

COUNSELLING · ADVENTURE THERAPY · MENTORING

GOTYA

GIPPSLAND OUTDOOR THERAPY & YOUTH ADVENTURES

ADVENTURE MENTORING PROGRAM



An outdoor-based social engagement program

[GOTYA.COM.AU/AMP](https://gotya.com.au/amp) | ADMIN@GOTYA.COM.AU

General Information

Our Clients

The Adventure Mentoring Program (AMP) is designed to support young people, aged 7—17:

- In Out of Home Care
- Engaged with Youth Justice
- Disengaged or at-risk of disengaging from school
- Diagnosed or undiagnosed mental health issues
 - Anxiety disorders
 - Depressive disorders
 - Suicide ideation
 - Self-harming behaviours
 - ODD, ADHD, ADD, CD
 - ASD (Level 1 & 2)
- Poor social and/or emotional skills
- Trauma backgrounds
- Aggressive behaviour/s
- Substance and polysubstance use
- High risk behaviour/s

Program Overview

Staff utilise a combination of *adventure 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.

Our Staff

Staff are TAFE and/or University qualified in youth mental 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 retains the:

- Same young people
- Same Youth Mentor /Leader

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, cooking
- Skateboarding, scooter riding at local skateparks
- Swimming at local pools
- Informal sport: soccer, football, basketball, tennis
- The Famous GOTYA Mud Hill Climb!
- Fishing
- Canoeing/kayaking/tyre tubing



Adventure Mentoring Program | AMP

Program Details

Day	Monday to Thursday
Time	9:00am—2:00pm
Fee Guide	\$60-75/hour \$350-400 session
Inclusions	Activities, catering, equipment
Transport	Central meeting location

Locations

The AMP is run as follows:

Day	Age Range	Location
Monday's	7—10	Drouin
Tuesday's	15—17 12—14	Drouin Warragul
Wednesday's	7—10 11—14 15—17	Moe Moe Moe
Thursday's	10—12	Moe

Different Location?

Contact us to discuss running a program in your location.

Age Groups

Young people are grouped based on age, needs and location. Groups sizes range between 3 to 6 young people.

Enquiries & Bookings

All enquiries & bookings | admin@gotya.com.au

