



## **Red Top Meadows Therapeutic Wilderness Program for Boys**

**Location:** Several mountain ranges surrounding **Jackson Hole, Wyoming**

**Expedition Date:** June 20 – July 10, 2009 **Cost:** \$4000 (cost includes equipment, food and expedition clothing. All participants must have current health insurance or be covered by Medicaid.)

**Information and Applications:** Contact Bruce Burkland or Mark Ames at 307-733-9098

Red Top Meadows is accepting referrals for a twenty-one day, therapeutic wilderness expedition for the summer of 2009. The expedition is for boys ages 13 –16. Red Top Meadows has provided therapeutic wilderness programs for adolescent boys since 1981. In Red Top's twenty plus years of experience we have developed an expertise in working with boys who exhibit one or more of the following symptoms or behaviors.

- Lack of motivation
- Poor peer relationships
- Shy, awkward and/or lonely
- Age inappropriate behavior
- Depression
- Lack of healthy attachments
- Poor social skills
- Poor self-esteem

The overall **goals** for the expedition are to help participants:

1. Realize they can do more physically and emotionally than they previously believed.
2. Believe it is possible for them to make meaningful connections with people.
3. Feel safer in relation to other people and the world.
4. Realize they are connected to things greater than themselves, e.g. they are part of the world.
5. Return home with new skills that will help them continue to be involved with people.
6. Improve self-esteem by caring for themselves and others.
7. Have a safe and fun expedition.

The expedition will help each participant reach these goals by providing individual and group challenges and by encouraging cooperation, forethought, and responsibility. Participants will benefit from individual and group therapy, reading, story telling, journaling, and other activities that will focus on their specific issues.

Three Red Top Meadows wilderness field staff will lead each group of seven boys. Red Top staff are trained and experienced at managing risk and providing a therapeutic and educational experience in a wilderness setting. A certified therapist from the Red Top team will supervise the expedition and meet with staff and students weekly in the field.

Parents will be asked to meet with their son and the Red Top staff at the beginning of the expedition to meet the staff and set goals. We will meet again at the end of the trip to review progress towards those goals and create a plan for continued growth and success in the student's home community.



Accredited by the Association for Experiential Education