

Rites of Passage NW
142 E. Strong Rd
Shelton WA, 98584
(360) 426-3560 (Office)
(360) 296-3040 (Field)
(650) 456-3040 Fax
Email: ritesofpassage4nw@gmail.com
www.ritesofpassagewildernesstherapy.com



PROGRAM DESCRIPTION AND LIMITATIONS

1) *Rites of Passage* Treks Program is a wilderness therapy program that utilizes the outdoor environment and expeditionary learning to teach and counsel male and female adolescents and young adults. Additionally we run a comprehensive holistic nutritional program. *Rites of Passage Treks* is not a licensed inpatient residential treatment center or hospital or a lock-down style program. If a student chooses to run away, such student will likely find the opportunity to do so. We will make every reasonable effort to return them to the course area. We utilize non-punitive measures to make the program appeal to the kids and young adults who participate.

2) *Rites of Passage* is a structured educational and therapeutic program for teenagers and young adults who are struggling with emotional, chemical and/or behavioral problems. Typical ROP students are male and female, ages 12 -17 and young adults from 18-30. Their struggles may include: conflict with parents, depression, anxiety, anger, trouble in school, low self-esteem, drug/alcohol experimentation/abuse, ADD/ADHD, lack of motivation/direction, oppositional or behavior problems.

3) *Rites of Passage* is not a boot camp and program staff do not use aggressive, authoritarian techniques when working with students and families. Also, ROP staff will not restrain or in any way physically control a student. *Rites of Passage* will not force a student to participate in the activities of the program.

4) *Rites of Passage* grants educational credit to students and works with their schools to meet academic criteria for students who complete the *Rites of Passage* curriculum and/or an individual academic track. Rites of Passage has successfully worked independently with high schools in getting them PE and English credit historically.

5) *Rites of Passage* is not a boarding school, or a day high school.

6) *Rites of Passage* is an expeditionary program where groups move forward together in a mountain/rainforest/coastal hiking environment. There is a sea-kayaking portion to the program also. *Rites of Passage* groups are managed by Field Instructors at all times. Field Instructors sleep at night. The Assistant Instructor will stay up to provide group management at least 1 hour after every student is in their personal tent at night. The Head Instructor will get up and provide

group management at least 1 hour before the group is required to wake up in the morning.

Rites of Passage does not supervise students 24-hours per day. Instructors are required to get at least 8 hours of sleep per night and work a maximum of 16 hours per day. All reasonable efforts will be made to manage groups at night, although the possibility exists that students may find opportunities for unsupervised time at night when Instructors are sleeping and at other times. Students may engage in inappropriate, risky or dangerous activities at such times. Rites of Passage has a full risk management criteria and protocol for any and all likelihoods.

7) *Rites of Passage* is a program that involves hiking, camping, kayaking and other outdoor activities. These activities entail known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to participants, to property, or to third parties. **The risks include, among other things:** slipping and falling; falling objects, snow, rocks, and/or ice; water hazards; accidental drowning; exhaustion; extreme temperature exposure which could lead to hypothermia, sunstroke, sunburn, and heat exhaustion; dehydration; possible encounters with wild animals, insects, and hazardous plants.

8) *Rites of Passage* is not a classroom oriented program. Participants will confront physical challenges and perhaps dangerous conditions in the program. Such experiences will be used as therapeutic learning opportunities.

9) *Rites of Passage* is a therapeutic program that utilizes Bachelor's level instructors who have a specialty and interest in wilderness therapy.

10) *Rites of Passage* does require all therapists to be Licensed Mental Health Counselors, licensed in the state of Washington.

11) *Rites of Passage* is a program where male and female students are included in each group and interact throughout the program. *Rites of Passage* does separate the camps each night into male and female sections, but otherwise does not separate students on the basis of gender. Students may find opportunities to engage in sexual activity away from the supervision of *Rites of Passage* instructors.

12) *Rites of Passage* is not a single gender program and does not create single gender groups within its program.