

ABC Program Goals

Specific program objectives are developed for each group that comes to the course. These objectives are developed to the needs of the initial assessment of each individual group. Providing the foundation for the overall model are the following general goals for our adventure program:

- ◆ Increase the quality of authority and peer interactions
- ◆ Show progress in existing treatment plans
- ◆ Improve ability to deal with stressful and changing environments appropriately
- ◆ Identify positive and negative consequences resulting from actions
- ◆ Develop an increased understanding of trust and integrity as a result of supportive communication and physical reliance from peers



Contact Information:

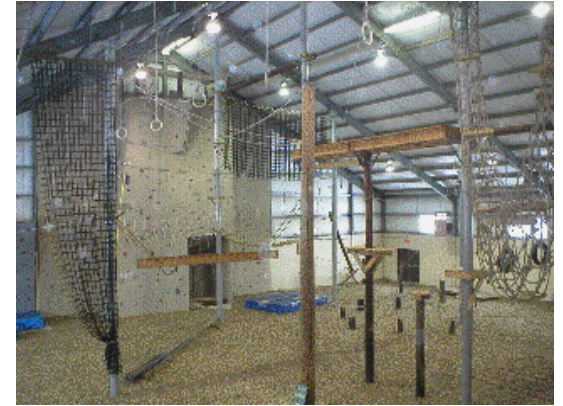
Looking for Interns

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George Junior Republic
ABC Program
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George Junior Republic ABC Program



GJR



Adventure Based Counseling

“We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our touch, or sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”
e.e. cummings

Mission...

We are committed to creating a supportive environment in which the processing of experiential initiatives encourages growth and development. Using directive and non-directive facilitation, we strive to complement existing treatment plans, teach transferable adventure and life skills, and empower individuals to move beyond self-imposed limitations

ABC Concepts...

Our program combines traditional counseling techniques with theoretical and practical adventure counseling techniques. The creative use of these techniques provides a multitude of ways to approach topics allowing for the tailoring of sessions to specific group needs. Some of the basic activities utilized are games, initiatives, trust building activities, and the various levels of the challenge course.

Trust Building Activities provide an opportunity for group members to trust their own physical and emotional safety with others in the group by attempting a graduated series of activities which involve taking physical and emotional risks.

Adventure Games and Low Challenge Course Elements promote group members to communicate effectively, cooperate and compromise with each other through a graduated series of problem solving activities.

High Challenge Course Elements allow for individuals to physically and emotionally challenge themselves on obstacles ranging from twelve to forty feet above the ground. The elements have a high perceived risk, but in reality have very little actual risk.

Often, the most important and beneficial aspect of the program is debriefing the activities. Participants and staff give and receive feedback about behavior and attitudes. In addition, any conflicts that arise during the session are discussed more openly in a group setting.

In light of this, it is highly encouraged that the staff who are working with the youth participate in the program. Participation may include simply giving encouragement or actually becoming a member of the group. This participation reduces barriers that are often found between youth and staff while creating a common ground and building relationships.



ABC Program Staff

ABC Program Director

LeAnn Mitchell has a MA in Counseling from Geneva College and a BA in Psychology from Grove City College. She brings a wealth of experience developed through her positions facilitating at several area ropes courses and additionally has gained experience in both individual and group therapy.

Staff

The ABC Program employs full time and part time facilitators. They are skilled and well trained, possessing a commitment to affecting change in the youth they work with. Practicum and Internships are available.

George Junior Republic's ABC program is a member of the Association of Challenge Course Technologies and our facilitators conduct courses under ACCT guidelines.