



SCOTTSMOOR FINS PROGRAM DESCRIPTION

THE POPULATION

Our students are troubled adolescents, 12-17 years old, who are typically referred by youth-serving agencies, parents or schools. These youths usually have low self-esteem, are unmotivated, and are experiencing more than the usual adolescent problems, such as low motivation, poor decision making skills, susceptibility to peer pressure, repeated failures, impulsive behavior, refusal to take responsibility for their actions, etc.

THE PROGRAM

The program includes two distinct phases:

- Wilderness Expedition
- Follow Up

THE WILDERNESS EXPEDITION

The wilderness expedition phase is a highly structured 20-day canoeing course conducted on the rivers of central Florida. Along with their instructors, students paddle 2-20 miles each day before establishing camp at remote riverside sites. They cook their own meals, set up camp, and as a group deal with interpersonal issues when they occur. During this time, as per our contract with the Brevard County Board of Education, students receive instruction in Life Management Skills. Each student will earn a letter grade that will appear on his/her permanent academic transcript. **High school students will earn a .5 credit for this class.** The components of Life Management Skills include anger management, communication, decision making, goal setting, and conflict resolution skills.

FOLLOW UP PHASE

The Follow Up phase begins when students return from the Wilderness Expedition phase. The Follow Up phase lasts 20 days, and up to 34 days for those students who need more support. Students and family members must complete a transition plan and participate in four home visits and one school visit conducted by the Outward Bound Instructional Staff. The goal of follow-up is to assist students in applying skills learned from the Wilderness Expedition and finding the appropriate community resources for the entire family to be more successful at home and school.

FINDING PERSONAL LIMITS

The NCOBS program exposes adolescents to new and demanding situations while enhancing their abilities to meet demands and to act positively beyond their perceived personal limits. From the beginning, students are challenged mentally and physically to do things they never thought possible.

Confidence and self-esteem develop as students learn the skills of wilderness living, such as canoeing, camp craft, and navigation. Students learn that, in order for the expedition to proceed, cooperation among participants is needed; group decision-making and problem-solving skills are learned and responsible behaviors are fostered.

PARENTAL INVOLVEMENT

Parents are integral to our program. Parental support and interaction have a direct connection to the success of the student. Through parent education meetings, the parent work book, family behavioral contracts, and home visits, both parents and students develop more effective communication skills.

Parents are required to:

- Provide transportation to and from the program site in Scottsmeer for the interview, course start and course end as well as to Final Gathering during the initial 9 days of follow up.
- Attend two parent education meetings scheduled at the beginning (course start) and end (course end) of the 20-day Wilderness Expedition.
- Write at least 3 letters to their son/daughter while on course.
- Participate in goal setting on the first and last day of the Wilderness Expedition.
- Participate in all home visits during the follow-up phase.
- Be flexible and willing to take on this major time commitment.

ACCEPTANCE CRITERIA

Acceptance to our school is dependent upon the following:

- Family willingness and commitment to make changes in their lives.
- A completed application, medical history and physical examination.
- A family interview conducted at our office in Scottsmeer.
- Clearance by a physician or therapist, if requested by us.

STAFF

Staff at Outward Bound are highly skilled at safely leading groups of adolescents on wilderness expeditions. Instructors provide expertise in creating opportunities for students to develop problem solving skills to overcome challenges in order to foster feelings of personal success.

For Further Information Contact:

Outward Bound

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