and direction.

TAHA WHĀNAU / family and social wellbeing

Adventure activities build up our social wellbeing, our *Taha Whānau* through fostering a sense of belonging, connection, and confidence in our relationships with others. This includes the link to our ancestors, our ties with the past, present and future. It includes experiencing that people can be kind, trustworthy, and safe, as well as the ability to resolve differences and work collaboratively with others.

TAHA HINENGARO / mental and emotional wellbeing

Being outdoors in nature supports our mental and emotional wellbeing, our *Taha Hinengaro*. It's about our thoughts, feelings and emotions being in balance. This allows us to feel hopeful and positive about the future, with the capacity to navigate life's challenges and emotions. We go through life nurturing a sense of self-compassion, self-care and self-worth.

TE WHENUA / connection to the land and nature

Connection to *Te Whenua*, the land and the natural world, is about feeling deeply connected to nature and drawing on that connection to support our wellbeing. It includes experiencing awe and wonder in *te taiao* (the natural environment) and fostering a sense of responsibility to care for and protect the environment.

WHO IS THIS FOR?

REQUIREMENTS

Revive is open to people who are clients in ACC's Sensitive Claims Service (SCS).

You must be in regular counselling/therapy with an SCS Lead Provider, with a Support to Wellbeing Plan in place. Your Lead Provider will have helped you to establish goals for therapy, and you are looking for a safe supportive environment to practice and develop these skills.

Please note that you must be physically able to walk for twenty minutes at a time, and have enough mobility to climb a ladder. You are willing and able to commit to attend all eight sessions (with exception to illness and exceptional circumstances). Group conversations are an important part of this course, so you need to be willing to contribute to this aspect of the programme.

All participants will need to complete an enrolment form that includes giving medical info and consent. It is important to us that you have a state of physical and mental health that allows for safe participation in this programme. This will allow our facilitators to choose appropriate activities for the group and support individuals accordingly.

RESTRICTIONS

While we are able to accommodate many physical constraints, we are unable to accept participants with severe medical conditions or injuries that pose a risk for engaging in outdoor adventure activities.

Additionally, we cannot accept individuals with a history of perpetrating sexual abuse, those currently experiencing psychosis, or those who are unable to understand and follow basic safety instructions due to intellectual ability or psychological state.

We are also unable to accept individuals who are actively suicidal, experience strong and frequent suicidal ideation, or pose a potential risk to others.



DO YOU THINK REVIVE MIGHT BE A GOOD FIT FOR YOU?

FOR THE ACC SCS CLIENT

If you'd like to know more about the course, you can check out our website:

www.adventurespecialties.co.nz/revive-auckland

Or get in touch with Anneke (our Clinical Lead) on anneke@adventurespecialties.co.nz or [027 397 3057](tel:0273973057).

If you're keen to come on board, your next step is to let your Lead Provider know. They will help you to work out whether this would be a helpful part of your wellbeing plan. If so, they can contact us, then apply to ACC to get approval. Once it's been approved, you and your Lead Provider will fill in our Enrolment/Medical/Consent form together.

Then you'll meet up with our Auckland clinician (see the website for their name and details), either in person or via video call, to talk more about the programme. We can answer any of your questions about the day-to-day logistics of the programme. We can also discuss what you hope to gain from the programme and also ensure that we know how to support you while you are with us. This will include discussing any information provided on the Enrolment/Medical/Consent form.

We look forward to hearing from you!

FOR THE ACC LEAD PROVIDER

Please see the information on the following/attached pages about the process for referring your clients to Revive, including details for applying for a purchase order from ACC and suggestions for writing the application. Please check these details against the info on our website, in case any details have been updated since this brochure was released: [Revive Auckland webpage](#).



OUR FACILITATORS

MENTAL HEALTH PROFESSIONAL

Our Adventure Therapy Clinicians are qualified Mental Health Professionals (either Social Workers, Psychotherapists, or Counsellors) and Registered with ACC to work within the Sensitive Claims Service. They get to know you before your programme, learn what support you might need while you're with us, and look after your mental and emotional wellbeing on programme.

OUTDOOR INSTRUCTOR

We have a team of qualified and highly experienced Outdoor Instructors, one of whom will join you on this Revive programme. While our Mental Health Professional is looking after your mental and emotional wellbeing, our Outdoor Instructor will look after your physical wellbeing and safety. All our instructors are trained and deployed to meet rigorous safety standards, which are externally audited by Adventure Mark and approved by WorkSafe New Zealand.

