

The 5th Canadian Adventure Therapy Symposium (C.A.T.S.5)

Exploring Adventure Therapy in the Home, Hospital, and Hills



Symposium Report Brigadoon Village, Nova Scotia October 17-19, 2014

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Executive Summary

The 5th Canadian Adventure Therapy Symposium (CATS) was hosted in Nova Scotia and was the 5th of 7 regions of Canada slated to host the gathering. Established in 2009, the aim of CATS is to offer a Canadian based conference to create a network of professionals and increase the potential for collaboration, sharing and best practices on a national scale. The 2014 symposium saw the highest registration to date with over 90 delegates, and many first-time delegates from the local region. The theme of *Adventure Therapy in the Hospital, Home and Hills* brought practitioners from diverse fields of Adventure Therapy together to learn from each other.

Based on the success of a residential conference in Alberta, the Brigadoon Village site was chosen for its capacity to accommodate 150 people and have meals and evening programs all in one place. Delegates valued being able to spend time between and after sessions forming stronger relationships with others they may not have known previously, as well as connect with colleagues whom they only get to catch up once a year (or so). The financing of this conference was helped substantially by a grant from the Nova Scotia Department of Health and Wellness.

Key Outcomes:

Networking across a diverse landscape of practitioners engaged with working with people in the outdoors.

Assisted with the unification of regions and practitioners in Atlantic Canada in the establishment of professional common ground.

The only gathering of its kind in Atlantic Canada as well as on a National scale.

Supported the development of an outdoor professional network in Atlantic Canada.



Acknowledgements

Host Organizations:

Nova Scotia Sea School



The Nova Scotia Sea School provides transformational learning opportunities guided by the spirit of the sea and adventure that ensures access for everyone to discover the values of leadership, courage, generosity, resiliency, environmental stewardship, humor and community.

Brigadoon Village



Brigadoon Village is committed to bettering the lives of children, youth and families living with a chronic illness, chronic condition or special need in Atlantic Canada.

Planning Committee:

Heather Kelday – Executive Director – Nova Scotia Sea School (Committee Chair)

Rebecca Mason – CATS5 Conference Coordinator

Adam Ross – Enviros (Proposal Review and Past Conference Support)

Anjeanette LeMay- Crowtz – Outdoor Council of Canada & Outward Bound Instructor (Volunteer Coordinator)

Jen Kelday – Program Director – Brigadoon Village (Logistics and Site Coordinator)

Lindsay Cornell – Outward Bound (Recruitment)

Michael Crowtz – Recreation Therapy and Past Outward Bound Staff (Recruitment)

Pat Maher – Professor – Cape Breton University (Proposal Review and Post-secondary Recruitment)

Emily Root – Past Outward Bound Staff (Proposal Review and Recruitment)

Michelle Reid – Outward Bound Instructor (Travel logistics and Recruitment)

Katy Kemp – Recreation Therapist – IWK Mental Health Unit (Sponsorship development and Recruitment)

Volunteers:

Hanna Webber, Karen Berezowski, Kizi Spielman Rose, Cameron Ure, Michelle Reid, Phoebe Mannell, Suzanne Fish, Ian Smith, Kyle Horvath, Jennifer Organ



With support from the C.A.T.S. Advisory Committee:

Tony Cox – Executive Director, Leaders of the Day

Dr. Nevin Harper- Chair and Professor at Camosun College, Adjunct Professor at University of Victoria; Research Coordinator for Outward Bound Canada

Dr. Mario Bilodeau- Retired Professor UQAC, Co-founder- Tip of the Toes Foundation

Dr. Stephen Ritchie- Assistant Professor, Laurentian University

Stephen Glass-Executive Director- Wendigo Lake Expeditions &Project Dare

Dr. Bob Henderson- Adjunct professor-Brock University, Board-Outdoor Council of Canada

Adam Ross - Manager of Specialized Services, Enviros Wilderness Association

Sponsor:

Nova Scotia Department of Health and Wellness



An Overview of CATS 5

Audience:

Being the 5th edition of this conference, we expected a broad national audience to attend. Alumni were kept informed through the use of digital newsletters, social media and promotions at provincial gatherings in the outdoor community. CATS5 focused recruitment efforts in Atlantic Canada and eastern provinces and attracted practitioners from the following disciplines:

1. Field Practitioners
2. Teachers and Educators
2. Organizational leaders and Administrators
3. Students
4. Academics and Researchers
5. Mental Health Professionals
6. Professional Adventurers
7. Professionals from other peripheral disciplines

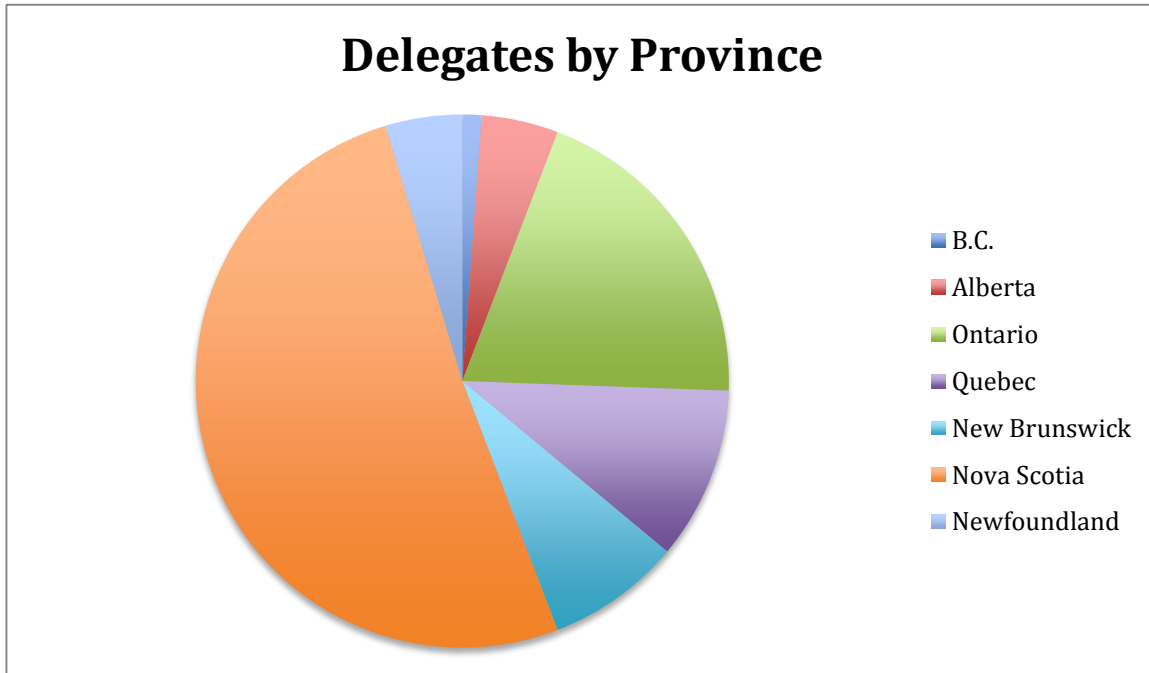


Registration Process:

