

# GAS

Geelong Adventure Specialists



## GEELONG ADVENTURE SPECIALISTS

Est. 2013

# OUTDOOR THERAPY EDUCATION SUPPORT

Service overview 2024

Supporting young people to engage in education.

Experiential learning alongside a Learning Mentor or Allied Health Professional.

### About us

Established in 2013, GAS offers an adventure alternative within the field of education, disability support and nature-based therapy. Our team facilitates a wide range of outdoor experiences, individually tailored to meet the unique needs and individual education plan goals of each participant.

### Activities

- Rock climbing & abseiling
- Mountain bike riding
- Kayaking
- Bushwalking
- Orienteering
- Campfire cooking
- Bush skills
- Fishing
- Nature based art & games
- Bird watching / animal interactions
- therapy dog adventures (package 2)

### Common challenges our participants face

- School Refusal
- Anxiety and Depression
- Complex trauma
- Autism (ASD)
- Attention Deficit Disorder (ADD/ ADHD)
- Obsessive Compulsive Disorder (OCD)
- Oppositional Defiant Disorder (ODD)
- Psychosocial difficulties
- Developmental disabilities (DD)
- Intellectual disability (ID)
- Alcohol and Other Drugs (AOD/ FASD)
- Family Violence
- Screen / gaming / online addiction

### Package 1 - Learning Mentor

- 1:1 tailored experiential learning support.
- 2.75 hours of adventure contact time.
- .25 hours of weekly reporting.
- **\$430 per session** (includes up to 30min practitioner travel time from Geelong.)

### Package 2 - Allied Health Professional

- 1:1 tailored therapeutic support.
- 3 hours of adventure contact time
- Comprehensive reporting at end of program.
- **\$680 per session** (includes up to 30min practitioner travel time from Geelong.)

**Door to door service. Activity equipment provided. Sessions can be extended beyond the 3-hour minimum. Sessions can be weekly or fortnightly. 5-week program recommended.**  
**Add \$100/hr for additional travel time.**

**Contact us for group opportunities.**

### Strategies

- Co-designed adventures
- Professional care / safety
- Learning by doing
- Curriculum links / ILP goals
- Skills coaching
- Psychoeducation
- Play & exploration
- Somatic & sensory integration
- Challenge & physical engagement
- Healthy risk taking
- Choice and control
- Practicing regulation strategies
- Outdoors / nature connection
- Biopsychosocio-eco approach
- Feedback & reflection
- Strength / solution focussed counselling
- Fun!

### Outcomes

- Improved self awareness & regulation
- Mastery of skills & improved confidence
- Community / school engagement
- Improved health outcomes
- Greater personal agency
- Resilience
- Developmental gains
- Capacity building / behavioural change
- Environmental stewardship
- Improved interpersonal relationships
- Goal setting for future aspirations

### Contact

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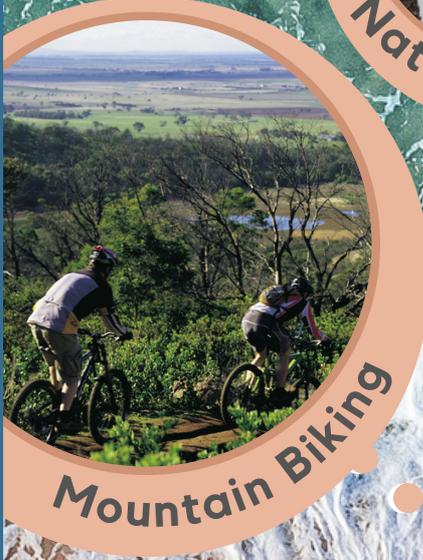
Nature Art



Rock climbing



Bush cooking



Mountain Biking



And more...

**GAS**  
Geelong Adventure Specialists



Games



Fishing



Bushwalking

Therapy Dog Adventures

Myrtle

Sunny