Check out the [Revive \(Auckland\) webpage](#) for more info about the specific staff who will be facilitating the Revive programme each term.



ABOUT ADVENTURE SPECIALTIES TRUST

Adventure Specialties Trust is at the forefront of developing adventure therapy services in New Zealand. We have been delivering outdoor education for over 40 years, providing a huge range of challenging activities on New Zealand's rocks, rivers, mountains, caves, sea and coast. But our real point of difference is in how we deliver those programmes. We facilitate every experience we offer to maximise the opportunity for every participant to develop holistically.

OUR VISION

Lives Inspired by Adventure!

OUR MISSION

To respond to community needs by providing purposeful adventure, in order to facilitate therapeutic outcomes and positive growth.

OUR VALUES

We are guided by our Christian faith, which places the love of God at the centre of all that we do. This is expressed by the following values:

WE ARE HOPEFUL. Change is possible for everyone. We are optimistic, we are confident and we use a holistic, strengths-based approach which supports hauora, "the winds of wellness."

WE ARE STRONGER TOGETHER. We practice mahi tahi. We encourage each other and our participants. We grow community partnerships and collaborate to achieve shared goals.

WE ARE ADVENTUROUS. Outdoor adventure will transform lives. We use healthy adventure and a connection with te taio, the natural world, to nurture growth and learning.

WE ARE INCLUSIVE. Everyone is welcome. We honour Te Tiriti o Waitangi. We practice equity, respect and manaakitanga.

WE ARE SAFE. We embrace physical, emotional, social and cultural safety. We continually invest in our team and resources to ensure that everything we do is high quality.



PROCESS FOR LEAD PROVIDERS

Are you an ACC SCS Lead Provider wanting to refer your client into a Revive group?
Please follow this process:

1. If you're not sure whether this programme would be suitable for your client, or you want more information about Revive, please contact Anneke, our Clinical Lead, on [027 397 3057](tel:0273973057) or anneke@adventurespecialties.co.nz.)
2. If you feel confident that your client meets eligibility criteria and is committed to participating in the Revive programme, please complete the online enrolment form (alongside your ACC client):
www.adventurespecialties.co.nz/acc-adventure-therapy-programme-enrolment
3. Apply to ACC for approval and get a Purchase Order for your client. Sample letter, goals and rationale for Adventure Therapy are on the following pages. You'll also need the following details:

Clinician:

Please see the [Revive Auckland webpage](#) for our Clinician's name and provider number.

Supplier:

CARE Waitākere Trust (Vendor ID: G06930)

Hours Needed:

SCSGTT x 1 and SCSGT x 32

4. Once we have received both the ACC Purchase Order and the completed enrolment form, we will get in touch to confirm your client's place on the next available Revive programme.
5. The next step is that your client will have a one-on-one meeting with our clinician for Revive Auckland. They will contact your client directly for this. (You, or your client's support person, are welcome to be part of this meeting). We will answer any of your client's questions about the day-to-day logistics of the programme, plus discuss what your client hopes to gain from the programme, and also ensure that we know how to support them while they're with us. This will include discussing the information provided in their enrolment form.

SAMPLE APPLICATION FOR ACC PURCHASE ORDER

I am writing to request approval for (YOUR CLIENT)'s participation in the 'Revive' Trauma-Responsive Adventure Therapy Group Programme, 32 hours, over eight weeks.
[Supplier: CARE Waitākere G06930]

Facilitated by Adventure Specialties Trust, this programme is a therapeutic approach adjunct to the regular counselling that my client has with me as their Lead Provider as part of the support to well-being stage of therapy.

(Client's Name) and I believe that this outdoor based group therapy will provide her/him/them with an opportunity to make progress towards their therapeutic goals. The Adventure Therapy programme will complement our talk therapy by incorporating components from Eco-therapy, Somatic, Movement and Body based therapies. The group setting is particularly useful for participants to learn from each other and hear other perspectives on recovery.

'Revive' will allow them to have positive experiences in order to gain a more positive relationship with their body. To build peer connections in a small group, and experience a sense of belonging and connectedness. To practice using regulating and self-soothing skills in order to reduce intrusive symptoms. To grow their sense of empowerment, self-awareness and self-worth. To build confidence going to new places with new people, and to engage more in their local communities. To engage with the playful and curious side of themselves and feel a greater sense of hope for their future.