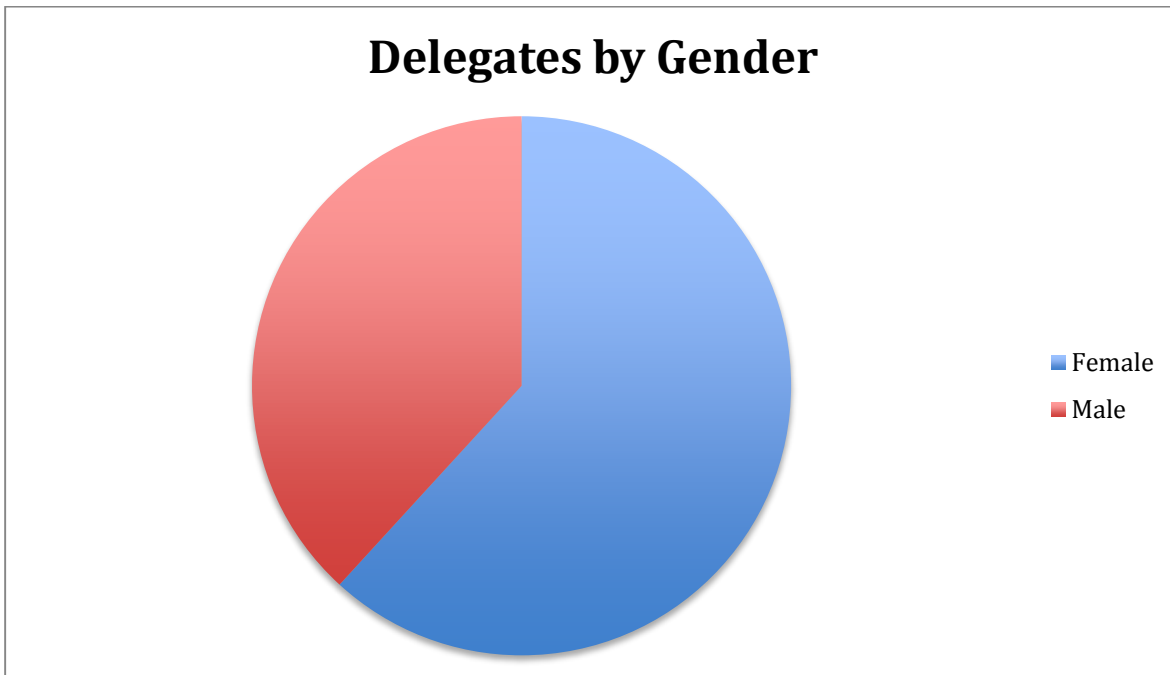
CATS5 continued to offer a highly accessible program for our audience by keeping registration costs low, offering a variety of program packages and offering discount incentives and travel bursaries for volunteers, presenters and students. The on-site accommodations at Brigadoon Village included dorm-style and semi-private rooms and all food and extra-curricular activities such as yoga, canoeing, music and film screenings were included in the price.

Online registration was set up through the CATS website (www.canadianadventuretherapysymposium.ca) using Paypal and Google forms; cash and cheque payments were accepted at the conference.

Demographics:



Based on attendance of 92 delegates



Based on attendance of 92 delegates

Symposium Length:

The main symposium began with supper Friday evening, and ran through to lunch on Sunday. Some delegates arrived earlier to partake in pre-symposium workshops on Thursday and Friday.

Pre-symposium Workshops:

An Outdoor Council of Canada (OCC) Leadership Level 1 (now Hike Field Leader) certification course ran Thursday-Friday, with delegates from Labrador particularly happy to access the course through the symposium.

On Friday, 35 delegates registered for the day workshop Adventure Based Counseling: A First Nations Perspective, ran by Ken Paul and Ian Smith of Kingsclear First Nation and Parks NB respectively.



Schedule:

The conference utilized a collaborative approach to sharing information where presenters were invited to submit a workshop proposal. Proposals were decided on through a committee based on needs / outcomes of the conference and fell under the categories of hands-on learning, research, current trends, soft skill and hard skill development. There were also opportunities for recreation, networking and fun! (see appendix B for full conference schedule and page 13-18 for workshop descriptions)

Reflections

Keynote:

Dr. T.A. Loeffler gave Friday evening's keynote address "Because It's There: Metaphoric Musings for Adventure Therapy and Beyond". T.A. is an educator, adventurer, nature advocate, author, and professional keynote speaker from St. John's, Newfoundland and Labrador. After climbing Mount McKinley, she set a goal of climbing Mount Everest and the rest of the "Seven Summits," the highest peaks on each of the seven continents. TA recently completed her Great Big Walk across 700 km of the High Himalaya of Nepal during the spring of 2014.



Her multimedia presentation centered on the idea that nurturing big dreams and climbing big mountains requires leaps of faith, heaps of humor, discipline, luck, support, teamwork, and the ability to ride large waves of emotion. TA explored the idea that while each person has a different 'Everest', those individual personal goals and dreams can be met with the same formula. Accepting the invitation to dream is the first step, followed by intensive planning, training, outreach, and fundraising. It was a personal, humorous, and inspiring presentation which connected the young and not-so-young in the crowd to everyday people aiming for great goals.

Plenary Sessions:

Plenary 1: Adventure Therapy in Canada- Research, Education and the Future?

Saturday morning's plenary was moderated by Dr. Stephen Ritchie. The plenary involved a presentation followed by thoughts and perspectives from an expert panel. The initial didactic presentation focused on: (1) An examination of the types of delegates and organizations involved in the previous four CATS; (2) A summary of adventure therapy programs and courses offered at post-secondary institutions across Canada; and (3) A review of the academic literature related to adventure therapy in Canada.



Several co-authors helped prepare the research that was presented: Dr. Nevin Harper, Ms. Krysten Patrick, Mr. Marcus Corbould, and Dr. Bruce Oddson. The six panel presenters were selected based on their involvement convening or hosting the previous four CATS gatherings reflections on their experience



coordinating and hosting the previous CATS gatherings, summarized current developments in the regions or provinces where those CATS were hosted, and offered their thoughts and opinions about the future of AT in Canada.

Dr. Nevin Harper convened the first CATS gathering at Royal Roads University and Metchosin Wilderness Camp in March 2009. There were 80 delegates, and 78% were from the host province, British Columbia. Dr. Mario Bilodeau was the convener of CATS 2 hosted by the Université du Québec at Chicoutimi (UQAC) in October 2010. There were 62 delegates attending, 65% were from the host province of Quebec, and the symposium theme was: *Exploring Diversity in Adventure Therapy*. Ms. Virginie Gargano, current doctoral student and professor, shared the exciting news of plans to develop a graduate program in adventure therapy at UQAC. Mr. Tony Cox was the convener of CATS 3 with support from Mr. Stephen Glass and Wendigo Lake Expeditions. There were 60 delegates attending, 67% were from the host province of Ontario, and the symposium theme was: *Exploring our Common Ground*. Mr. Adam Ross convened CATS 4, sponsored by Enviros Wilderness School and hosted by Camp Horizon, in May 2013. There were 76 delegates, 58% were from the host province of Alberta, and the symposium theme was: *Nothing (ad)Ventured Nothing Gained*. Four of the panel presentations were made in-person, one was a taped video (Bilodeau), and one was presented by Dr. Ritchie (Harper).

