The 8IATC received funding from the Australian Government.
Whenua Iti Outdoors – The fence at the top of the cliff.

An Adventure Therapy Programme Designed for at Risk and Disengaged High School Students

RICHARD WILKINS
WHENUA ITI OUTDOORS

WHY WE ARE NEEDED

At Whenua Iti Outdoors, we focus on developing programmes that offer lasting, life changing outcomes for individuals and the communities we live in together.

- 90% of secondary students do not meet minimum exercise targets
- 1 in 3 New Zealand adults are obese
- 12% of NZ youth are classified as NEET
- 16% of NZ adults have experienced a common mental illness in their lifetime
- 32% of male secondary students spend 3+ hours a day playing video games
- 68% of male Iti Outdoors pass NCEA level 2
- 88% of Pūhiao pass NCEA level 2

The 7 Essential employability skills identified by NZ employers

BEING PART OF THE SOLUTION

These statistics highlight some of the challenges we face. What evidence is there to support the use of the outdoors and adventure to create successful, impactful, long term solutions to these issues?

We need to encourage our children into the outdoors to give them the opportunity to develop normal, essential life and survival skills that are important in daily life as well as during crises such as the Christchurch or Kaikoura earthquakes. Children need to experience challenge to gain the skills needed to overcome adversity.

- Nathan Fa'avae, Patron, Whenua Iti Outdoors

- “It often comes down to how resilient young people are. Youth with resilience can manage life well, the problems they encounter are a glitch rather than a foretaste of lifelong mental illness.” - Richard Wilkins, School Counsellor
- “Regular physical activity is one of the most important lifestyle behaviours to incorporate in daily routines for optimising health and quality of life... being physically active contributes positively to adults' mental health, particularly through reduced depressive symptoms and stress, as well as improved mood.” - Ministry of Health, NZ
- “Time in nature... led to significant improvements in mood, reduced anger and aggression, and better recovery from mental fatigue compared with walking in the urban setting or sedentary magazine reading.” - Department of Conservation, NZ
- “Youth exclusion, disengagement, and overall underutilisation in the labour market has short term costs to the economy, as well as long term impacts on society.” - Auckland University of Technology
CHANGING THE OUTCOMES

In using the outdoors as a classroom and an arena for personal challenge and growth, we begin to see change in the outcomes faced by many of the participants in our programmes.

736
nights of wilderness journey days

141
days of on one high

29
structured programmes and CITAPES activities

8200
active adventure days
in 2016

2787
number of NCEA credits
awarded in 2016

83%
Massey Tiptop pass rate
for Maths subjects

88%
successful completion rate of VIVI Academy programmes

7
core outcomes of Whenua Iti outdoors
programmes

COMMENS FROM OUR PARTNERS

We constantly seek feedback on our programmes to help find ways to improve. Here are some of the comments we received.

I can’t speak highly enough of Whenua Iti. Their immersive, experiential, active learning programmes have greatly benefited young people who have disengaged from mainstream education. Our youth experience genuine success in an environment that builds self-esteem, self-confidence, team work and communication skills.

- Andrew Bridge, Manager, Abel Tasman Education Trust

“[The course] ... was empowering for those who may have always considered themselves disadvantaged, non-achievers and dislocated. When students looked at their strengths, they were often amazed to discover how resilient, adaptive and innovative they were.”

Teacher, Westland High School

“Not only have our students earned credits on Manaki Tiko, they have grown as young people, proud of their culture and more aware of where they stand in the world. The course has been a real influence in their decisions to stay at school. Manaki Tiko is a true treasure, a legacy, for our students.”

Careers Advisor, Marlborough

“Thanks Whenua Iti, my son is now a vibrant young man with direction and goals.”

Trade Academy student’s parent
THE WHENUA ITI OUTDOORS WAY

How do we successfully address the wide range of issues facing our youth and communities? It is not the individual tools in our kit that make us stand out - it is the way we combine them to create a comprehensive and individualised set of opportunities for every person who encounters Whenua Iti Outdoors.

THE PROCESS WE FOLLOW

1. Grow trust and knowledge to build relationships in our community
2. Identify specific needs of the organisation and individual participants that we are working with
3. Collaborate & design a course to achieve the desired outcomes using the widest range of skills and facilities available at WIO
4. Deliver and facilitate the programme to meet the agreed outcomes
5. Review & evaluate to improve future programmes

We focus on the needs of the organisation or individual we are working with to deliver a highly relevant, and custom designed programme that develops relevant and positive skills and outcomes.

We acknowledge the high value and significance of the personal, social, cultural and environmental skills and knowledge that are essential to both individuals and communities. We ensure participants have ample access to opportunities that develop these attributes.

A major point of difference is that on many of our programmes, secondary school students achieve credits towards their NCEA qualifications.

Our kaupapa underlies everything we do, leading to the holistic development of our students and their ability to not only be more successful in reaching their own goals but also to contribute to their wider community.

WHAKAMANA
We inspire, we encourage, we instill confidence.

MANAakitanga
We model guardianship, stewardship and trusteeship of our land and people.

OUR KAUPAPA
We show respect, generosity and care for others.

OUR GUIDING PRINCIPLES

WHANAUTANGA
We share experiences, together we strengthen each other and together we strengthen our team.

8TH INTERNATIONAL ADVENTURE THERAPY CONFERENCE
SYDNEY, AUSTRALIA
2018
Few organisations offer such an extensive range of opportunities. Our vision of “experiential learning inspiring positive change” underpins every programme.

Each and every programme is culturally appropriate, develops environmental awareness and encourages community engagement.

The best thing about working here is that we never put a child in the too hard basket. We do everything we can to give them the support they need to experience success.

- Angie Steddart, Whenua Iti Outdoors Tutor
SUPPORT THROUGH

ADVENTURE THERAPY

A CLINICAL APPROACH FOR YOUNG PEOPLE FROM AT RISK ENVIRONMENTS
UTILISING THE AMAZING WILDERNESS OF TE TAU IUHU - TOP OF THE SOUTH ISLAND.

ADVENTURE THERAPY PROGRAMME
AUG-OCT 2018

www.wio.org.nz
Journeys of Discovery
ADVENTURE THERAPY
TIME IN THE WILDERNESS TO ENABLE PARTICIPANTS TO FEEL MORE POSITIVE, HOPEFUL, CONFIDENT, CALM, AND CONNECTED.

Press reset in the wilderness.

Based on a clinical approach used by field therapists, Adventure Therapy programmes are a proven, life changing intervention.

Our Adventure Therapy Programme includes preparation for time in the wilderness and relationship building, time in the wilderness and follow up support. It uses solution focused, strength based and person centred approaches to motivate participants and help them work through issues.

Participants experience a reconnection with self when immersed in nature and away from distractions. A major goal is to help students understand their basic needs, discover their core values, and learn to meet their needs in ways that honour their values. The programme is experiential and students are active members of the treatment team, therefore they are more invested in the therapeutic process. A Field Therapist oversees the treatment team for each student. Other team members include the family, student, field guides, and support staff.

Available to: 13 - 16 year olds
Referrals: School counsellors CAMHS and social workers
Delivery Mode: 1-on-1 counselling support over 3 months built around an intensive 10 day wilderness therapy programme
Location: Abel Tasman, Maungaraki and Kaharangi
Next Course*: September 2018

*Further programmes in development - please enquire for details

FIND OUT MORE!
For course dates and registration go to:
www.wio.org.nz / search: Adventure Therapy
Further enquiries: info@wio.org.nz or 03 526 7842
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