

COUNSELLING · ADVENTURE THERAPY · MENTORING

GOTYA

GIPPSLAND OUTDOOR THERAPY & YOUTH ADVENTURES

# ADVENTURE MENTORING PROGRAM



*A community-based social engagement program*

[GOTYA.COM.AU/AMP](http://GOTYA.COM.AU/AMP) | [PROGRAMS@GOTYA.COM.AU](mailto:PROGRAMS@GOTYA.COM.AU)

## General Information

### Who

The Adventure Mentoring Program (AMP) is designed to support young people, aged 6—18:

- Disengaged or at-risk of disengaging from school
- Diagnosed *or* undiagnosed mental health issues
  - Low self-esteem, poor self-image
  - Anxiety disorders
  - Depressive disorders
  - Suicide ideation
  - Self-harming behaviours
  - ODD, ADHD, ADD, CD
- Poor social and/or emotional skills
- Trauma backgrounds
- Aggressive behaviour/s
- Substance and polysubstance use
- High risk behaviour/s
- Chronic illness

### How

Youth Mentors utilise a combination of *recreational activities, mentoring and psychoeducation* to support young people to build capacity. Research shows that that this approach is effective in helping young people feel more engaged, reduces stigma, improves self-image, and increases their sense of wellbeing.

### Staff Qualifications

Staff are TAFE and/or University qualified in mental and allied health.

Staff have completed Youth Mental Health First Aide, Suicide Awareness Training (ASIST) & attend Clinical Supervision.





## Adventure Mentoring Program | AMP

### Program Aims

Through engaging in peer-based community, social and recreational activities, Adventure Mentoring Program (AMP) supports young people to:

- Meaningfully engage in the their community
- Develop appropriate life skills
- Promote independence

### Benefits

Regular engagement in the AMP has shown young people to:

- Develop stronger, more effective social skills
- Better manage emotions
- Lessen aggressive behaviours
- Feel more contained & safe
- Stronger engagement in the community
- Increase school attendance

### Impact & Structure

The AMP delivers *rapid* and *effective* support for young people. The program structure is deliberate—over each term program, the group keeps the:

- Same young people
- Same Youth Mentor

### Activities

GOTYA customise the program based on the needs and interests of the young person. Examples of current and past mentoring activities:

- GOTYA Centre—table tennis, pool, air hockey, gaming PCs, PS4/XBOX
- Skateboarding, scooter riding at local skateparks
- Swimming at local pools
- Informal sport: soccer, football, basketball, tennis
- Mountain biking/scooters/skating
- Fishing
- Canoeing/kayaking/tyre tubing
- Ten Pin Bowling
- Mini Golf



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## Adventure Mentoring Program | AMP

### Half Day Program

Frequency	Weekly
Time	12:00—3:00pm
Fee Guide	\$240/session
Inclusions	Activities, equipment
Transport	Central meeting location
Uniform Included	GOTYA shirt

### Full Day Program

Frequency	Weekly
Time	10:00am—3:00pm
Fee Guide	\$500/session
Inclusions	Activities, catering, equipment
Transport	Flexible
Uniform Included	GOTYA shirt

### Locations

The AMP is run in the following areas, *generally*:

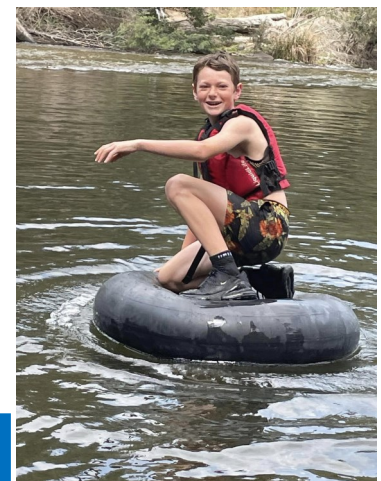
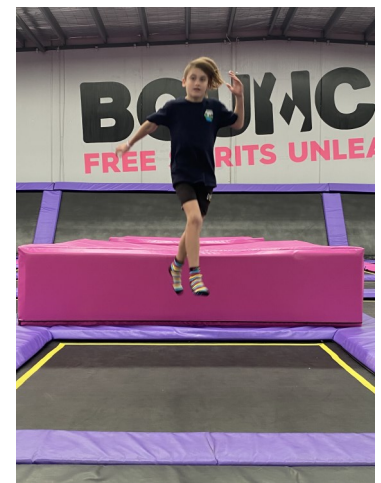
Garfield/Bunyip	Moe/Morwell
Drouin/Warragul	Nar Nar Goon
Gembrook	Trafalgar/Yarragon

### Age Groups

The AMP caters for young people aged 6—18.  
Young people are grouped based on age, needs and location.

### Booking

Email us at [admin@gotya.com.au](mailto:admin@gotya.com.au)



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