There were a total of 239 delegates from various organizations and institutions that attended the four CATS in different regions across Canada since 2009. It was clear that the majority of delegates attending each CATS were from the host province. Thus, the intentional plan to host CATS at different regions across Canada seems to have attracted significant regional interest. A further examination of the websites of the organizations represented by many of these delegates revealed that approximately half used the terms *therapy* or *therapeutic* to describe what they do. This is interesting because approximately half of the delegates attending the four CATS were representing organizations that did not seem to identify with the use of the terms therapy or therapeutic.

Currently there are nearly 70 university or college outdoor programs across Canada. However, there are no graduate university degree programs in adventure therapy, and only 11 undergraduate degree and diploma programs that offer some courses with adventure therapy related content. The following Table portrays the three Canadian undergraduate programs offering degrees related to adventure therapy:

<u>School</u>	<u>Degree</u>	<u>Program</u>
Canadian University College, Lacombe AB	BA Degree, 3 or 4 years	Adventure Based Counseling
Thompson Rivers University, Kamloops BC	BIS Degree, 4 years	Adventure Therapy
Université du Québec a Chicoutimi, Chicoutimi QB	BSc Degree, 4 years	Intervention plein air (Outdoor Intervention)

The academic literature search led to over 5000 candidate articles, of which 292 met the initial screening criteria related to adventure therapy. Of these, 113 articles, book chapters, or papers were identified to give a description of the literature related to adventure therapy in Canada. There were 32 theses (28%) and a total of 77 studies (68%) that were published. The earliest publication date was 1980, and approximately half were peer-reviewed. The rate of publication seems to have increased dramatically in recent years. The recent increase in adventure therapy relevant publication is encouraging, however the overall number and quality of studies is discouraging.



It appears that adventure therapy is practiced or endorsed by a plethora of individuals and organizations across Canada. There is an ongoing momentum to continue a national dialogue on adventure therapy at symposiums in a wide variety of regions across Canada. Adventure therapy related training and education is very limited in Canada. The academic literature on adventure therapy in Canada is sparse, and more rigorous methods and studies are required to understand whether there is evidence to support the process and efficacy of adventure therapy in Canada.

Plenary 2: Creating a Vision for an Outdoor Network or Professional Group

Over 60% of delegates joined a world café visioning session to create a professional network for Atlantic Canada led by Heather Kelday (CATS5 Chair). The session began with a 15 minute overview of current networking structures in Nova Scotia presented by Sandra Fraser, a member of the Nova Scotia Outdoor advisory council. Also highlighted was a new wiki-based tool called 'Wanderstream' created by Recreation Nova Scotia under the guidance of Shah Mohammed which could help support asset mapping for Atlantic Canada and beyond. A summary of key themes is provided below. Following the session, an action team of 10 members was formed and visioning notes have been used to guide Nova Scotia's priorities in creating their own outdoor network.

Question 1 - *What would a successful professional network for AT in Atlantic Canada look like 5 years from now?*

Key Themes:

- Annual conference – face to face opportunities for staying in touch and networking
 - Accessibility to information
 - Workshops
 - Certification - national and provincial
 - Advocacy – government relations
 - Research – how to start a new program and not reinvent the wheel
 - Networking website – regional vs. national
 - ISO Standard – International Standards for Outdoor Adventure
 - Two sub committees 1) Risk management / Joy management
 - 2) How can we? Whats stopping us? SWOT?
-
- Organizations can find practitioners and share resources and affirm relevance – not just through university / college

Question 2-

Key Themes:

A - What would be the scope of the network?

- Atlantic Canada – and Quebec? – Maritime Provinces
- Broad focus – recreation / education / health and wellness / first nations
- Broad vs. specific – questioning the value of each
- Web based wiki map – NS
- Who would CATS relate to this network?
- Regional groups of larger Atlantic provinces that operate under CATS or associated organization
- Adventure therapy, outdoor education, environmental education, camps, provincial bodies
- One place for information
- Pool existing resources

B- What assets exist that can support this?

- Established leaders / partners / mentors / Rec NS
- Government support in NS
- Conversation at CATS5 – commitment for further conversation
- Assets need to get together
- Utilize assets across Canada

Question #3 – What do we need to get us where we want to go?

Key themes:

- People who can manage and organize the network
- Action – moving on with something concrete
- Easily accessible information
- Funds \$ - Canadian Youth Association
- Lobby Group - large scale foundation- to link larger bodies to small (denis)
- Infrastructure / paid staff - see diagram
- Stay separate from government – form an executive
- Cutting edge!

2014 Canadian Adventure Therapy Recognition Awards

There were 2 awards given at this year's symposium:
One for a national organization, and the other for a local practitioner.

Organizational Award: Wendigo Lake Expeditions / Project D.A.R.E

The Organizational Award was presented to Wendigo Lake Expeditions / Project D.A.R.E. who have been long-time leaders in the field of Adventure Therapy and have been continually setting the bar higher and higher with regards to their practice and programming. The Project D.A.R.E. program



which specializes in residentially grounded programming for adjudicated and at-risk boys assists participants to develop new skills, character traits, attitudes and ways of being that help them to return to their families and communities with positive momentum.

We are living in a time in our world when every young person's gifts and talents are desperately required to weave a brighter future. Wendigo Lake Expeditions through the Project D.A.R.E. program is helping young men to discover new parts of

themselves and to "Try a Different Way". We thank them for their incredible contributions to our field.

Practitioner Award: Beth Johnston

The local practitioner award was presented by a group of delegates to Beth Johnston. Born in St. Stephen NB, and now residing in Fredericton NB, Beth has worked with a range of populations through her time with Partners for Youth, the Kingsclear First Nation, Outward Bound Canada, along with her contract work for educators, travel and tourism, Parks, and more. After nearly 4 decades, and when most people are retiring, Beth is still leading groups in the field and inspiring yet another generation of outdoor leaders. 7



delegates shared how Beth had influenced them in their work with her humility, passion, sense of fun, and listening ear. Her contribution is perhaps best summed up in this tribute: "Beth's gift is making everyone feel safe, so that they will make more 'challenges by choice'. People learn more when Beth helps them push themselves and push together. And the journey is always fun!"

Overview of Workshops, Presentations, and Addresses

Complementary adventure therapy program for youth-at-risk families By **Virginie Gargano**

Wilderness programs have proven their use in institutional environments. This workshop concerns the description of a wilderness family therapy program officially given by the Youth Centers of the Saguenay Lac St-Jean region. The program has touched more than 300 families and it's aptly named "Les liens naturels", which translates loosely as "Natural links". It has shown the relevance of using nature and adventure in social work for vulnerable families and at risk groups. This workshop's objective is exposing the formula used in the program and promoting the use of this method for family therapy. Length: 90 minutes

About the presenter:

Virginie Gargano is currently doing his PhD degree in Social Work about the therapeutic factors operated in Outdoor adventure programs. He works for different Canadian organizations specialized in Outdoor therapy programs and Outdoor Education since 2002 and teaches at Université du Québec in Chicoutimi in Outdoors and Social Work. This workshop concerns specifically an adventure family therapy program done more than 30 times, which he has been in charge of since the beginning.

