



Adventure Program Goals and Objectives

Provide free of charge, adventurous multi-day wilderness rafting programs on the Salmon River for cancer survivors.

- Offer programming free of charge to teen and adult cancer survivors.
- Contract with an Idaho licensed Salmon River outfitter to provide professional, licensed guides and high quality rafting and camping equipment.
- Schedule programs for six days on the river.
- Provide various levels of challenging activities by equipping trips with oared rafts, paddle boats and inflatable kayaks.

Expose participants to the recuperative benefits inherent in a wilderness setting.

- Conduct adventure programs on the wilderness section of the Salmon River.
- Limit use of technological devices.
- Provide time for and encourage participants to hike, relax, swim and enjoy the serenity and inspiring beauty found in nature.

Build experiential therapy into wilderness rafting adventures.

- Schedule daily opportunities for counselor facilitated group discussion with adequate time to develop trust and share emotional challenges.
- Provide a minimum of one mental health professional staff and one licensed medical staff on every program.
- Offer each participant daily one-on-one time with the mental health staffer
- Limit client numbers to 15 per program.

Foster connections and networking between peers and staff.

- Offer outdoor activities that encourage teamwork, such as paddle rafting, tandem kayaking, hiking, camp games and social interaction.
- Establish teams responsible for daily camping and cooking responsibilities.
- Provide participants with group contact information.

Increase self-esteem and confidence in participants.

- Offer varying levels of physically and emotionally challenging activities and ample opportunity to develop rafting, kayaking and camp skills
- Include a mix of individual and team building activities.
- Provide opportunities for educational interaction between guides, staff and participants.
- Include free time for participants to reflect/journal on daily experiences and feelings.
- Measure overall program benefits with three surveys: one completed before and two after attending.

Promote physical fitness and good nutrition.

- Encourage participation in physically challenging activities.
- Provide healthy, well-balanced meals that include fresh fruit and vegetables and teach participants how to prepare them.
- Give each participant a journal that includes information about the benefits of physical activity and proper nutrition to cancer survivors.



Educate participants on wilderness ethics, natural history and camping/rafting techniques.

- Provide experienced Salmon River guides who are knowledgeable about local natural history.
- Teach and practice wilderness camping ethics.
- Discuss natural history, canyon history and camp lore daily.
- Include clients in all camping/rafting duties including: open fire and Dutch oven cooking, making and breaking camp, and rigging rafts.
- Demonstrate the proper use of rafting and kayaking equipment.
- Teach safety protocols and provide safety equipment.
- Include natural history and canyon history in participant journals.

Increase awareness of adventure rafting program on a regional level.

- Promote programming in regional papers by contacting reporters/editors with press releases and story ideas.
- Provide public service announcements on enrollment to intermountain west television news stations; contact reporters/editors with story ideas.
- Maintain existing and foster new relationships with American Cancer Society, Idaho Childhood Cancer Coalition and other resource organizations.
- Expand outreach to civic/community organizations throughout the intermountain west region.
- Reach out to any personal contacts that live in the intermountain west and are in a position to tell our story.

Build a strong recruitment base for teen and adult cancer survivors within the intermountain west.

- Maintain existing and expand number of referral agents in the medical community throughout the intermountain west region.
- Recruit potential referral agents from Dr. Hancock's (board advisor and pediatric oncologist) medical contacts.
- Visit and continue to build relationships with referral agents.
- Promote programming to civic/community organizations throughout the intermountain west region to help recruit new clients.
- Enlist past participants to help recruit new clients.