



## Out Doors Inc.

*"An alternative approach to recovery:  
Choose your own adventure!"*

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## Why challenge ourselves?

- the environment which in itself can be healing (relaxation, space to prioritise and make decisions)
- new perspective's which can help to change old patterns (reflection)
- vivid, memorable metaphors/encounters/adventure
- varied experiences which integrate mind, emotions and body (eg. excitement, curiosity, physically active)
- opportunities for growth and gain confidence through meeting personal challenges
- experiences which suit different needs, abilities, and interests
- an intimate environment where unnecessary barriers disappear



## About Out Doors...

*Out Doors Inc. was established in 1987 to "provide CHALLENGING approaches to better MENTAL HEALTH by assisting people get OUT THE DOOR of home, or hospital and to participate in the LIFE of their COMMUNITY".*



- People between 16 to 64 years of age, backgrounds, skills, life experiences and interests
- Experience of mental illness
- Ageing carers at risk supporting adult children with dual diagnosis (MI and ID)



## Choosing your adventure

- Participants choose their own activity (limited to 20 programs per year)
- Participants are selected by the team for each activity taking into account their support and needs levels, goals, interest and ability
- Group size – max 9 participants
- All activities are conducted in the out door environment
- Every program is evaluated by participants
- Mentors/Ambassadors attend most overnight programs



Challenging



Experiencing



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How long are the programs?

Day Trips

- New Participant Days
- Day Activities
- Come and Try Days



Agency Programs

- Day and overnight (1, 2, 3 or 4 nights)

Sequential Programs

- Several weeks, mix of day trips and overnight



Holidays & Camps

- Overnight, 2, 3 or 4 nights





## Out Doors' Programs

- **LEISURE:** These relaxing programs provide the opportunity to partake in out door activities and enjoy nature at own pace, eg. holidays to the country, the beach, fishing holiday or a day at a nature sanctuary.
- **RECREATION:** Learning new skills or simply enjoy each others company whilst participating in physical activities in an outdoor environment. A range of outdoor activities such as rafting, rock climbing, bushwalking, high ropes, canoeing, orienteering, and caving.
- **SEQUENTIAL:** Learning and developing skills such as social interaction, planning and organisational skills, time management and effective teamwork. Participants report increased well-being and confidence.
- **AGENCY PROGRAMS:** Plan and develop programs that meet the needs of their consumers. The complexity and length of the program depends on the ability of the group and individual goals.



## How active are the programs?

**E = Easy**

**M = Moderate**

**C = Challenge**

"Challenge by Choice" at your own pace





## Bushwalking/Snow Adventure



## Holidays





## Canoeing/Rafting/Kayaking



## Mountain/Rock Climbing





## Cycling/ Mountain Biking/Caving



## Beach/Surfing/Snorkeling





## So... what do our participants think?

412 responses over 64 programs conducted from October 2009 to August 2010.

### What did you think of the program/activity?

- Good to connect with nature. Good to have fun with other participants.
- Great locations. Rainforest was peaceful & enlightening.
- Loved it. Great time. Good company. Most enjoyable.
- Good for mental health.
- This was a good, sound teaching on balance & footing for daily life skills.
- They are very supportive - provided light in some very dark times.
- Unreal opportunities to improve oneself through all activities.
- Out Doors provides positive experiences & I learn skills & confidence for activities - now I go camping myself & rock climbing with friends.
- Invigorated, feel fitter, healthier & more positive mentally. THANKS for making it possible.
- This program came at a good time, having activities 2 times a week kept me in social contact during the week & I kept well.
- Wanted to work on my personal management. I feel much happier in myself now.
- I love this. It really makes a difference to my mental health.

### This program can be improved

- My only criticism is that the holiday wasn't long enough.
- Instead of 4 days make it a month.



“I hear and I forget, I see and I remember, I do and I understand”  
Confucius

Thank you!

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