Eco-Social Justice: Relevance, Responsibility and Reconnection By **Adam Lindenburger**

These workshops will examine how social and environmental justice overlap, and why that's important. It will look at the oppression of the planet as though it were a client. Discuss human rights and the environment, explore re-conceptions of the Person-in-Environment construct, talk about the trauma to transcendence cycle as it relates to environment. Its relevance to adventure therapy is the natural world is part and parcel to the work. As the profession expands into new realms of practice it is important to become more informed and engaged as therapists, leaders, change agents, activists, and community builders. The adventure and outdoor therapy profession is well positioned to become a stronger ally within a movement to address and alleviate the destruction of the planet and its effects on the social environment. Length: 60 minutes

About the presenter:

Adam Lindenburger MSW (RSW), BA (Hons) B.Sc. With strong academic, presentation and facilitation skills, Adam is a critical and analytical thinker, who's engaging and passionate about the topic. He has nearly two decades of outdoor industry work with a diverse cross section of individuals and groups. He has been inspired through his work to reconnect people back to themselves and the natural world through wilderness experiences.



Yurt Construction: Take an experiential journey through traditional and natural building practices by Alex Cole

Building one's own shelter is incredibly empowering and our workshop takes the participant on an experiential education journey involving many aspects of traditional and natural building practices.



Together we will explore Yurt construction as a tool for personal skill development, teamwork and transformative learning. Our workshop will provide an introduction to yurts, and the basics of yurt construction including: coppice as a timber crop, Acadian forest species, and erecting a 16 foot diameter yurt for future use at the CATS5 conference. The workshop will be experiential for the entire 90 minutes. Dress for the weather and prepare to be hands on!
Length: 90 minutes
Presenter: Alex Cole

Accessibility; Beyond the ramp by Jen Kelday

Attendees of this presentation will gain a better understanding of the large breadth of adaptations that can be made to serve your population. There will be a 20-30 min power point presentation highlighting some of the adaptations and needs of the campers that come to Brigadoon Village. This is followed by a 30-40 minute tour of Brigadoon to take a closer look at some of the physical adaptations that have been made to the facility and equipment. The remaining 20-30 minutes will be spent engaging in some of the activities and program adaptations that have been made at Brigadoon. Length: 90 minutes

About the presenter:

Jen Kelday is the Director of Programs and Operations for Brigadoon Village. She holds an Honors Bachelor of Outdoor Recreation, Parks and Tourism, a Bachelor of Science in Natural Science and a Bachelor of Education. She has spent years working in the outdoor recreation sector in parks, camps, outdoor centers and the school system. She has been with Brigadoon for four years, helping Brigadoon's culture evolve from opening and working with a large variety of campers living with a chronic illness, condition or special need.

Nova Scotia Sea School: Mast Leadership Workshop by Heather Kelday and Mary Sweatman

The Nova Scotia Sea School provides transformative learning opportunities guided by the spirit of the sea and adventure. Participants will learn to work together and follow commands in silence to make complicated knots and to raise a mast. They must rely on each other to keep the mast upright to eventually hoist an individual up the mast on a swing. Verbal commands are then used to keep the mast upright and explore the effectiveness of both working together in silence and when talking. A reflection process will follow that will include debriefing examples where participants will be able to add to their repertoires of debriefing techniques. This will be a highly engaging session that practitioners from education, mental health and recreation will find beneficial. Length: 90 minutes

About the presenters:

Heather Kelday is the Executive Director of the Nova Scotia Sea School. She has over 15 year experience working in the fields of experiential and outdoor education.

Mary Sweatman teaches in the Department of Community Development at Acadia University. She is interested in transformative learning experiences, volunteerism and empathy.



Camp Kedooopse: Exceptional Fun with a Purpose by Krista Naugler and Krista McKeage

The presenters will share information related to the development, implementation and evaluation of Camp Kedooopse. The presentation will include camper input and reflection on how the camp experience has supported them in coping with their grief. We will highlight how the use of art, the outdoors and adventure are incorporated into daily programming to normalize grief and identify healthy coping strategies and support systems. Length: 90 minutes

About the presenters:

Krista Naugler and Krista McKeage are Certified Child Life Specialists with a background in child and youth development. They have expertise in helping children, youth and families understand and cope with stressful life events. Krista and Krista have a combined 35 years of experience supporting families in the health care environment. Three years ago they founded Camp Kedooopse, a peer-support summer camp for children and youth who have lost a loved one.

Standing Strong: Professional Self-care and Secrets for Longevity in the World of Adventure Therapy, by Tony Cox

Participants will have the opportunity to explore techniques and strategies to discover ways to maintain power, balance and professional sustainability, while also focusing on preventing early burn-out in the field. You'll be invited to engage in a series of unique activities, discussions and sharings. Explore ways to assist in mobilizing the body's inherent resources as practitioners so we can take care of ourselves as we seek to continue taking care of others. How do you work with challenging populations who have very charged or difficult Life Stories without being adversely impacted by those emotions yourself? Come find out. Length: 3 hours

About the presenter:

Tony Cox is currently the Executive Director at Leaders of the Day. During the war in Bosnia, Tony led groups there facilitating play therapy programs for refugee communities. He is well known for his powerful programs serving young offender youth, First Nations communities and young people living with powerful addictions. He's an excellent leader and practitioner with over 20 years of field experience.

Adventure Based Programming: Tricks of the Trade by Ian Smith and Ken Paul

Learn and practice some time honoured "tricks, hooks, nooks and stunts" guaranteed to spice up any adventure program. An opportunity to share best practices from warm ups and wiggle waggles to storytelling. Length: 90 minutes

About the presenters:

Ian Smith works as the Program Director of Parks NB. He is also an Outward Bound Canada instructor and has experience as a correctional youth instructor, Kingsclear First Nation youth counselor and Partners for Youth program director. He also has project adventure counseling and adventure based learning training. Ian is a proud father and grandfather.

Ken Paul is a retired Director of Education at Kingsclear First Nation in NB. His impressive credentials include: Nechi Addictions training, project adventure counseling, adventure based learning training and rediscovery leadership training. Ken is also a proud father and grandfather.

Belonging is the heart of the matter: A playful conceptualization of outdoor education in patterns of threes by Bob Henderson

Belonging is central to wellbeing, place and journeying; belonging to ways of being, thinking and practice. In a playful "attempted sweeping style" conceptualization, the role of outdoor education will be explored in today's strangely politically unfriendly/culturally friendly times. Using patterns of three's, beyond the ideas mentioned above, the sometimes subtle and/or profound importance of story, risk, joy, technology, curriculum, research, leadership and imagination are among some of the subjects addressed.

Length: 90 minutes



Take Yourself on a Date by Meaghan Farquharson

Are you passionate about serving others? Do you wish you had more time for you? Come design a unique-to-you recipe for creating a more delicious life. Engage in personal reflection activities, and then use the therapeutic techniques you've experienced to help your clients find the way forward in their own lives. Length: 3 hours

About the presenter:

A registered therapist and yoga teacher, Meaghan's latest adventures out under the stars include instructing Outward Bound courses such as Women of Courage and the Nunavut Youth Leadership Program. Soon she will be travelling to the Democratic Republic of the Congo to facilitate community healing programs for local women who have been affected by civil war, poverty and sexual violence.

