

# PROGRAM DETAILS

The Day Treatment program is focused on maintaining clients successfully in their home or school. To do this, we work on developing interpersonal skills, coping skills, and increasing a client's understanding of his or her mental health symptoms and how to manage them.

**Schedule:** Three days per week, three hours per day

**Activities:** Clients will engage in a variety of experiential activities including group challenges/initiatives, low ropes, hiking, biking, kayaking, canoeing, bouldering, nature exploration, and wilderness survival skills.

**Treatment:** Clients will receive individual, group, and family therapy and skills counseling.

**Location:** Princeton, MN

# ENROLLMENT

Call or email us to make a referral.

A referral form and diagnostic assessment from within 6 months will be needed to determine program eligibility

# CONTACT US

**Phone:** 612-269-2912

**Email:** [tpaulson@greaterminnesota.org](mailto:tpaulson@greaterminnesota.org)

**Website:**  
<https://www.greaterminnesota.org/programs/family-based/spirited-adventures/>

**A program of:**



2320 E Hwy 12 - Suite 2 - Willmar, MN 56201

[www.greaterminnesota.org](http://www.greaterminnesota.org)

Fax: 320-214-9924

ES  
TD

20  
21



# Adolescent Half-Day Treatment Program

**Outdoor Adventure-Based  
Therapy/Counseling**

**A program of:  
Greater Minnesota Family  
Services**

# ABOUT US

**Our Approach:** Spirited Adventures utilizes evidence-based therapeutic techniques, nature and adventure experiences to facilitate change, promote growth, and progress towards treatment goals.

**Benefits:** Our adventure-based initiatives create opportunities to develop problem-solving skills, self-regulation, and feelings of accomplishment, ultimately promoting positive behavior changes when a learning experience is transferred to another context in the participants life. The nature-based setting allows for a natural healing environment and opportunities to practice mindfulness and calming strategies.

**Staff:** The program is run by licensed therapists and skills counselors who have training in experiential learning and adventure therapy. All staff are mental health providers and have CPR/First Aid at a minimum. Staff leading technical skills have additional safety training by certified trainers.

# WHO FOR?

The Spirited Adventures Day Treatment Program serves ages 13 yrs to 18 yrs olds still enrolled in school.

This is an ideal program for youth who have been unsuccessful in traditional or office-based counseling and who could benefit from an experiential approach to increase motivation and engagement in therapy. Clients entering our program are often struggling with making or keeping friends, trusting others, or managing their emotions. These challenges make it difficult to do well in school or home environments. The program supports clients in developing skills to navigate home and school successfully.



“When we spend time outside in beautiful places, a part of our brain called the subgenual prefrontal cortex, quiets down, and this is the part of the brain that is associated with negative self-reported rumination”

— Florence Williams,  
Author of “The Nature Fix”