Odyssey Wilderness Programs

(Wilderness Program)

Member Since: 2005

Phone: (360) 671-4999

Executive Contact: Tim Brockman
Admission Contact: Sarah Brockman



Gender:	Coeducational
Ages:	13 - 17
Grades:	7 to 12
Enrollment:	Multiple groups of up to 8 students
Duration:	4, 6, or 8 weeks
Founded:	2003
Email:	info@odysseynw.com
Fax:	(360) 671-8444
Address:	1106 Harris Ave., Ste. 201 Bellingham, WA 98225
Airport:	SeaTac (Seattle, WA)

Website: www.odysseynw.com

Odyssey Wilderness Programs is a highly developed and successful wilderness therapy program operating in the pristine backcountry areas of Washington State. The Odyssey mission is to promote positive experiences in wilderness by establishing a community of individuals through a safe, structured, strength-based curriculum and environmentally sound practice.

Odyssey outlines five objectives for students to achieve as a result of program participation. Students learn the skills to meet these objectives as they move through a fluid progression of three program phases, artfully designed to serve as metaphors for real-life situations: Personal Responsibility, Family Responsibility, and Community.

1) Improved **Family Relationships** through openness, trust, and respect.
2) Improved **School Performance** through building positive peer relationships, developing effective study habits, and enhancing motivation to learn.
3) **Good Judgment** by developing decision-making strategies, leadership, and learning through reflection.
4) Improved **Self- Confidence** in abilities and utilizing personal strengths.
5) Improved **Health and Happiness** through physical exercise, a nutritions diet, and developing a positive outlook and attitude.

Typical Odyssey students are male and female, ages 13 - 17. Their struggles may include: conflict with parents, depression, anxiety, anger, trouble in school, low self-esteem, drug/alcohol experimentation, ADD/ADHD, lack of motivation/ direction, and oppositional or behavior problems.

Students complete the Odyssey program in 28 - 54 days, depending on their development of skills in the Five Objectives. Each student works individually with an experiences, licensed therapist who helps with them identify their strengths, find solutions to existing problem areas, and ultimately parallel their Odyssey experience with the choices they will make in the next phases of their life. The average length of stay is 6 weeks. Group size is typically four to six students with a maximum of eight.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: Northwest Association of Accredited Schools (provisional)
Professional Affiliations: NATSAP-Full Member