

POLICY MANUAL

Subject: Adventure Based Counseling-
Ropes Course

Effective Date: 4/1/98

Initiated By: Genie Laurent
Residential Adult Program Director

Approved By: Boyd Smith
Chief Operating Officer

Review Dates: 12/02; 07/09 BLA, 02/11 Committee
3/13 Committee, 2/14 Committee, 4/15 JH

Revision Dates: 12/99 GL; 6/21/01;
12/08 PC, 03/10 Committee,
04/12 committee

POLICY:

Cumberland Heights utilizes a variety of counseling modes and methodologies to ensure the best possible outcome for each patient. One such method is Adventure Based Counseling, incorporating physical activities to increase and enhance emotional and cognitive internalization of recovery concepts.

Cumberland Heights provides the Ropes Course as a specific adventure-based counseling methodology. Beyond assisting patients in internalizing important recovery concepts, the Ropes Course promotes trust and team building, assists with group bonding, and is a physical and enjoyable experience. The Ropes Course is available for both adults and adolescents.

PROCEDURE:

1. The Ropes Course site is inspected annually. This inspection is performed by an outside source familiar with standards for all Ropes Course sites.
2. At least monthly inspection "checks" take place internally to review the status of the course, tree overhang, conditions of the ropes, etc. The course is also checked on the morning of or prior to each Ropes Course day.
3. Counseling staff will meet to decide which patients are appropriate for participation in the Ropes Course at least one day prior to the day of the experience. A list will be formulated.
4. The list is then given to the Medical Department for their approval prior to leaving for the Ropes Course experience. Rule out factors include, but are not limited to, the following. Patients activity restriction status is also verified, *see related Recreational Activity Restriction Policy*.

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5. The Ropes Course facilitator will carry in his/her possession a two-way radio while on the course with patients for easy communication with medical and counseling staff.
6. The Ropes Course facilitator is responsible for ensuring that drinking water is available at the Ropes Course site on the day of the experience.
7. The Ropes Course facilitator meets with the clients to verify ability to participate, to review basic rules and expectations, and to answer questions. The element of risk of injury is explained and releases are obtained. Parents or guardians must consent in writing for those clients under age 18 to participate.
8. In the event of rain with thunder and lightning the Ropes Course is held indoors with a portable challenge course format. If the forecast for the day is below 40 degrees, the event is also held indoors.
9. ANY injury is reported to Nursing with the nursing staff observing the patient and treating any injury as necessary.
10. The sequencing of the events is at the discretion of the Ropes Course facilitator. Recovery metaphors and focuses are emphasized.
11. High Ropes is facilitated with at least two (2) staff present at all times.
12. The Ropes Course facilitator presents a description of instructions and safety precautions prior to each initiative. These presentations include specific safety precautions, framing the initiative within the therapeutic process, monitoring and observing for safety breaks, and facilitating processing following initiatives.
13. The Recreational Therapist shall be privileged by the Privileging Committee for Adventure Based Counseling may conduct Ropes Course Experience independently. All other staff that assists must have an appropriately privileged adventure based counseling clinician present. See related policies on Credentials and Privileges Standards.
14. The Ropes Course facilitator documents progress notes in the electronic medical record following the Ropes Course experience, as well as reporting any significant events to the treatment team.