

Inspired

Summer Camp



Wilderness Adventure Therapy



Pioneering the Field of Wilderness Adventure Therapy for Intellectually Disabled

Our program is uniquely based on a 3-pillar system of wilderness, adventure, and therapy aimed at young adolescents and adults with mild to moderate intellectual disabilities. We envisage that through the provision of sequenced adventure activities, our campers will invest quickly in the therapeutic process. Hence, we provide the opportunity to allow them to experience diverse environments, grow as individuals, develop an interest in a desired work environment and create life-long changes. Our aim is to integrate people with intellectual disabilities into the community both recreationally and socially, whether through adventure sports, basic life skills, compatible employment, or community engagement.

The Inspired Wilderness Adventure Therapy (IWAT) Summer Camp reflects the “Inspired” philosophy of person-centred care and planning, while assisting campers to pioneer a path towards self – advocacy. We have developed a customised program that will cater to individualised desires, skills, talents and ability.

IWAT is a recreational summer camp, delivering meaningful and beneficial therapeutic, clinical and educational components. It is designed to, build confidence and develop competence through challenge, accomplishment and expression. The program is intended to foster and develop friendship and social skills through encouragement and practice of effective communication, listening skills, group play, problem solving, and other life skills. Campers feel they have been attending camp to have fun, but their exciting daily activities are preparing them for greater future success in their life and within the community.



What is Wilderness Adventure Therapy?

Wilderness

Campers enrolled at Inspired Wilderness Adventure Therapy (**IWAT**) spend their time in the incredible environments that Kerry has to offer. Our campers see some of the most beautiful and unique landscapes. Our base camp is configured in a true camp style setting allowing maximum exposure to a primitive lifestyle to encourage skills development. It is important to note that while the setting is primitive, we have been careful to choose a venue that is suitable and safe for all our campers. We are lucky to have such a venue on our doorstep here in Kerry.

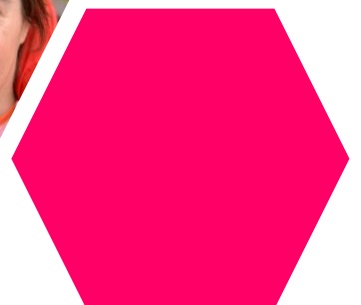
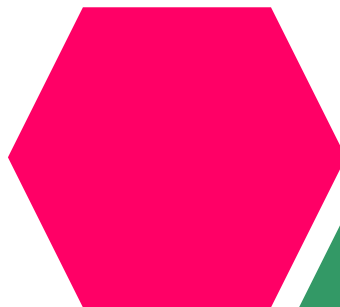
The Tralee Bay Wetlands have kindly agreed to collaborate with Inspired and we are truly thankful for their support and engagement on the project.

