A. BRIEF OVERVIEW OF AGENCY SETTING

InnerRoads Wilderness Program is a therapeutic intervention for at risk youth that places emphasis on wilderness, family, and community. InnerRoads gives adolescents the opportunity for growth, healing and empowerment. This intensive intervention is for youth ages 14-17, male and female. The average length of stay for a teenager is four to six weeks. In addition, parents are required to participate in the program. InnerRoads helps struggling teens change direction, find motivation, build self-worth and insight, develop interpersonal skills, and better understand the connection between their actions and consequences.

B. DESCRIPTION OF CLIENT GROUP

InnerRoads serves teenagers ages 14–17 and their parents. The adolescents we work with often have been labeled as “troubled” or “at-risk,” and are struggling with significant behavioral and mental health issues. Often the relationship between the teen and parents is highly conflicted.

The youth we work with are identifiable by:

- Defiant and out of control behavior
- Negative peer relationships
- Dishonest or manipulative behavior
- Low self-esteem
- Poor academic performance
- Depression or anxiety
- Substance abuse
- A loss of direction and accountability
- Anger management
- The effects of early childhood abuse or trauma

C. LEARNING OPPORTUNITIES

The learning possibilities depend on season. Integrated practice possibilities are available during the spring semester and summer (likely a block practicum). For the Spring, it is possible to create projects in non-profit administration, fundraising/development, policy (building Medicaid eligibility), aftercare, and research. Spring and Summer both present opportunities to follow a student/family through admissions, the program itself, and aftercare (direct practice).
D. EXPECTATIONS OF STUDENTS

Students will be expected to be active in their learning process and involved in the design and implementation of their practicum “projects”. All students will be expected / encouraged to spend time in the field in order to develop a larger vision of what wilderness therapy is, who it does/doesn’t work for, and how the alternative treatment fits into a larger system. Students will need to be able to work independently, demonstrate a strong work ethic, and find comfort in discomfort.