



**SERVING YOUTH AT RISK SINCE 1976**  
**30-Day Wilderness Challenge Courses**

**What Is Spectrum Wilderness About?**

Utilizing the WILDERNESS environment to present physically and psychologically STRESSFULL SITUATIONS that require RESPONSIBLE DECISIONS upon which participants can begin to build healthier and more PRODUCTIVE LIFESTYLES. Check us out at [www.ton.siu.edu](http://www.ton.siu.edu) and click on SPECTRUM.

**Who Can I Refer?**

Any youth (ages 13-18) having problems in school, home or community environment. Youth must volunteer to attend the program and sign a performance contract stating that they understand the expectations of the program. Funding is available through DCFS for wards of the state and through DHS UDIS program participants. Private or other referral tuition is \$3500.00 (includes intake interview, transportation, full course costs and follow-up visits)

**How Do We Do It?**

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|----------------------------------|-------------------------------|
| Wilderness/Adventure Programming | Unconditional Positive Regard |
| Conflict Resolution              | Logical/Natural Consequences  |
| Reality Therapy Techniques       | Commitment - "Don't give up"  |

**What Are Our Goals?**

- 1) Divert youth from high systems dependency. (i.e. corrections, detention, institutions)
- 2) Reduce inappropriate behavior.
- 3) Reintegrate into the educational system and motivate to succeed.

**What Are Our Objectives?**

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| 1) SELF AWARENESS <ul style="list-style-type: none"> <li>• Positive assertiveness</li> <li>• Physical/ emotional control</li> <li>• Responsibility/accountability</li> </ul>   | 3) GROUP COHESIVENESS/INTER-DEPENDANCE <ul style="list-style-type: none"> <li>• Non-defensive</li> <li>• Trust/sharing</li> <li>• Self disclosure/honesty</li> <li>• Support others/service</li> </ul> |
| 2) POSITIVE SELF ESTEEM <ul style="list-style-type: none"> <li>• Trying new experiences</li> <li>• Trust/reduce irrational fears</li> <li>• Problem solving</li> <li>• Capacity for persistence</li> <li>• Leadership</li> </ul> | 4) REDUCE ADULT ALIENATION <ul style="list-style-type: none"> <li>• Non-defensive</li> <li>• Trust/respect</li> <li>• Self disclosure/honesty</li> <li>• Improve relationships</li> </ul>              |

*Intake Process: One to two weeks prior to the start of course a one on one intake interview and slide presentation is conducted within a 2 hours drive of the student's home community. Students are not officially accepted into the program until the staff returns from all intake interviews and all interviewed students are assessed. All courses also include pick-ups and drop-offs within a 2 hours drive of the student's home community.*

**How Do I Make a Referral?**

Go online [www.ton.siu.edu](http://www.ton.siu.edu)

Call (618) 453-1122 ext. 239 for a referral packet **or** fax your referral form to (618) 453-1188

# SPECTRUM WILDERNESS PROGRAMS

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## Traditional 30 Day Course

Ages 13-18

**Immersion phase:** A Spectrum 30 day course typically spends the first 10-12 days in Southern Illinois Shawnee National Forest. During this time students learn basic backpacking and campcraft skills and participate in adventure-based activities such as team & high challenge courses, rock climbing/rappelling, canoeing/portaging, and caving. These activities are presented under an intense structure of safety rules, daily responsibilities and guidelines for group dynamics. The adventure activities are used as tools to create challenges that the students must work through. Students are encouraged to use program, group and personal goals and objectives to achieve change, success and thus growth.

**Expedition phase:** This phase begins once the students begin to show understanding of the program rules, effort towards goal development and show signs of becoming a cohesive group. The expedition usually occurs in a National Forest or Park at some location out of state or in Canada. Expedition locations are chosen based on finding a more temperate climate for the time of year. During the expedition phase students will continue to work on what they learned during immersion and work towards becoming less dependant on the staff. Students will also experience a 72 hour solo upon which to reflect on their experiences. The course is concluded with a graduation ceremony on Day 29.

**Follow-up & Evaluation:** Approximately one week after the completion of the course, the staff team will travel to the student's home community for a follow-up visit with the student, parents and referring agent. Usually within one month of the course, the referring agent will receive a comprehensive written evaluation.

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## Female Course in July

Ages 13-18

We have found that the female courses have an amazing impact on the participants. The changes that occur during the 30-day period are dramatic - likely because the challenges the young ladies face fall outside their perceived limits of ability. In an all female course, many of the social pressures young women normally feel are alleviated, thus creating a non-threatening, safe environment in which to try various challenges. A bi-product of these shared experiences is an atmosphere of understanding and supportive listening. The format of the all-female program is essentially the same as an all male program. An all-female course is offered once a year in the month of July. Due to the lack of consistent female referrals, other female courses are only scheduled when enough referrals have been received and retained and when female staff is available.

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## Referring Agents Course

All Ages

This is the opportunity for the Caseworkers, Probation Officers, Advocates and others to get a first hand experience of what the students experience. This course is 7 Days of backpacking, canoeing/portaging, and a sampling of adventure activities. Come experience the "Mad Dog", the "Wall", and the "Swinging nooses", sharing in some of the same rigors your students experience. Call for more information.

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