The Role of Recreation & Leisure in Mentoring At-Risk Youth by Simone Spears

Adventure education activities use of trust exercises and challenges is pivotal in the relationship building process. This workshop shows the importance of recreation and leisure (adventure education) in fostering relationships with youth. Content will be shaped around Stebbins' idea of "serious leisure" and how adventure education creates a positive environment that is imperative for youth's positive development (Larson, 2006). A current mentor of at-risk youth will present their own experience and how recreation and leisure has impacted their relationships. This workshop will also showcase the positive results of the work being done in the field of recreation and leisure . Length: 90 minutes

About the presenter:

Simone Spears is a graduate of Acadia University with an honours degree in Recreation Management and Community Development with a double major in Environmental Sustainability Studies and a minor in Business Administration. Currently, she is working as a researcher for the Nova Scotia Recreation and Mental Health project, as well as the Resilience Research Center at Dalhousie University.

Fostering emotional safety in our programs by Franz Plangger

Emotional safety is an essential foundation of healthy communities and therapeutic programs. This workshop includes experiential activities enabling discussions and is designed to help practitioners reflect on the process of creating emotionally safe environments. It intends for participants to strengthen their tool box and tailor their approach to their own style and program needs. Participants will be expected to engage in activities, reflect on paper and offer insights. Length: 90 minutes

About the presenter:

Franz has had the opportunity to support leadership development, personal discovery, overcoming drug addictions and emotional healing with participants ranging from 3 to 57 years old. Equipped with a Master's of Education, several certifications ranging from cultural awareness to therapeutic intervention to outdoor skills, Franz has fostered powerful experiences for both himself and others under his care.

**Family Adventure Therapy: in the Addictions & Mental Health field
by Joey Worthington, Jeannie McLean and Kalip Fraser**

Our workshop will use a combination of lecture and experiential activities to introduce participants to this model of Family Adventure Therapy. Adventure Therapy has traditionally been done with 'at risk' youth with families sometimes being involved at the beginning or end of programs. This model works with the whole family system for an extenordinator of the Youth Adventure Program/Family Eco Adventure Therapy program and Clinical Therapist on the School Based team. Worked in the Family Roots Adventure Therapy Program in Victoria, BC and then brought this approach to the South Shore District Health Authority. Jeannie McLean BA MSW RSW, has close to ten years working within the period of time (7 months) and includes psycho education and in home family therapy sessions. This program is also significant in that it is embedded within the South Shore District Health Authority – School Based – Addictions and Mental Health services program. Length: 90 minutes

About the presenters:

Joey Worthington BSW RSW M Ed, has over 18 years working with youth and families. Currently co Addictions and Mental Health field, has worked with clients across the age continuum and has formerly worked as a kayak guide on the South Shore. Currently, working within the Youth Adventure Program/Family Eco Adventure Therapy program as well as on the school based team. Kalip Fraser B Sc, spent two years as a Youth Adventure Leader with the Lunenburg Municipal Recreation Department. Currently works as a Rehabilitation Counselor and Community Health Worker.



Evaluative Summaries

Survey Results:

Following CATS 5 we used the Survey Monkey tool to gather feedback; reminder emails were sent out twice. 27 people responded using the tool. Included here is a synopsis of the responses; the full survey results can be read in a separate document.

1) # of people who have attended each conference:

- CATS1-4,
- CATS2-3,
- CATS3-4,
- CATS4-6,
- CATS5-25

2) The main areas of interest/occupation/organization indicated were:

- Mental health and psychology
- Outdoor Education/Recreation Leaders
- University Professors and students

3) Feedback on conference aspects:

- Accommodations: Good-8.33%, Very Good-50%, Excellent-41.67%
- Food: Not Ideal 7.41%, Good-37.04%, Very Good-33.33%, Excellent-22.22%
- Schedule Clarity: Good-29.63%, Very Good-51.85%, Excellent-18.52%
- Pre-symposium Workshops: Not Ideal-4.35%, Good-26.05%, Very Good-47.83%, Excellent-21.74%
- Website and online communications: Not ideal-7.41%, Good-62.96%, Very good-29.63%
- Keynote speaker: Good-14.81%, Very Good-44.44%, Excellent-40.74%
- Variety of workshops: Not ideal-3.7%, Good-29.63, Very Good-51.85%, Excellent-14.81%
- On-site activities: Good-30.77%, Very good-46.15%, Excellent-23.18%
- Helpfulness of volunteers and organizing committee: Good-11.11%, Very good-25.93%, Excellent-62.96%
- Plenary 1:Good-36.36%, Very Good-45.45%, Excellent-22.73%
- Plenary 2:Good-33.33%, Very Good-47.62%, Excellent-19.05%

4) How people heard about the conference:

- Newsletter via email-12%
- Social media-20%
- Traditional media-8%
- Word of mouth-60%



5) The top favourite workshops:

- Professional self care, especially Meaghan Farquharson's Take Yourself on a Date
- Aboriginal perspectives in the pre-symposium and conference workshops
- The Sea School Mast workshop
- The plenaries

6) Aspects people would like to see carry over from CATS5 to CATS 6:

- Plenary discussions with actions
- Mix of delegates and workshops including practitioners, administrators, researchers, and educators
- Professional self-care techniques and resources
- Best AT approaches for clients with mental health issues
- Family-focussed programs

7) Evaluating the challenges facing the AT community in Canada:

- Most significant were: Communicating AT to funders and the public, Lack of *professionalism* 'professional network', and Outcomes and evaluation
- Next significant included: *Field Staff training and...*, Diversity of AT definition, and Insurance and Risk Management
- Least significant (but still a 4 out of 8) was *Admin staff training and...*

8) Significant thoughts & suggestions:

- Continuing the conversations of connecting AT practitioners, and following up on the ideas and connections made
- Capitalizing on this conference as the only outdoor conference in Canada
- Expanding and clarifying the terminology around AT to reach out to others whose work connects with CATS, and to the general public and funders
- More workshops for practitioners with lots of experience in the field

Looking Forward

Conference Key Learning's:

- Program schedule and features developed in prior CATS conferences have proven to be most effective, specifically regarding the amount of days for the conference, presenter submission process, offering pre-symposiums, running the conference at a camp or isolated location. Attention should be given to deadlines for registration, presenter submissions etc. we found ourselves pulling this together a little too last minute by the fault of our busy summer schedules.
- Plenary sessions were regarded as highly valuable and an opportunity for the community of practitioners to connect and discuss the big picture of the field of AT – Recommend limiting content to one keynote and replacing a second keynote with a plenary / world café session.
- Website and registration process needs to be re-vamped and consideration should be made to changing web hosts – CATS5 Administration to support transition
- Industry awards should continue to include an organizational and practitioner award – This will allow the region to highlight either an organization or practitioner and for the advisory to acknowledge someone from the national level as well.
- Branding / Sponsorship - The CATS conference is currently the ONLY outdoor conference in Canada. The conference should be able to leverage national sponsors for the conference. This would help with subsidizing travel for participants, cover presenter costs and make the conference more impactful in general. Receiving funds from the Nova Scotia Department of Health and Wellness was a significant contribution for CATS5 and allowed us to make the conference more accessible and memorable.
- Become more systematic in our approach and how we archive the conference- There were many tools, spreadsheets and forms etc that we developed on our own that can be utilized for future conferences. It is important that these tools are updated and passed along to each conference. This documentation will not only support running conferences for CATS but should be accessible to the broader CATS community should anyone be interested in running a conference of their own.
- Conference Pricing – We recommend keeping the fee structure for future conferences within the same price range as CATS5 and other conferences for consistency and ensuring that students and independent businesses / non –profit groups can access the conference.



