



ADVENTURE DEVELOPMENT LTD

Adventure Development Ltd (ADL) is a not for profit organisation that aims to help young people & whanau who are dealing with alcohol & drug issues and/or mental health difficulties.

Our Aim:

To provide high quality services to assist young people and their families to live healthy valued lives.



History

- * ADL's origin dates back to the late 1980's when it's founder Colin Goldthorpe, a then secondary school teacher, became frustrated at seeing kids fall through the gaps and decided to retrain as a Psychologist and do something to make a difference. Colin merged strength based therapies, ecological models and the therapeutic use of the outdoors to create a pilot that has led to a 20+ year history of successfully assisting thousands of young people and whanau to overcome obstacles and move forward into more happy and fulfilling lives. Nowadays the outdoors is a component of some but not all of our work. Colin is now retired but a team of nearly 30 staff continue this work under the ADL banner.



Locations...



Locations

ADL has offices in Dunedin, Timaru and Invercargill but also covers rural areas via mobile staff. We can see you at school, in the community or at home.

Funding

- *Our services are funded by the Southern District Health Board, South Canterbury DHB, and by the Ministry of Social Development and are free to clients and their families.

Our Kaupapa:

- * Each person is valuable and has the right to make decisions about their life.
- * We also believe that people must learn to accept responsibility for their decisions and that this is often key in learning good decision making in the future.
- * Adventure Development maintains a harm reduction focus meaning that the aim of intervention is to lessen substance related harm to themselves and to others.
- * All our young people possess strengths and resources which can help them solve problems and move forward in life.

Staffing

- * ADL is an eclectic mix of Occupational Therapists, Case Support Workers, Social Workers, Counsellors, Drug and Alcohol Practitioners and Psychologists supported by a talented bunch of Admin and IT folk.
- * All staff are registered professionals and most have Post Graduate degrees

Research and Evaluation:

- * Adventure Development Limited has always had a strong commitment to evidence based interventions.
- * Each programme is independently evaluated. Both statistical and qualitative data is collected and analysed by an independent researcher and fed back into the organisation.

Main Therapeutic Approaches

- * Motivational Interviewing
- * Narrative
- * Solution Focussed
- * Acceptance and Commitment Therapy
- * Cognitive Behavioural Therapy
- * Experiential learning / Eco-psychology
- * Multisystemic Therapy
- * Just Therapy

Systems type approach

- * Work is carried out in the environments that the problems are occurring and solutions exist.
- * The approach works to enhance or develop the strengths of the systems around the young person. As a result of this staff work closely with whanau, schools, other agencies and community groups.

Youth Brief Intervention Service

- *Youth Brief Intervention Service (YBIS) Mental Health
- *Supports clients aged 12-19 and experiencing any low mood, anxiety, stress, or difficulties at school, work, or home.
- *This is a mild to moderate service which means that we tend to see young people whose mood or worry is starting to have an impact on their day to day life and functioning. If we aren't quite the right fit we'll help support them into a more appropriate service.

Youth Alcohol and Drug Service

- * The Youth Alcohol and Drug Service (YADS) Brief Intervention offers support to young people and whanau who are effected by Alcohol and other Drug use. It is harm reduction based and can involve psychoeducation, therapy and referral on to residential and day programmes.
- * 1 - 12 sessions in a 12 month period for 12-20 year olds
- * family inclusive practice or therapy
- * referrals can come from anywhere for this service (self, family, friends, schools, GPs, etc.)
- * Exploring the changes young people might like to make to their alcohol and other drug use.
- * Liaison and/or referrals to other services.
- * Advice and support to others who are working with young people and/or their families/whanau

Lake Manapouri

Adventure Development Counselling

Adventure Development Counselling

- * ADC is a longer term program that offers support to young people aged 13-24 wanting more intensive support with Co-existing Problems, moderate to severe mental health issues or alcohol or drug concerns.
- * It utilizes education, activity and outdoor experiences to help develop new skills to better manage difficult times. Young people on ADC will attend counselling sessions, day activities and may be offered a 3-9 day journey.
- * The goal of the programme is to assist young people to take more control and responsibility in their lives.



