

Adirondack Leadership Expeditions

(Wilderness Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(518) 897-5011	Gender:	Single Gender: and Coeducational Group
Executive Contact:	Ed Callahan, Ph.D.	Ages:	13 to 17
Admission Contact:	Patrick McAvoy	Grades:	N/A
Email:	pmcavoy@adkle.com	Enrollment:	9 per group
Fax:	(518) 897-5017	Duration:	50 - 55 day average
Address:	82 Church Street Saranac Lake, NY 12983	Founded:	2003
Website:	www.adkle.com		



Member Since: 2004



Airport: Burlington, Vermont, Albany, NY

Adirondack Leadership Expeditions is an intensive, outdoor-based, character development program that promotes personal growth through a focus on insight-oriented experiences. The forested, mountain setting removes distractions and supports students in the development of healthy relationships, critical thinking skills and self-worth. Our dedicated mentors and counselors work shoulder-to-shoulder with students while challenging them to address personal issues and achieve far more than they expect of themselves in a safe and nurturing environment.

Adirondack Leadership Expeditions creates a challenging yet safe environment for students 13 through 17 years old where they face a range of emotional and behavioral concerns. This includes: low self-worth, entitlement, manipulation, academic decline/learning differences, ADHD, family conflict, adoption issues, maladaptive coping strategies, substance abuse, mood disorders, oppositional defiance, problems with relationship/attachment, trauma, negative peer group and technology addiction.

Wilderness moves students out of their "emotional comfort zone" and requires them to use different skills in order to care for themselves. The simplicity of the wilderness environment helps them to recognize the results of their choices and try different strategies to get their needs met. Our goal is to teach participants to honestly reflect on their personal strengths and challenges and to use this as a base for building critical thinking skills, healthy relationships, and self-worth. This is accomplished through an intensive individualized program of daily processing groups, individual and group therapy facilitated by Master's and PhD level therapists, participation in initiatives and experiential tasks, and the implementation of natural and logical consequences. Psychological and educational testing is available. Through this process, Adirondack Leadership Expeditions provides the best possible foundation for the student's next step in life.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: State of New York, Department of Health

Professional Affiliations: NATSAP-Full Member