EXPERIENTIAL ADVENTURE AND COMMUNITY-BASED RESILIENCY MODEL

PARTICIPANTS’ EXISTING EXTERNAL AND INTERNAL ASSETS

• Prescriptive Programming
• Adventure-Based Activities
• Civic Engagement

Hiking, Camping, Rock Climbing, Ropes/Challenge Courses, White-water Rafting, Initiatives, Life skills, Counseling Connection to Outdoors
Youth Organizing, Community Mobilization & Service Learning

INCREASED RESILIENCY

• Internal Assets
• External Assets

(Positive Values, Positive Identity, Social Competencies)
(Caring Staff, Caring Community)

IMPROVED OUTCOMES

• Practice Implementing Skills
• Continuing and Consistent Use of Similar Tools and Language in ongoing experiences.

Self-Efficacy
Empathy
Cooperation
Goal Setting
Problem Solving
Self-Awareness

APPLICATION IN WORLD

• Successful Application of Skills
• Increase in base of participants existing external and internal assets

PRACTICE AND TRANSFER

EXPERIENCE AND REFLECTION