

COUNSELLING · ADVENTURE THERAPY · MENTORING

GOTYA

GIPPSLAND OUTDOOR THERAPY & YOUTH ADVENTURES

COMMUNITY ACCESS PROGRAM



GOTYA.COM.AU/CAP | PROGRAMS@GOTYA.COM.AU

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Community Adventure Program | CAP

Our Vision

GOTYA strive to create a safe, trauma-informed, person-centred approach to all programs.

Program Mission

Through engaging in peer-based community, social and recreational activities, the Community Access Program (CAP) supports young people to:

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

Benefits

Regular engagement in the CAP 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

Young people we work with

Programs are designed to support young people aged 8—17:

- 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
- Young people engaged in criminal activity or offending
- Young people in Foster Care or OOHC



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General Information

Structure

Activities are run on selected Saturday's during the school term. The program is led by suitably qualified staff, experienced in working with young people in the field.

Agencies

We work extensively with:

- NDIS Participants (*Self & Plan Manged*)
- DFFH/Child Protection
- Children in Out-of-Home-Care
- Family Service Agencies
- Schools

Activities

Young people engage in a variety of activities in the CAP:

- Fishing
- GOTYA Commando Course
- Canoeing/Kayaking
- River tyre tubing
- Ten Pin Bowling
- Mini Golf
- 4WDing
- Campfire Cooking
- Rockpool Swimming/Exploration
- Snorkelling
- Snow (*seasonal*)
- Raft Building
- Creative Arts—drawing, sculpting, painting
- Swimming
- Mud Crabbing (mangroves)
- Mountain bike riding

Professional Fees

\$240-350/day

NDIS-friendly



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