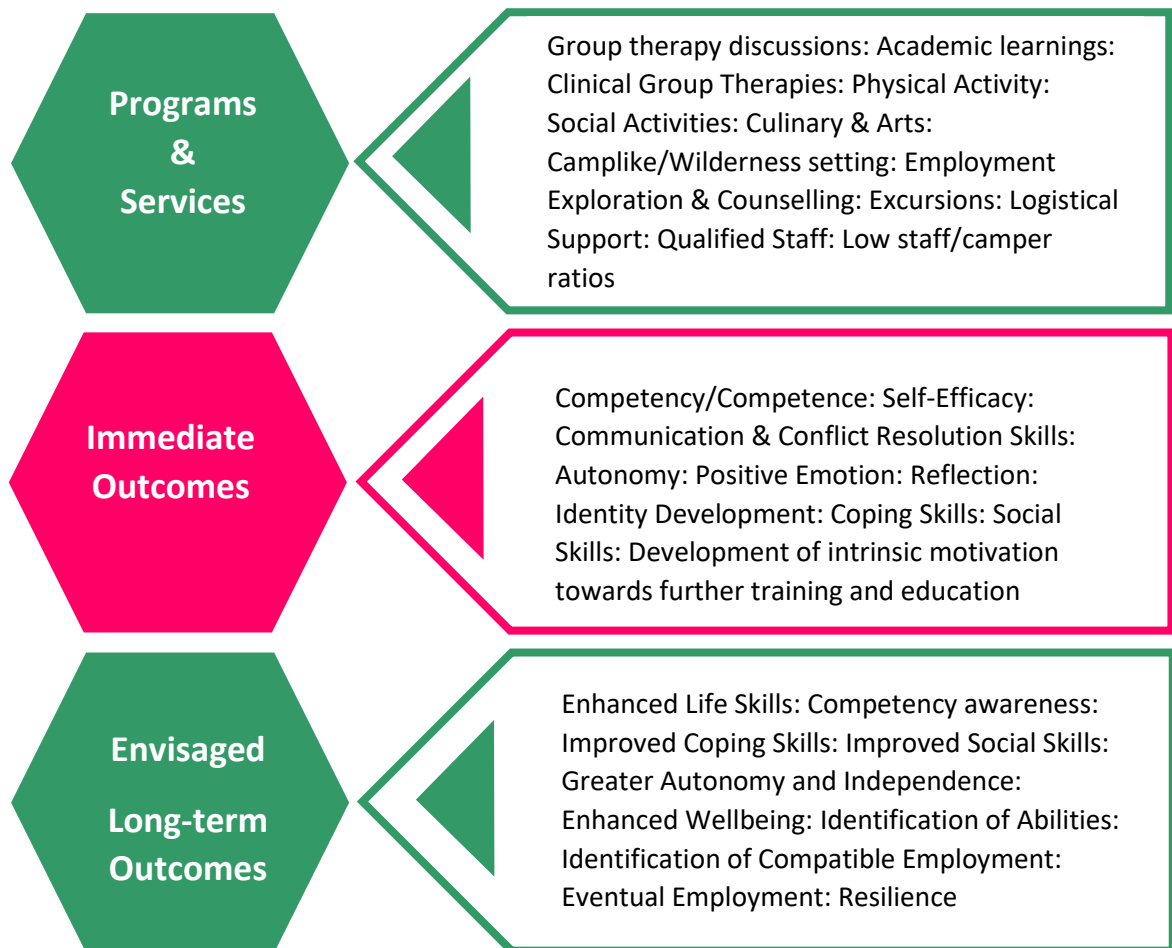
Adventure

We chose adventure because it is effective. Adventure therapy is a revolutionary and dynamic way to break through boundaries, build awareness, challenge negative beliefs and become confident and empowered. The adventure examines human emotion and behaviour, environmental awareness, mindfulness and self-exploration.

Therapy

Campers at IWAT receive personalised care and support guided by our program's philosophy. Our therapeutic professionals are passionate about improving the lives of their campers, building transferable skills, and creating small steps towards change. Our goal is for our campers to leave with an understanding of themselves and the role they play in social situations. Therapies are held in group discussions.





Camping & Wilderness Skills

Camp counsellors help campers to develop their wilderness skill abilities, and then plan their various activities. They learn to read maps, estimate appropriate distances, calculate how much food to pack or cook, and make a list of equipment needed.



Creating the Camp Base inc: Pitching Tents, Camp layout & Design

Build the Camp Fire inc: -Camp Fire Cookout & Culinary Skills, Campfire Games & Sing Song Sessions

Planning: Leader Selection, Group Naming Ceremony, Reading & Following Instructions, Excursion Planning, harness Primitive Living Skills



The IWAT model offers more opportunity for assessment, skill building and knowledge acquisition. The increased opportunities to learn transferable skills, combined with experiencing success, are necessary steps for healthy identity development, improved self-confidence, and enduring change. Campers look forward to new experiences each week and have the opportunity to challenge themselves as the multiple itineraries offer something different. At IWAT, each of these adventure components occur within a context of supportive relationships with field staff, peers, senior and junior camp counsellors and tutors.

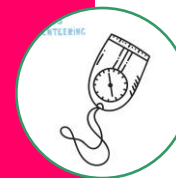
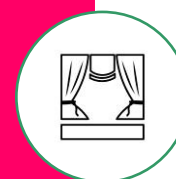
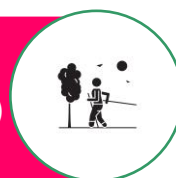


IWAT is the adventure model and self-efficacy theory in action. Self-efficacy is the extent of someone's belief in their ability to complete tasks and achieve milestones. Each individual is encouraged to engage in small challenges that will place them outside their normal comfort zones. It is important because it changes the way they view challenge, and how they let success and failure influence their actions and the actions of their team. More importantly, it has wide-reaching implication in mental health, academic performance, and social interaction.