Activity Days

- * To build on the Therapeutic Relationship
- * Offers new ways to gain a buzz without drugs or activity for those who have been less active
- * Offers skill building / self esteem building opportunities
- * Used to assess the social skills of the young person, a chance to practice new ways of participating and assess journey readiness
- * Offers new opportunity to experience success and overcome anxiety
- * Local, affordable opportunities
- * Take many forms i.e. Art, Music, Mountain biking, Rock climbing, Kayaking, Surfing...



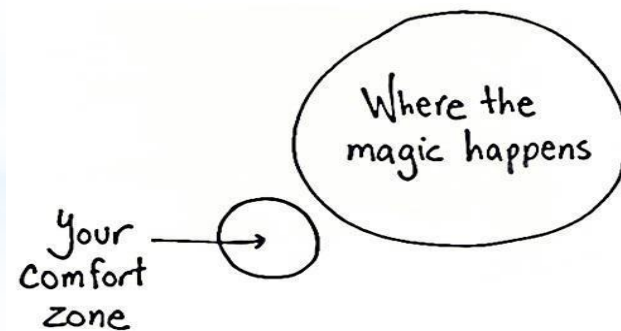
The Journey

- * A three to nine day drug free intervention where a young person has the opportunity to get away from their day to day lives and be in a positive safe environment. To experience new places, people, ways of interacting, test new found skills, learn from others, while Sea Kayaking, Mountain Biking, Tramping etc.
- * Life on the journey includes daily goal setting (sharing and feedback), issues and appreciations, physical and emotional challenges in the here and now, IDT, relaxation exercises and reflection time, an emphasis on good diet and sleep, as well as chores.

The Journey also offers

- * A chance to observe and support young people as part of a group that becomes family like. This provides a chance for feedback and testing new ways of behaving that can change their interactions with family and others at home, school, course, work etc.
- * Preparation with client and whanau prior to journey and follow up post journey are significant to successful outcomes.
- * Metaphors are used during journey to link back to home environment to facilitate resilience and further develop alternatives to manage challenges.
- * Thorough risk and progress analysis with whanau input carried out prior to involvement in the journey.

- * Achievements on the journey are followed up in the individual and family work post
- * Successes, photos and stories are also shared with significant others to build positive alternate stories









“cos you’ve got you’re one hour counselling.. And then you just go back into that environment again and you just start it all up again, unless you’ve got major will-power, but then with the Journey you’re there for the whole week and then by the end of that, by the end of those nine days you’ve adjusted to it like, you go home and you’re still the same, that’s why it’s better.”

Client in Elaine Mossman’s 2005 Ph.D. on ADC

*Te Ara hou

or “a new path”

An intensive MSD funded therapeutic service aimed at offenders and offers a supportive path to making more positive decisions.



Community Support Work

- * A service for young people in South Canterbury who have or had significant MH or Youth Offending issues
- * Engage youth in positive and meaningful activity
- * Build community support networks
- * Support in furthering education, training and employment
- * Support families in building strong relationships with their young person
- * Improve life skills

Youth Justice Programmes

- * Transition youth back into the community through post placement support
- * Reduce re-offending, accept responsibility and accountability
- * Offers an alternative to custodial sentence or remand
- * Our programmes are developed alongside the young person and have a large component of **outdoor recreation**, such as mountain biking, kayaking and rock climbing. We believe the outdoor environment is a stimulating place for young people to learn new skills, develop their strengths and give them experiences that create opportunities for learning.
- * The programmes provide children and young people with individualised and intensive support, positive guidance, encouragement, opportunity and challenge, which assist children and young people to achieve their goals and aspirations.
- * Referrals can only be made through Child, Adolescent Mental Health Service or Adventure Development

Other business

- * ADL has diversified over the years and now also provides training, supervision and education.

Collaboration

- * ADL collaborates with many other agencies, services, and individuals in our work, these include;
- * -MSD, CYF, Min. of Ed., Min. of Health, The Werry Centre, Odyssey House, Mirror Services, Otago Youth Wellness, Youth Services, WINZ, DHB Provider Arm services, Otago Polytechnic, The University of Otago, The NZ Police, Probation, local Lawyers, GP's, Paediatrician's, Psychiatrist's, Secondary Schools, Alternate Education Providers, Youth Training Providers, Careers NZ, Youth Workers, ...