This programme will specifically support my client's own goals in the following ways:

THERAPEUTIC GOALS

This programme is designed to support people as they continue with their individual therapy. The group setting is particularly useful for treatment goals that require rehearsal in a social context. It provides a setting where participants can learn from each other and hear other perspectives on recovery. Adventure Therapy can be really helpful for recovering from some of the mental injuries resulting from sexual violence. Below we have identified some of the goals that clients might have:

IMPROVE SOCIAL CONNECTIONS

- Feel less alone and reduce isolation
- Accepting Help and Support from Others
- Learn to trust others. Become more able to get out and about and feel safe around strangers
- Connecting with people with similar experiences and/or interests
- Connect with other Women
- Connect with other Men who have had similar experiences
- Meet new people
- Develop social relationships in a healthy environment (ie not connected to drugs and alcohol)
- Improve social capabilities including conversation
- Broaden tolerance for close proximity to others

RECONNECT TO SELF

- Self-care, Self-compassion, Self-Esteem and Self-Worth
- Not striving for perfection at a cost to my health
- Time for self (away from those who are parents or have jobs where they care for others)
- Re-learn to trust myself
- Remember who I was and How I used to be
- Find myself again
- To like, and even love myself
- Rebuild power after many years of being powerless
- Re-frame self-talk
- Gain a sense of accomplishment
- Challenge myself, and get out of my comfort zone to increase my self esteem
- See myself in a more positive light

IMPROVE PHYSICAL WELLBEING

- To be Healthier
- To feel stronger in myself
- Be active
- Use healthy strategies and habits to stay well
- Finding Balance e.g. not over-sleeping or over-eating.
- Find healthier strategies
- See physical improvement

IMPROVE CONFIDENCE

- Build confidence
- Rebuild confidence and efficacy
- I'm ready for a new challenge

THERAPEUTIC GOALS (cont.)

DESIRE FOR ADVENTUROUS ACTIVITIES

Take part in Mood Improving Activities
Explore and discover things that bring joy
Physical activity for my mental health
Participate in healthy strategies for managing “funk”.
Find energy and motivation
Help keep thoughts of the past at bay
Physical activity to distract from overthinking
Reconnect with activities that I used to love

REDUCING ANXIETY

Leaving the house
Relax a bit more in a group of strangers who don't know my story

OPPORTUNITIES TO PRACTICE STRATEGIES LEARNED IN THERAPY (CONFIDENCE TO RECONNECT WITH COMMUNITY)

Become more aware of Triggers
Practice Reflection
Practice strategies around coping with hypervigilance
Practice setting small goals
Socially practice being my authentic self
Practice verbalising what's happening for me, expressing myself and being honest with the group
Practice assertive communication
I want to experience feeling safe enough to share how I'm feeling
Practice approaching, rather than ignoring my emotions
Learn how to Connect with Nature for calming
Practice being around strangers who might ask me questions
Practice setting boundaries around relationships
Trialling being around people and trusting that they will understand if I'm emotional or low energy
Learn more grounding techniques

FIND A SENSE OF PURPOSE / WHAT I WANT TO DO WITH MY LIFE

Find meaning and purpose
Feel more motivated and alive

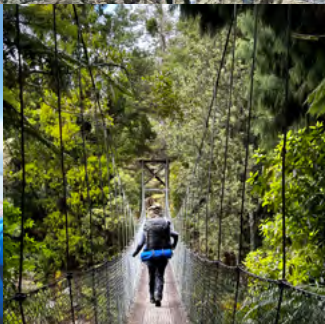
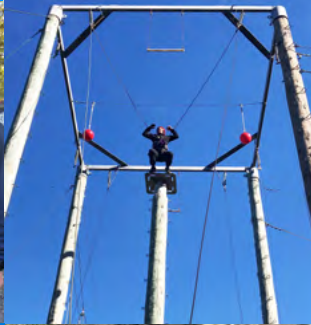
RECONNECT TO THE ENVIRONMENT / THE OUTDOORS / NATURE / SPIRITUALITY

Connect with land and with nature
Be outside
Strengthen my Wairua
Strengthen my Mind, Body and Soul
Re-write some more positive stories about being in the outdoors




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