Future of C.A.T.S.

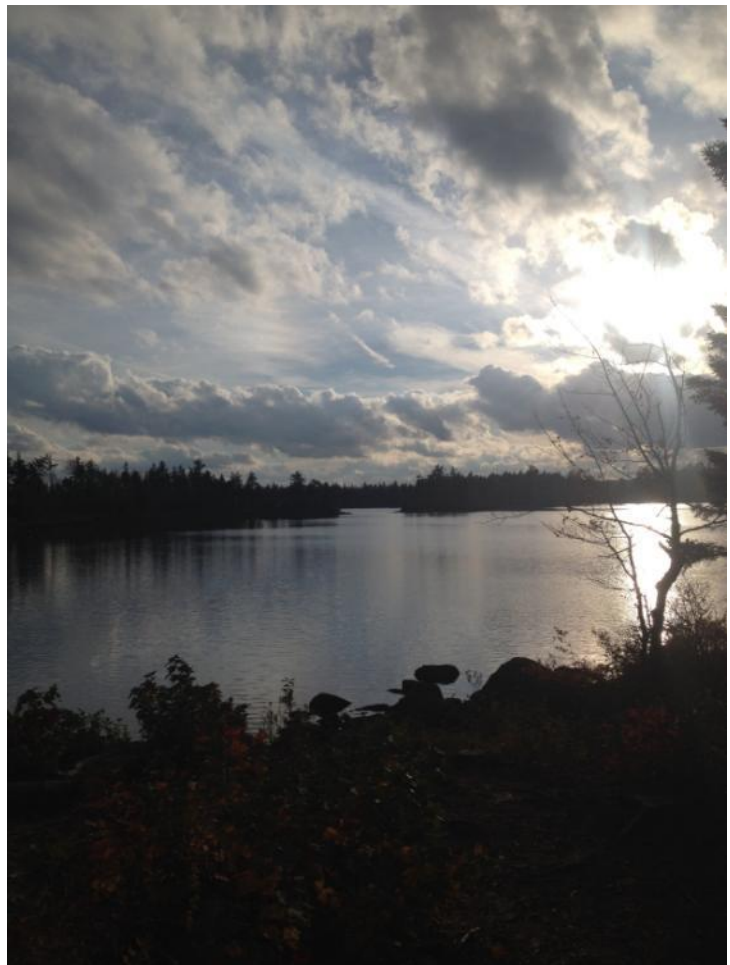
The symposium intends to continue its path across Canada with CATS6 taking place in the Prairie Provinces and CATS7 in the Territories. Locations are being determined for both conferences.

Announcement for CATS 6:

As of the completion of this report, CATS 6 is scheduled to take place in Saskatchewan in mid-September of 2016 (exact dates yet to be determined). Adventure Therapy is a new and budding field in Saskatchewan and Manitoba and so we are envisioning a very different format to engage attendees. The plan is to have a "Traveling Symposium" meaning that the gathering will take place in two parts. There will still be a 2.5-3 day stationary component, but we will then be offering an expeditionary learning experience for those new to the field to engage in an immersive hands-on learning experience and for those experienced in the field from our wider CATS community to be delivering programming in the form of mobile, expeditionary workshops and trainings all with a focus on AT. Stand-by for new details as they become available at <http://www.canadianadventuretherapysymposium.ca>

International Adventure Therapy Conference June 4-7 2015:

The 7th International Adventure Therapy Conference is being hosted at Metropolitan State University in Denver, Colorado and is being hosted in the United States for the first time in over 20 years. This renowned conference, which only occurs every three years, brings together adventure therapy practitioners, researchers and students from around the world. This year, we have presenters from almost 15 countries represented, not to mention conference attendees! We hope you will join us to learn about cross-cultural approaches to adventure therapy around the globe <http://www.aee.org/7iatc>



Appendices

Appendix A-List of Participants

Name	From
Adam Lindenburger	Canmore, Alberta
Adam Ross	Cochrane, Alberta
Alex Chandler	Halifax, Nova Scotia
Alex Cole	Wolfville, Nova Scotia
Alex Wolf	Kentville, Nova Scotia
Amy Barry	Dartmouth, Nova Scotia
Andrea Bowers	Dartmouth, Nova Scotia
Anjeanette LeMay-Crowtz	Lawrencetown, Nova Scotia
Anna Jamieson	Kentville, Nova Scotia
Ashley Perry	Berwick, Nova Scotia
Barrette Plett	Wolfville, Nova Scotia
Beth Johnson	Fredericton, New Brunswick
Bob Henderson	Ontario
Bryana Perreux	Fredericton, New Brunswick
Bryn Wilgress	Sudbury, Ontario
Camille Girard	Montréal, Quebec
Cassey Malone	Halifax, Nova Scotia
Catherine Provost	Chicoutimi, Quebec
Chloe Gosselin	Baie-St-Paul, Quebec
Christina Merry	Newport, Nova Scotia
Christopher Falcioni	St. Catharines, Ontario
Cindy Zinck	Bridgewater, Nova Scotia



Colleen Clark	Nova Scotia
Danny Frame	Nova Scotia
Darron Clark	Toronto, Ontario
Denis Thibeault	Calgary, Alberta
Diana Stewart	Halifax, Nova Scotia
Dorothy Angnatok	Nain, Newfoundland
Dylan Green	Lively, Ontario
Elliot Pitter	Wolfville, Nova Scotia
Emily Smith	Ontario
Erica Pryde	Westcock, New Brunswick
Erin Beaver	Fall River, Nova Scotia
Franz Plangger	Calgary, Alberta
Heather Kelday	Wolfville, Nova Scotia
Ian Smith	New Brunswick
Jamie Peppard	Nova Scotia
Jamie Rosen	Sudbury, Ontario
Jan Lapierre	Halifax, Nova Scotia
Jason Walker	Hanmer, Ontario
Jen Kelday	Wolfville, Nova Scotia
Jennie McLean	Nova Scotia
Jennifer Organ	Halifax, Nova Scotia
Joey Worthington	Bridgewater, Nova Scotia
Kalip Fraser	Lunenburg, Nova Scotia
Karen Berezowski	Pictou County, Nova Scotia
Kelly Tobalt	Chelsea, Quebec
Ken Paul	New Brunswick
Krista McKeage	Halifax, Nova Scotia



