



ADVENTURE THERAPY

for Children & Families



H-E-B TOURNAMENT
OF CHAMPIONS

Have fun with your family while building valuable, healthy assets!

Adventure therapy at ChildSafe is about engaging in experiences that build key qualities and relationships. Activities include challenge course initiatives like ziplining, geocaching (treasure hunting using GPS units), archery, rock climbing, kayaking, and camping.

Things to know:

- Many participants report stronger family bonds, improved communication, increased trust, greater self-confidence, and an appreciation of new skills.
- Activities are facilitated by licensed counselors or counselors in training supervised by licensed counselors. Counselors receive specialized training to promote the safe use of activities and minimize risks for participants.
- Many activities are designed for family or multi-family group settings. For example, family members can participate in a day of archery together or join other families for camping.
- Participants may also be eligible for financial assistance in other community-based activities like music lessons or sports through our CARE program.
- Activities take place at ChildSafe and around South Texas. Families have gone kayaking in Spring Branch, camping in Texas State Parks, and rock climbing in South Austin.

For more information, please contact:

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ChildSafe

Expert Care for Abused Children

Especializando en el Tratamiento de Niños Abusados

210.675.9000 / www.childsafe-sa.org



*Our mission is to restore dignity, hope,
and trust to children traumatized
by abuse and neglect.*



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CARE Program Sponsor



ChildSafe's FEAT Program (Family Enrichment Adventure Therapy)

*Empowering children. Strengthening families.
Having fun while healing together.*



CHILDREN'S
ADVOCACY
CENTERS
OF TEXAS, INC.
*Breaking the Cycle of Abuse
One Child at a Time*

ChildSafe is a children's advocacy center

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Our goal is to engage participants in empowering conversations and hands-on activities that build healthy assets — or key qualities — in individuals, families, and, when appropriate, extended members of families' support network.

What is FEAT?

The Family Enrichment Adventure Therapy (FEAT) program is a progressive counseling service offered through ChildSafe. Through this program, families are able to camp, kayak, rock climb, and participate in other adventure-based activities designed to promote empowerment, open lines of communication, and build trust in families.

Because our programs are focused on the well-being and healing of children traumatized by abuse, FEAT staff work together with the child survivor and family members to create unique and personal goals for their adventure-based therapy experience.

Our Approach to Adventure Therapy

FEAT activities are facilitated by licensed mental health clinicians or clinicians in training under the supervision of a licensed mental health practitioner. The program uses a strength-based approach in keeping with ChildSafe's mission to restore dignity, trust, and hope to children traumatized by abuse and neglect. ChildSafe recognizes trauma also affects many people in a child's life and therefore works to build healthy assets in families. These assets include successfully adapting to challenges, fostering nurturing relationships, and creating openness about tough topics.

Who we serve

The FEAT program serves families who have experienced abuse or neglect. In order to safely and effectively benefit from adventure-based activities and related conversations, participants are generally older than eight years of age. Families with younger children may participate in the program after consulting with program staff to find the right activity that meets the needs of the family.

FEAT participants' complete assessments to help ChildSafe Family Support Specialists and Therapists make informed decisions about services to offer families in the program. All participants are asked to complete surveys and reassessments periodically to help us track our progress and ensure we are working to meet participant goals.

Adventure activities offered

The range of therapeutic adventure activities for the FEAT program includes the following:

- Ropes challenge course: these activities invite participants to complete both low and high elements like ziplining.
- Archery: participants learn how to safely handle and shoot arrows using a compound bow.
- Geocaching: this activity is commonly described as treasure hunting using global positioning system (GPS) units.
- Rock Climbing: participants venture out of town to experience climbing on natural rock faces.
- Kayaking: participants paddle rivers of South Texas together learning how to effectively and safely navigate kayaks designed for single or double paddlers.
- Camping: this activity usually takes place in Texas State Parks near San Antonio. Participants learn how to plan and prepare for camping trips with family members. Weather permitting, camping trips also include kayaking excursions, hiking, and geocaching in the parks. Other unique activities are generally available depending on the state park visited.

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These activities offer families the opportunity to learn new skills while also advancing counseling goals. Many families who have participated in FEAT have reported stronger family bonds, character development, and an appreciation of new talents and skills in their family.

Tidbits about FEAT

- While adventure-based activities can be adapted for individual counseling sessions, the FEAT program is designed for family or multi-family group settings. For example, family members can participate in a day of archery with one another or join other families for a weekend camping trip.
- FEAT staff has received specialized training to promote the safe use of adventure-based activities and take precautions to minimize both physical and emotional risks to clients.
- FEAT activities are designed to promote assets identified by the Search Institute's research on key qualities that help all kinds of families be strong.
- FEAT counselors often use arts and crafts and other expressive arts during activities.
- FEAT is a component of ChildSafe's CARE program. When families enroll in FEAT, they may also be eligible to receive financial assistance to participate in other community-based activities like music lessons and sports.
- FEAT activities take place on the ChildSafe campus and around South Texas. For example, we have taken families kayaking on the Guadalupe River in Spring Branch, Texas, camping at South Llano River State Park in Junction, Texas, and rock climbing at the Barton Creek Greenbelt in South Austin.

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