

A person is lying on a large, dark rock in the foreground of a deep canyon. The canyon walls are steep and covered in green vegetation. A river or lake is visible in the background, reflecting the surrounding landscape. The sky is overcast and grey.

Active Connections

Brochure

**Transforming
Lives Through
Adventure**

Our Mission

Transforming Lives Through Adventure

Programme Mission

Active Connections CLG wants Activity Based Therapies to be an option for everyone experiencing emotional difficulties

Our Goals

Engage each person in challenging activity

Support participants to affect positive change in their lives

Our Philosophy

All Active Connections CLG Programmes are built on a combination of our 3 Pillars approach and Brief Solution Focused Therapy

Active Connections Ltd.'s primary goal is to supply people experiencing emotional and behavioural difficulties with an alternative therapeutic option, which incorporates physical and psychological demanding activities.

Programmes are built around three guiding principal Active Connections Ltd.'s 3 pillars

The experience: This pillar looks at the specific physically and mentally challenging activities the young person engages in and how the participant faces these challenges, when looking at this pillar staff explore the activity, participant's roles, decision & actions taken, interactions with others, staff & the environment.

"that from successful experience in an elemental setting, one can earn better to respect self; that from respect of self can flow compassion and concern for others; that from compassion for others one draws commitment for service to man; that in a genuine service to the benefit of others one best expresses on a day-to-day basis his reverence for life itself" - Kurt Hahn

Personal Ownership: Each participant is asked to take responsibility for their own actions & decision whilst on session. All participants will be asked to give back to self, staff, environments & their own communities. The focus of this pillar is to help build personal responsibility and empathy for others.

Reflections: This section focuses on the young person's life outside of the programme and to the decision and action taken by the young person which resulted with the young person being referred to AC. Focusing on reflection of the experience and how the participant interoperates all facets and impact on the effectiveness of the session/programme. This pillar will often be used during session to challenge thoughts and actions.

Our Impact

Greater Connections to Others

Understanding of Consequences

Appropriate Coping Techniques

Self Confidence

Understanding Others Needs/Wants

Communication Skills

Leadership

Goal Setting

Problem Solving

Our Approach

Active Connections Ltd Approach

We use Brief Solution Focused Therapy as an integral tool as it helps the participant map their own solution for difficulties faced.

Participants are placed into a unique, unfamiliar physical environment and into a unique social environment that allows for individuality, growth and development.

Participants will be faced with problem solving tasks and challenges that are achievable, concrete, incremental and draw on their mental and physical strength.

This guided process will lead to manageable levels of stress and anxieties which the participant adapts to through conscious competence and mastery. Resulting in an expanded capacity of, including greater self-esteem, belief in self and resiliency.

Our Approach

THINK OUTSIDE
no box required.



Objectives of an Active Connections programme

1. *Personal development and Mastery: To enhance the participant's self-concept and extend their self-awareness*
 - 1.1 identifying personal limits and potential
 - 1.2 Clarify needs and goals
 - 1.3 Recognise the individual's role in the society and acknowledging responsibility to self and others
 - 1.4 Overcoming hesitation, fears and fatigue when confronted by physical and mental challenge
 - 1.5 Conveying a positive self-regard in appearance and manner and by putting forth one's position, especially when it differs from prevailing or dominating views
 - 1.6 Accepting responsibility for their actions and feelings, including being willing to accept and follow through on leadership assignments
 - 1.7 Recognizing personal strengths and limitations and being willing to help when needed
 - 1.8 Taking initiative in doing tasks and in doing new things
 - 1.9 Having fun
2. *Interpersonal effectiveness: to expand participant sense of community and capacity for responding to others by*
 - 2.1 Practicing honest, open and effective communication
 - 2.2 Developing cooperative relationships around common projects
 - 2.3 Being willing to help companions achieve by offering physical and mental support
 - 2.4 Having empathy for and being responsive to the needs and feelings of others
 - 2.5 Deferring personal for the betterment of the group
 - 2.6 Assuming leadership position in need arises
 - 2.7 Tolerating others' points of view, lifestyle & values, and showing a willingness to discuss differences and defend the rights of others.
3. *Environmental Awareness: to enhance the participants understanding of fragile nature of wild areas, and to increase the students sense of responsibility for the care and preservation of such amenities*
 - 3.1 Showing a willingness to learn about natural environment and its care
 - 3.2 Exhibiting care towards living things and nature
 - 3.3 Adhering to leave no trace guidance/ethics
4. *Learning: to instil an attitude of curiosity, experimentation and participation by encouraging participants to-*
 - 4.1 ask questions
 - 4.2 Try new things
 - 4.3 Mastery of newly acquired knowledge and skills.

Programme

New Trails

1:1 Adventure based empowerment programme with the aim to support young people to affect positive change in their own lives

Connect is more than just a team building programme. We provide people of all ages with challenges that build character, teach leadership skills, and inspire. Active Connections has developed a specific programme which helps young people build upon the strengths they already possess with a specific emphasis on communication, leadership, problem solving

Horizon

Active Connections "**Horizon**" programme is Ireland's first expeditionary based programme dedicated to the personal development of the participants. We help people of all ages face challenges that build character, teach leadership skills, and inspire. miss out on.

Anchor

The Anchor service is Active Connections short term break away.

During times of turbulence, Anchor is designed to give young people in crisis a place and, more importantly, the time and space to reflect on their personal situations.

For Business

Active Connections bring their unique approach to employment assistance programming. We will visit your facility and transform your team through adventure.

Service Model

RECEIVE REFERRAL INFORMATION

Communication with past and current service provider to participant

DRAW UP PERSON SPECIFIC PLAN

Built on AC's 3 Pillars and the criminogenic needs of the participant

ASSIGN FIELD GUIDE

COMPLETE PERSON SPECIFIC PLAN

Host a plan of work meeting with referrer, participant and carers

Session are either 6 or 4 hour long

Field Guides will collect participant from home each session

Carry out the planned session and return participant home

Field guide will produce a session report following each session

STEP DOWN

Review

Evaluate/Measure

Report

ABOUT

Active Connections Ltd is an award winning social enterprise.

Our mission is to 'Transform Lives Through Adventure'

Active Connections was found by James Bruton, John Paul O'Neill and Raymond Burke in 2012 with the mission to "Transform Lives Through Adventure". Our vision is that Adventure Therapy based programmes to be an option for all people experiencing emotional or behavioural difficulties. Since inception one of AC's goals was to actively connect with like-minded people and organisations to spread the founders' genuine belief that the outdoors is a dynamic and powerful environment to enable people to overcome adversity.

In 2015 we supported 33 young people, 2016 we transformed the lives 127 young people

Adventure Therapy

'Adventure Therapy is the use of adventure-based activities and/or adventure based theory to provide people with emotional and/or behavioural problems with experiences which lead to positive change'

Support Us

- Become a **CHAMPION** of our cause and help us spread our message
- **INVITE** others to engage with Active Connections
- **INVEST** in our work

We are dedicated to transforming the lives of young people in need with your support we will be able to impact on lives than ever before

Transforming Lives Through Adventure



CONTACT US TODAY FOR INFORMATION:

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ADVENTURE THERAPY

PERSONAL DEVELOPMENT

CRISIS RESPONSE

AT RISK TEENS