Krista Naugler	Harbour, Nova Scotia
Kyle Horvath	Victoria, BC
Lindsay Donoghue	Kenmore, Ontario
Lisa Weitendorf	Ontario
Mandy Arnold:	Nain, Newfoundland
Marc D'Astous	Toronto, Ontario
Marina Myra	Berwick, Nova Scotia
Marion Boddy	Bridgewater, Nova Scotia
Marjorie Lavoie	La Baie, Quebec
Marlene Johns	Waverly, Nova Scotia
Mary Sweatman	Wolfville, Nova Scotia
Meaghan Farquharson	Calgary, Alberta
Meghan Sheehy	Chicoutimi, Quebec
Michel Leblanc	Chicoutimi, Quebec
Michelle Reid	Moncton, New Brunwsick
Mike Crowtz	Lawrencetown, Nova Scotia
Nancy Vanasse	Nova Scotia
Nevin Harper	British Columbia
Nick Brennan	Red Rock, New Brunswick
Nick Cardone	Halifax, Nova Scotia
Noreen Guptill	Dartmouth, Nova Scotia
Phoebe Mannell	Nova Scotia
Pierre-Luc Larouche	Saguenay, Quebec
Robin Campbell	New Minas, Nova Scotia
Sada Keel	Halifax, Nova Scotia
Sally Oneil	Nova Scotia
Sandra Fraser	Timberlea, Nova Scotia



Sarah Karpik	Nain, Newfoundland
Scott McCormack	Dublin Shore, Nova Scotia
Shauna Heighton	Scotsburn, Nova Scotia
Shaynee Goldberg	Thornhill, Ontario
Simone Spears	Wolfville, Nova Scotia
Stephen Glass	North Bay, Ontario
Stephen Ritchie	Sudbury, Ontario
Suzanne Fish	Peterborough, Ontario
TA Loeffler	St. John's, Newfoundland
Tara Horne	Dartmouth, Nova Scotia
Tony Cox	Nipissing, Ontario
Tyler Hall	Ontario
Virginie Gargano	Chicoutimi, Quebec



Appendix B-Schedule:

5th CANADIAN ADVENTURE THERAPY SYMPOSIUM: Schedule

Day and Time	Thursday
Thursday October 16th 8:30am-4:30pm	Pre-symposium workshop I - OCC Leadership Level 1 Hiking (Brigadoon Village)
6:30pm	EARLY ARRIVAL OPTION

Day and Time	Friday
Friday October 17th 8:30am-4:30pm	Pre-symposium workshop I - OCCLL1 continued (Brigadoon Village) Pre-symposium workshop II - Adventure-Based Counseling: A First Nation Perspective (Brigadoon Village)
12pm-7pm	REGISTRATION AND CHECK-IN (Main Lodge)
6:30pm-7:30pm	DINNER (Main Lodge)
7:45pm-9:15pm	Welcome Keynote Speaker TA Loeffler: Because It's There: Metaphoric Mountain Musings for Adventure Therapy and Beyond Location: Main Lodge
9:30pm	Campfire



Day and Time		Saturday			
Saturday October 18th 6:30am-7:30am	YOGA Location: Red Cabin				
7:30am-8:30am	BREAKFAST				
8:30am-9:00am	Opening Comments				
9:00-10:30am	Plenary Session – Panel led by Stephen Ritchie and Nevin Harper Adventure Therapy in Canada: Research, education and the future? Location: Dining Hall				
10:30am-10:45am	BREAK				
10:45-12:15pm	WORKSHOPS				
	Gargano – Complementary adventure therapy program for youth-at-risk families Location: Medical Center (lower dining)	Lindenburger – Eco-social justice: Relevance, responsibility and reconnection Location: Dining Hall	Cole – Yurt Construction: Take an experiential journey through traditional and natural building practices. Location: Cabin Field	Kelday – Accessibility: Beyond the ramp Location: Messy Arts (lower dining)	
12:30pm-1:30pm	LUNCH				
1:45pm-3:15pm	WORKSHOPS				



	Kelday/Sweatman – Nova Scotia Sea School – Mast Leadership Workshop Location: Yurt	Naugler & McKeage – Camp Kedooopse: Exceptional Fun with a Purpose Location: Messy Arts (lower dining)	Cox – Standing Strong: Professional Self-care and Secrets for Longevity in the World of AT Location: Dining Hall
3:15pm-3:30pm	BREAK		
3:30pm-5:00pm	WORKSHOPS		
	Smith and Paul - Adventure Based Programming: Tricks of the Trade Location: Yurt	Henderson – Belonging is the heart of the matter: A playful conceptualization of outdoor education in patterns of threes Location: Messy Arts (lower dining)	Cox – Standing Strong: Professional Self-care and Secrets for Longevity in the World of AT (continued) Location: Dining Hall
5:30pm-6:30pm	DINNER		
6:30pm-7:30pm	AWARDS CATS GENERAL MEETING Location: Dining Hall		
7:30pm onwards	ENTERTAINMENT - Dining Hall		
7:30pm-8:30pm	Documentary Screening: “Paddle to the Ocean” by Zac Crouse		
9:30pm	Music: Wine Hardt: Django Uncorked with special guest Heather Kelday		



Day and Time		Sunday, Oct. 19, 2014		
Sunday October 19 th 6:30am-7:30am	YOGA Location: Red Cabin			
7:30am-8:30am	BREAKFAST			
8:30-10:00am	Plenary Session – Creating a Vision for an Outdoor Network or Professional Group *We invite all delegates to join our panel of experts and explore methodology and best practices for creating and sustaining an outdoor network or professional group. Location: Dining Hall		Farquharson – Take Yourself on a Date Location: Yurt or Red Cabin	
10:00am-10:15am	BREAK			
10:15-11:45am	WORKSHOPS			
	Spears – Role of Recreation & Leisure in Mentoring At-Risk Youth Location: Messy Arts (lower dining)	Plangger - Fostering emotional safety in our programs Location: Medical Center (lower dining)	Worthington, McLean & Fraser – Family Adventure Therapy: in the Addictions & Mental Health field Location: Dining Hall	Farquharson – Take Yourself on a Date (continued) Location: Yurt or Red Cabin
11:45-12:30pm	Closing Remarks - Dining Hall			
12:30 pm-1:30pm	LUNCH AND FAREWELLS			



Appendix C-Welcome Package

Welcome to CATS5 at Brigadoon Village!



We are excited you will be joining us for the 5th Canadian Adventure Therapy Symposium! The conference is shaping up and the colours at Brigadoon Village are peaking through just in time for your arrival. The contents of this package will hopefully answer all of the burning questions you have about the conference and we hope we can make this a valuable experience for all involved. Our organizing team has been working hard to pull together the final items of the conference which you will receive in your delegate package when you arrive next week. In the meantime, if you have any questions or concerns, please don't hesitate to contact us at cats5@seaschool.org.

See you at the conference!!

Warm Regards,

Heather Kelday, Chair of the CATS5 Organizing Committee

CATS5 at Brigadoon!

Arrival Times:

Pre-symposium LL1 – Thursday 9am start, arrive at 8:30

Pre-symposium – Adventure Based Counseling – Friday 9am start, arrive at 8:30

CATS conference

Arrival Time: After 1pm on Friday October 17

Departure Time: Before 2pm on Sunday October 19

Your Conference Organizer: Becky Mason

On–Site Registration

When you arrive at Brigadoon for the CATS5 conference, please park and head to the dining hall to check in at the registration desk. At this point you will be given a delegate package which will include a conference schedule with workshop details, and many of the contents of this package. If you are staying overnight, you will also be given information about your accommodations and where to park.



Schedule

We will be updating the conference schedule on Wednesday next week prior to the conference and you will receive the finalized schedule in your delegate package.

