

GOTYA

CHILD & YOUTH SERVICES

Trailblazer Adventure Camps

What is it all about?

Trailblazer Adventure Respite provides goal-driven, therapeutic respite experiences for children and young people in Out of Home Care. Each camp is designed to develop independence, build social capacity, and support emotional wellbeing through structured adventure-based activities.

Whether kayaking or chatting around a campfire with mates, participants are supported to thrive—not just building memories, but meaningful progress toward their individual goals.

Delivered by qualified staff, the program fosters growth across key domains including social interaction, emotional regulation, functional independence, community participation & behaviour support strategies.

Participant Outcomes

Camp activities are tailored to support individual goals, including:

- *Developing interpersonal and communication skills* through supported peer interaction, group tasks, and social routines
- *Building resilience and emotional regulation strategies* via structured activities that promote self-awareness, coping tools, and positive behaviour support
- *Increasing confidence* in group settings by fostering participation, leadership opportunities, and safe social exploration
- *Enhancing independence* in daily routines and decision-making, including personal care, meal preparation, and navigating new environments

Program Caters for Young People

- In Out of Home Care
- In Foster Care
- In Residential Care
- ASD (Level 1—3), ADHD, ODD, CD, PDA, SPD
- MDD & GAD
- Suicidal Ideation, Self-Harming Behaviours
- Intellectual Disability
- Trauma backgrounds
- High-risk behaviours
- Low social confidence or emotional regulation challenges



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GOTYA Camps are fee inclusive—no hidden or extra costs, ever.

Equipment

All specialised equipment is supplied for our adventure activities. GOTYA maintain industry-standard fleets of mountain bikes, kayaks, fishing rods/tackle, PFDs, helmets and sandboards.

Protective Gear

In the event of inclement weather, young people are issued GOTYA-branded Gore-Tex Jackets and Polar Fleece pullovers for use on program.

Camping Gear

GOTYA maintains a modern fleet of suitable tents, swags, shelters, bivvies, sleeping bags, gas cookers, Trangias, camp chairs, and sleeping mats for use on respite programs.

Catering

All programs are fully catered from the moment a young person is in our care. Meals are prepared fresh daily. Staff can cater for most dietary requirements and allergies.

Travel & Transport

GOTYA runs a fleet of 4WD vehicles and trailers. These are equipped with safety equipment, upgraded with suitable modifications to allow us to access remote areas safely.

Camp Information Pack

GOTYA send families, carers and/or Agencies an Information Pack two weeks prior to the program. This contains all the relevant information, including:

- Packing Check List
- Program overview
- Staff contact details
- Risk management & emergency response
- Camp itinerary
- Planned menu
- Pick-up and drop-off times and locations

Further Information

Please contact the Operations Director | rhys@gotya.com.au



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Respite FAQs

What is the purpose of the Respite Camps, and how does it support individual goals?

GOTYA's respite programs provide structured, goal-oriented respite experiences for young people. Each program is designed to support goals related to:

- Skill development (e.g. emotional regulation, anxiety management)
- Social engagement
- Building independence and resilience
- Improved relationships and interpersonal skills

Programs are trauma-informed and delivered by qualified staff, ensuring a safe, supportive environment tailored to individual needs.

Is 1:1 support needed?

GOTYA programs operate with appropriate participant-to-staff ratios to ensure:

- Individualised support within a group setting
- Opportunities for peer interaction and social learning
- No requirement for external workers during the program

Staff are trained in trauma-informed care and youth engagement.

Why are no support or additional workers required?

The Program is led by experienced and qualified staff, so YP are adequately supported. The structured environment provides a balance of supervision and independence.

Does the program represent value for money?

GOTYA programs represents value for money by:

- Delivering structured capacity-building respite
- Supporting measurable outcomes in social participation, emotional wellbeing, and life skills
- Providing all-inclusive pricing with no hidden costs

Are there any informal supports, such as family or friends permitted to attend?

To maintain compliance, informal supports (e.g. family or friends) are not included in program delivery. All programs are facilitated by professional staff to ensure consistency, safety, and goal alignment.



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Multidisciplinary Support

Staff collaborate to implement goals, Behaviour Support Plans and Care Plans. All programs are formally Case Noted to track progress and provide accurate feedback to carers, DFFH Case Workers, OOHC Managers and other professionals.

Child Safety

GOTYA has zero tolerance for any form of violence, abuse, neglect, exploitation or discrimination. We recognise that people with a disability, children and young people are at higher risk than others in the community.

All staff are committed to maintaining processes to:

- Prevent and protect against instances of violence, abuse, neglect, exploitation and discrimination;
- Foster a 'safety culture' that supports individuals to be aware and report any actual or suspected risks of harm;
- Provide environments which help young people to feel safe and supported; and
- Encourage and support clients with choice, control, self-determination and capacity-building, where possible.

Child Safeguarding Policy | <https://www.gotya.com.au/childsafety>

DFFH/OOHC Intake

Same or next day Placements may be available

Duty Officer (5pm–12am): 0475 358 892

Operations Director (9am–5pm): 0456 901 972 Email: rhys@gotya.com.au

Website | <http://www.gotya.com.au/respitops>



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Residential Respite—Various Locations

Accom	House-based
Locations	Bass Coast, Cardina, Latrobe and Casey
Style	Structured activities, indoor & outdoor activities
Suits	Participants requiring a more structured program
Departs From	Drouin, Pakenham, Cranbourne
Duration	2 – 4 days

Camp Overview

This program is ideal for young people who benefit from a structured, routine-based environment with clearly planned activities and consistent support. It is particularly well suited to participants requiring high levels of supervision and assistance while still enjoying a fun, camp-style experience.