Camping & Wilderness Activities



Clinical & Therapeutic Group Therapies
Self Assessment & Self Development
Wilderness Relaxation (Yoga & Mindfulness)
Leadership Skills & Team Planning
Academic
Photography & IT Skills
Environmental & Community Awareness
Culinary Arts
Eco Friendly Arts & Crafts
Drama & Music
Games & Role Play
Physical Fitness
Geological Walks & Nature Discovery
Dance & Physical Health
Employment
Employment Exploration
Career Guidance Counselling



- **Competence** – The IWAT model is uniquely suited to supporting campers experience competency.
- **Autonomy** – IWAT operates on a "challenge by choice" philosophy. No camper is forced into taking on a challenge. This results in our campers feeling ownership of their successes.
- **Relatedness** – IWAT finds and emphasises strengths in each individual camper and establishes a positive peer culture in each group.

Clinical Support

Through individual and group therapy sessions, (Speech & Language, Occupational Therapist and Psychologist) campers can learn new coping strategies, work through prior issues, and learn how to better regulate their behaviour and emotions. During group therapy sessions, participants learn to verbalise and discuss their own struggles. Group therapy also allows for these individuals to connect and empathise with others. Additionally, the clinical support provides teaching on coping strategies and goals.

Team Challenges

New Experiences – For many, IWAT may be the first venture into the wilderness. We are so lucky to operate in Kerry, where there is an incredible variety of environmental landscapes offers our campers an astonishing diversity of exploration and discovery.



Supportive relationships – Our campers are encouraged to form healthy, supportive relationships with their peers, field staff and tutors. IWAT operates on the belief that relationship and trust are the strongest agents of change.



Orienteering
Archery
Tug of War
TAG
Flag Capture
Scavendure Hunt
Splatball
Frog & Bird Spotting
Insect Detection



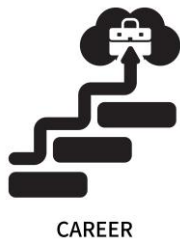
Increased self-confidence – When faced with success in their abilities, campers begin to believe in themselves again. This is not simply improved self-esteem, but rather the result of practical hard work and overcoming challenges.



Fun – Whether it is giggling about having to eat beans, rice or smores, or high-fiving after an epic hike, campers at IWAT have countless opportunities for peak experiences. Though it is hard work, it is undeniably fun. Our campers will make memories that last a lifetime

Employment Explorers

People's interests are strongly influenced by what they have experienced in life. The reality for many people with disabilities is that their life experiences have been very limited. As a result, a good planning process will need to include real opportunities for the individual to explore the world of work and develop preferences and interests. Good career exploration gathers information not only on specific interests and skills, but also on the personal characteristics and other attributes that the job seeker has to offer, and the work environments and culture that will be the best and most supportive fit.



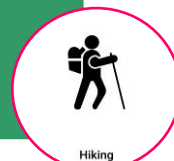
Farming
Bee Keeping
Equine
Technology
Horticulture
Health & Leisure
Tourism



Adventure Trekkers



Fishing
Nature & Eco
Beach & Surfing
Boat trek
Cultural & Historical Trek
Beach Yoga



The benefits of physical activity paired with exposure to new experiences facilitates a dynamic way for young adults to overcome their fears, discover self-confidence, and find internal motivation. These challenging and strategic activities requires focus and awareness. Throughout, campers face fears and difficult situations, ultimately overcoming them and gaining a new perspective on what they are capable of.

IWAT Team

Campers are paired with camper volunteers, known as Junior Counsellors, who are in direct care of their assigned camper(s). Adult volunteers and employed SNA's, & Carers, known as Senior Staff, supervise the Junior Counsellors and provide leadership for the various activities. The Junior Counsellors participate with their camper(s) in recreation, crafts, treks, activities and entertainment revolving around the daily theme. Counsellors ensure that every camper experiences success in each activity. This enables us to improve the self-esteem of the camper and enhances their individual abilities.

IWAT Programme

The summer camp program consistently delivers a dynamic and fun-filled experience, as well as offering a place where the boundaries of judgment, the fear of exclusion and the stress of fitting into some pre-designed mould are gone. Campers participate in fun and dynamic games, activities, teamwork challenges, art projects, conversations, discussions and improvisational acting. Groups are fun, engaging, and exciting so that campers are connecting with each other and enjoying themselves.



EUROPEAN UNION
Investing in your future
European Social Fund



An Roinn Gnóthaí Fostaíochta
agus Coimirce Sóisialaí
Department of Employment Affairs
and Social Protection



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