Some exciting additions include:

- Saturday night entertainment /dance with Wine Hardt (Gypsy band – fun and upbeat)
- Saturday post-dinner film viewing of ‘Paddle to the Ocean’ by Zac Crouse
- Saturday and Sunday pre meal Inuit Blanket toss
- Your **fall retreat** at Brigadoon includes access to our fall equipment – canoes and kayaks, walking trails (weather dependent), campfire pit, archery and games to name a few. Activity options will be provided by Brigadoon staff and will be incorporated into the schedule.

Payments

If you are paying for the conference on site, please arrange to have cash on hand or a cheque made out to The Nova Scotia Sea School. All outstanding payments **MUST** be settled upon arrival at the conference.

Cancellations / Reimbursements

In the case that you need to reschedule or cancel your conference registration, you may be eligible for a reimbursement up to 50% of your conference fees. This will be handled on a case by case basis. Please contact us at cats5@seaschool.org at your earliest convenience if you need to make any changes to your plans.

Transportation

Brigadoon will provide shuttle transport to and from the Halifax Airport once a day for the duration of the conference apart from Saturday. We will also provide shuttle service to the Kentville Bus Station upon request. Please pre-register for transport with mreidm@hotmail.com. It will be on a first come first serve basis.

HALIFAX AIRPORT SHUTTLE TIMES

Pickup at Halifax Airport

Thursday October 16 – 5pm – 5 spaces available

Friday October 17 – 5pm – 5 spaces available

Departure at Halifax Airport

Sunday October 19 - 2pm - 5 spaces available

CARPOOLING

Please refer to our facebook page as a forum for connecting with others for rides. There should be lots of folks coming down from Halifax so if you have space please offer and if you need space please indicate.



BUS

There are buses that can be taken from Halifax airport to Kentville, NS which is the closest town to Brigadoon. There is typically only one trip per day and it usually arrives late in the evening. Carpooling might be a better bet but check it out at <http://www.maritimebus.com/en/schedules-routes.asp>

Sleeping Accommodations

The lodges are open and spacious. Each lodge sleeps 28 in 5 separate rooms and features 4 private bathrooms with showers. The beds are bunk-bed style, custom made and secured to the wall. The brand new mattresses are bed-bug free and hypoallergenic. Once you visit the registration booth you will be notified as to your sleeping quarters. **If you have not yet indicated your dorm room preferences make sure you contact us at cats5@seaschool.org to do so.**

Tenting is an option but will not reduce the cost of the conference package. Camping stoves and outdoor cooking will not be permitted on site. Please let us know if you plan to tent ahead of time.

Meals

Every meal is prepared by Brigadoon's renowned Chef Adam. He customizes his menus to meet dietary restrictions and allergies so everyone is able to eat the same delicious food.

Brigadoon is a nut-managed facility. Please do not bring extra snacks, there are a lot of snacks available for you.

Please ensure you have informed the CATS5 organizing committee of any dietary restrictions, food allergies or any other special dietary concerns at least 1 week prior to the conference.

Book Store / Resource Center

There will be a Resource Center available at the conference for you to sell merchandise you have and display flyers, rack cards, banners etc. Only cash or cheque payments will be accepted for merchandise sales and the conference will handle all payments and settle up with you at the end of the conference. We encourage all attendees to bring resources to share!



Cell phones & Computers

Cell phone reception on site is possible for Bell/Aliant providers but is unreliable for Rogers. We do not have pay phones on site, but you may use our phone on site with a calling card for long distance.

Participants may access our guest computer with permission and can use skype, email or other forms of communication. We do have wireless internet, and will provide guests with the password. We ask that WIFI use is kept to a minimum during workshops.

Visitors

If you would like to visit Brigadoon during a camp program, please get in touch with your Camp Organizer in advance. When you arrive at Brigadoon please follow signs to our office or look for your Camp Organizer. We require visitors to wear a lanyard identifying yourself as a guest. If you are visiting around a meal time (8-9am, 12-1pm or 5:30-6:30 pm), please inform your Camp Organizer of any dietary restrictions and indicate if you are joining us for a meal.

Emergency Contact

Brigadoon staff Hanna Webber & Kizzy Fieldman-Rose live on site 24 hours a day during your visit with us.

Brigadoon Village has a site emergency plan that is posted in each cabin room and is described during your camp orientation.

Brigadoon Village is located 15 minutes from the Annapolis Valley Regional Hospital (in Kentville). Brigadoon has a (Nissan Frontier) truck on site that it can use for emergency transfer purposes.

Feedback

We love to get feedback about your Brigadoon and CATS 5 conference experience. At the end of your visit we will ask you to participate in an anonymous survey. If you wish to provide Brigadoon with more feedback, please contact us at: cats5@seaschool.org

Brigadoon Waiver

Once on site you will be asked to fill out a Brigadoon waiver form.

Packing Suggestions – To bring or not to bring...

- Sleeping bag or blanket & sheets (Bedding can be purchased for \$12 on site, cash payments only)
- Fitted sheet (optional) for twin bed
- Pillow and pillowcase
- Toiletries including towels, wash cloths, shampoo etc. (no laundry facilities on-site)
- Phone cards for long distance (there is no payphone on site).
- Ear plugs
- Ipod or CDS and earphones for music at night or during evening programs, etc.
- Cell phone (Bell/Aliant gets best reception, Rogers gets no service)
- Yoga mat for morning yoga sessions
- Weather appropriate gear – some sessions will take place outdoors and in the woods
- Notebook, pens
- Money – We will only be able to accept cash or cheque for merchandise or on-site conference payments. The closest store is 20 minutes away and there is no tuck shop on-site.



OTHER important notes

- Please do not bring knives, matches, recreational drugs, or fireworks. You are responsible for the safe keeping of any items you bring to camp.
- You can bring alcohol but we expect drinking to occur only when and where appropriate.
- Smoking is permitted only in a designated smoking area.
- All snacks and food will be provided: **please do not bring any food**(or chewing gum) and **if you do bring food or snacks they must be peanut and shellfish free**(due to allergies and sensitivities).
- Brigadoon is not responsible for loss or damage of items and clothing.
- Please bring all your normal medications. Every cabin has a locked cabinet and fridge for storage of medication. Brigadoon Village has first aid kits on site.
- Please do not bring pets

Driving Directions:

Brigadoon Village: 1650 North River Rd, South Alton, NS

**Please note, Brigadoon is a magical place where GPS capabilities are non-existent. Please refer to the directions below.*

From Hwy 101

(A) Take exit 13 on the 101 and turn left off the exit onto highway 12

- Drive approximately 4 km
- Turn right onto English Mountain Road (just passed the IRVING gas station. This road is not well marked)
- Drive 500 m
- Turn left onto North River Road
- Drive approximately 12 km

(B) Brigadoon Village is located on your left, drive down our driveway approximately 1.6 km (**1650 North River Rd**).

- If you reach Aylesford Lake Beach *YOU HAVE GONE TOO FAR*.

PLEASE NOTE: WE ARE ON AYLESFORD LAKE, NOT IN THE TOWN OF AYLESFORD.



For Google map directions, please refer to our website: <http://www.brigadoonvillage.org/about/directions>