This residential respite program provides young people with a safe, supportive, and engaging short-term stay in well-equipped properties across Inverloch, Cowes, and Pakenham. Each participant enjoys the privacy of their own bedroom, while two experienced staff members stay onsite in separate rooms to provide overnight supervision and support.

All properties are designed to encourage comfort, engagement, and social connection, featuring:

- Games room
- In-ground swimming pool
- Large communal living spaces
- Private bathrooms



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GOTYA Centre, Moe

Accom	Residential
Style	Structured activities, indoor & outdoor activities
Suits	Participants requiring a more structured program
Departs From	Drouin & Moe
Duration	2 – 3 days

Camp Overview

This program is ideal for young people who require a structured, predictable environment with clear expectations and supported engagement. It is particularly well suited to participants needing high levels of supervision and assistance, while still offering opportunities for fun, skill development, and social connection.

This residential respite program is delivered from the GOTYA Centre in Moe, a purpose-built, fully equipped facility designed to support young people who benefit from routine, structure, and consistent supervision.

Participants are accommodated in client bedrooms, with two experienced staff members staying in an adjacent, separate room to provide supported overnight supervision. The center is fully heated and cooled, ensuring comfort year-round.

The GOTYA Centre offers a rich range of onsite amenities, including:

- PlayStation 5 and gaming PCs
- Lego and creative resources
- Large-screen TV and movie area
- Table tennis, air hockey, and pool table
- Laundry, bathroom, and catering facilities

Activities are based from the GOTYA Centre and tailored to participant interests, support needs, and conditions on the day. Options may include:

- 4WD experiences
- Snow days (seasonal)
- Indoor swimming pool visits

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Gilwell Adventure Centre, Gembrook

Accom	Bunkhouse
Style	Structured activities, hardtop camp
Suits	Participants requiring a more structured program
Activities	Low & high ropes course, bouldering park, MTB, commando course, zip line, hut building, fishing, campcraft, trampolines, swimming
Departs From	Drouin, Pakenham and Gembrook
Duration	2-3 days

Camp Overview

Young people are accommodated in a bunkhouse, sharing a room and ensuite with 2 peers. Staff reside in an adjacent, separate room to facilitate supported overnight supervision.

This program is an ideal option for a young person requiring a more structured, activity-based program. This camp caters well to first-time, anxious campers.

A campfire each night provides young people with a 'camp-style' experience. Activities include commando course, low ropes, sports, zip line, bouldering park and fishing.



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Caringal Adventure Camp, Tyers Junction

Accom	Bunkhouse and/or swags & tents
Style	Base camp
Suits	Clients wanting a semi-remote experience
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, snow play
Departs From	Drouin & Moe
Duration	3-4 days

Camp Overview

Young people have option of swags, tents or bunkhouse, depending on the weather.

Grassy, flat campground right alongside the Tyers River, making the fishing and freshwater craying easy! With day trips close-by such as, Coopers Creek, Walhalla, Mt St Gwinear, Baw Baw NP and many others, this is an ideal location for many adventures.

Suits a young person wanting adventure, but not in a remote, forested location. Caringal is set on 100 private acres, so there is still a 'feeling' of being in the bush!



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GOTYA High Country Camp, Aberfeldy

Accom	Bunkhouse and/or swags/tents
Style	Private bush camp
Suits	Clients wanting a remote camp experience, with some comforts (hot showers/toilets)
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, snow play
Departs From	Drouin & Moe
Duration	4 to 5 days

Camp Overview

This program is based at our remote Base in Aberfeldy, which is 30km north of the Thomson Dam. The camp is fenced, secure and offers a terrific base from which to run our multi-day programs.

Young people have the option of sleeping outside in a swag or tent on the flat, grassy campsites or in the woodfire heated bunkhouse.

This is a great option for a young person's initial experience in a remote area.



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High Country 4WD Tour, Licola

Accom	Swags & tents
Style	Bush camp
Suits	Clients wanting a <i>remote</i> camp experience
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, gold panning
Departs From	Drouin, Moe & Traralgon
Duration	5 days

Camp Overview

The group will tour around the High Plains in the GOTYA 4WDs above Licola traversing along tracks, crossing rivers, battling mud to reach the next camp. The terrain is steep & rough. The group will explore Cattleman's Huts, hidden waterfalls, remote swimming holes, old mines and abandoned towns.

Each camp will have a drop toilet, no showers. All camp sites will be beside a river. Sleeping in swags or tents. Cooking on the campfire. Young people learn resilience and teamwork are the key!



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Dargo 4WD Tour, East Gippsland

Accom	Swags & tents
Style	Bush camp
Suits	Clients wanting a <i>remote</i> camp experience
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, gold panning
Departs From	Drouin, Moe, Traralgon & Lindenow (<i>Sale by arrangement</i>)
Duration	5 days

Camp Overview

The group will take on the Crooked River Track in the GOTYA 4WDs. The terrain is steep & rough, and included 24 river crossings!

Each camp will have a drop toilet, no showers. All camp sites will be beside a river. Sleeping in swags or tents. Cooking on the campfire.

The exact route changes each camp as conditions dictate—for example river heights, track conditions/closures, weather and ParksVic/DEECA approvals.



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